

## How can YOU be involved?

### It's EASY!

You can make the call yourself if:

- ❖ You have a chronic health condition.
- ❖ You are aged 15 years or older.
- ❖ You identify as Aboriginal and/or Torres Strait Islander descent.

Contact one of our Chronic Care Workers for more detail about the program and what support we can offer.

If you are a service provider and wish to refer a client, call, email or fax the Chronic Care Worker in your area.

## How do we help?

We can come to your home and check your blood pressure, blood sugar levels, weight and oxygen levels.

We can attend GP appointments with you and help you understand your own health issue and how best to manage them.

We can also connect you with other services for more support.

## Who is eligible for this service?

- ❖ People who identify as either Aboriginal and/or Torres Strait Islander.
- ❖ Anyone 15 years and older.
- ❖ Must have a chronic condition affecting any of the following:
  - Heart
  - Lungs
  - Kidneys (before dialysis)
  - Diabetes

*A chronic condition means a health problem that lasts longer than 6 months*

## What is CCAP?

Chronic Care for Aboriginal People (CCAP) is for Aboriginal and Torres Strait Islander people with certain chronic health conditions.

We can come to visit you in your home and assess your health needs. We support your wellbeing at home and aim to reduce the chance of you ending up in hospital by working closely with you and your local GP.

Our goal is to help you manage and take control of your own health in your own home.

The Chronic Care for Aboriginal People Program covers the entire area of Northern NSW Local Health District. There are workers available in Tweed Heads, Byron Bay, Ballina, Lismore, Kyogle, Casino, Grafton and Maclean, who also visit the surrounding areas.



**Health**  
Northern NSW  
Local Health District

## Aboriginal Chronic Care Program



Artist: Bronwyn Bancroft

**Call: 02 66 202 111**

### Who to call

#### **Tweed Heads & Byron Bay Region**

Aboriginal Chronic Care Worker  
Mobile: 0437 449 456  
Phone: 02 66 704 900  
Fax: 02 66 764 256

Diabetes Educator / Clinical Nurse  
Specialist / Registered Nurse  
Mobile: 0428 424 102  
Phone: 02 66 749 500  
Fax: 02 66 749 599

#### **Lismore, Goonellabah and Coraki**

Aboriginal Chronic Care Worker  
Mobile: 0412 126 528  
Phone: 02 66 207 510  
Fax: 02 66 222 151

#### **Kyogle, Urbenville, Mulli Mulli**

Aboriginal Chronic Care Worker  
Mobile: 0437 065 054  
Phone: 02 66 624 444  
Fax: 02 66 600 524

#### **Clarence Region**

Registered Nurse - Chronic Care  
Mobile : 0419 425 032  
Phone: 02 66 400 123  
Fax: 02 66 400 251

#### **Ballina Region**

Aboriginal Chronic Care Worker  
Mobile: 0472 841 054  
Ph: 02 66 206 200  
Fax: 02 66 860 187

### Did you know

- ❖ Diabetes within Aboriginal populations is 4 times higher than in non-Aboriginal populations.
- ❖ More than 46% of all Aboriginal People have at least one chronic disease that significantly impacts their day to day living.
- ❖ 79% of Aboriginal People with a high blood pressure reading, did not know they had high blood pressure.
- ❖ Correct management of blood sugar levels can lead to a 40% reduction in serious heart problems and a 50% reduction in developing serious kidney problems.
- ❖ Our Chronic Care Workers work with you, your family and your GP to improve your health.