

FALLS

Falls Are Preventable

Managing Chronic Health Conditions

What is a chronic health condition?

A chronic health condition is a condition or illness which continues over a long period of time, or one that cannot be cured e.g. arthritis, diabetes, osteoporosis and mental health conditions. Chronic health conditions are very common, you are not alone.

How Can It affect You?

Living with a chronic condition may change:

- How you move
- What causes you pain
- What you can eat
- Medicines you take
- How you sleep
- How you feel



Take Charge of Your Health - Maintain your best quality of life

You can still live a full and active life. Here's how:

- Learn as much as you can about your health condition.
 - › this may help you feel that you are taking a positive step and give you a feeling of control over your illness
- Ask questions of your GP, specialist and other health care workers.
 - › tell them if something is working for you or if it's not.
 - › discuss any concerns you have before they become big problems.
- Learn about your medicines.
 - › what are they for, how do they work, any special instructions and potential side effects.
- Keep doing what is important to you, even if you have to do it differently.
 - › if something doesn't work the first time, try again or try something new.
- Develop skills to manage pain and fatigue.
- Get emotional support if you have concerns or worries.
 - › ask about counselling or other forms of professional support.
 - › speak with others who are going through what you are.

- Set yourself goals
 - › break large goals down into smaller steps, and work on one step at a time. This makes goals feel less overwhelming and more achievable.
- Have regular check-ups with your doctor to make sure your chronic health conditions are being well managed.

Being in charge will keep you healthy, active and on your feet.

Healthy Habits Make a Big Difference.

Research tells us a healthy lifestyle can help you feel as well as you can while living with a chronic health condition.

This includes:

- Maintaining a healthy diet – eating a wide variety of foods and drinking sufficient water.
- Being physically active each day - even a small amount, can help with pain and lift your mood. Speak with your doctor or physiotherapist about exercises that may help your condition.
- Getting good rest.

If you would like some help to make lifestyle changes to improve your health, contact the Get Healthy Service - free phone and online health coaching service.
Gethealthynsw.gov.au

Helpful websites.

Heart Foundation	heartfoundation.org.au
Diabetes Australia	diabetesaustralia.com.au
Arthritis Association	arthritisaustralia.com.au
NSW Cancer Council	cancercouncil.com.au
Dementia Australia	dementia.org.au

Support organisations and carer support:

Carer Gateway is an Australian Government program providing free services and support for anyone caring for a family member or friend who is living with a disability or a long term medical condition.
carersnsw.org.au/services-and-support/carers-gateway



Central Coast
Local Health District

For more information visit:

healthpromotion.com.au/healthy-ageing

activeandhealthy.nsw.gov.au

gethealthynsw.com.au

Phone: Central Coast Health Promotion Service 4320 9700