

Chronic Disease Community Program

INCLUSION CRITERIA

- ✓ COPD
- ✓ heart failure or unstable angina
- ✓ diabetes (type 1 or 2)
- ✓ over 18 years of age
- ✓ at least one measurable risk factor out of recommended range
- ✓ good cognition/ or a carer willing to participate in program services with patient
- ✓ at risk of future hospital admissions
- ✓ motivated to address risk factor behaviours

EXCLUSION CRITERIA

- Living in residential care
- Palliative/end stage of disease process

NO FURTHER
CDCP INVOLVEMENT

Up to 7 services according to patient needs– most at no cost to patient NB: (some co-payment oral health)

Allied Health

- Physiotherapy, occupational therapy, podiatry, nutrition and dietetics, social work, speech pathology, diabetes nurse education
- Needs to address risk factors e.g. education or skills
- The service is a visit + follow up

Chronic Disease Self Management Program

- offered in both group and 1:1 format in a centre or in person's home

Oral Health

- pension card or health care card holders only
- services provided by South Australian Dental Service

Telephone Coaching

- work toward achieving risk factor target levels for patients specific disease i.e. quitting smoking, lipids, BP, HbA1c, physical activity, healthy diet
- regular phone calls from the coach who has a health care background
- ongoing communication with GP

Diabetes Regional Education Group

- free group run in sites across the Southern Region for people with Type 2 Diabetes -involves a 3 hour session with a Diabetes Resource Nurse and a Dietitian

Easy Breathers

- 8 week program for people with COPD and Heart Failure
- includes rehabilitation, education and self-management support

Short Term Goods and Services

- small amount of money available which can be used for items such as NRT – determined on a case by case basis

Call CDCP Liaison Team on 8201 7814 or 0434 079 205

OR

Fax referral form to 8201 7871

CDCP team will follow up with patient and organise services. The GP will receive a copy of the plan for the patient, including details of where people have been referred, written receipt of referral and discharge summaries by the service providers. Mobile: 0434 079 205 or phone: 8201 7814