

## We are here to help piece it all together so you can take control of your health

### How do you access a Care Coordinator or Aboriginal and Torres Strait Islander Outreach Program?

Any person identifying as being of Aboriginal or Torres Strait Islander origin and with a chronic condition can be referred by their GP to the CTG Team in your region.

### Is there a cost?

No, this service is offered free of charge.

### What YOU can do

Talk to your doctor or health worker about the things that make it hard to get your health on track, such as:

- Family commitments.
- Financial costs.
- Poor understanding of your health problems.
- Too many medications.
- Services being too far away.

This is where the CTG Team can offer support.

### Other things to remember

Even if you have been going to the same doctor or health clinic for many years, you may not be registered as an Aboriginal or Torres Strait Islander patient.

Staff may not ask you if you identify as being of Aboriginal or Torres Strait Islander origin.

Therefore, it is important to check with reception when you arrive for your appointment.

Tell them that you wish to be registered as an Aboriginal or Torres Strait Islander patient.

### You don't have to be sick

A health check can help you stay healthy. Ask your Doctor, Care Coordinator, Aboriginal Outreach Worker or Nurse today!



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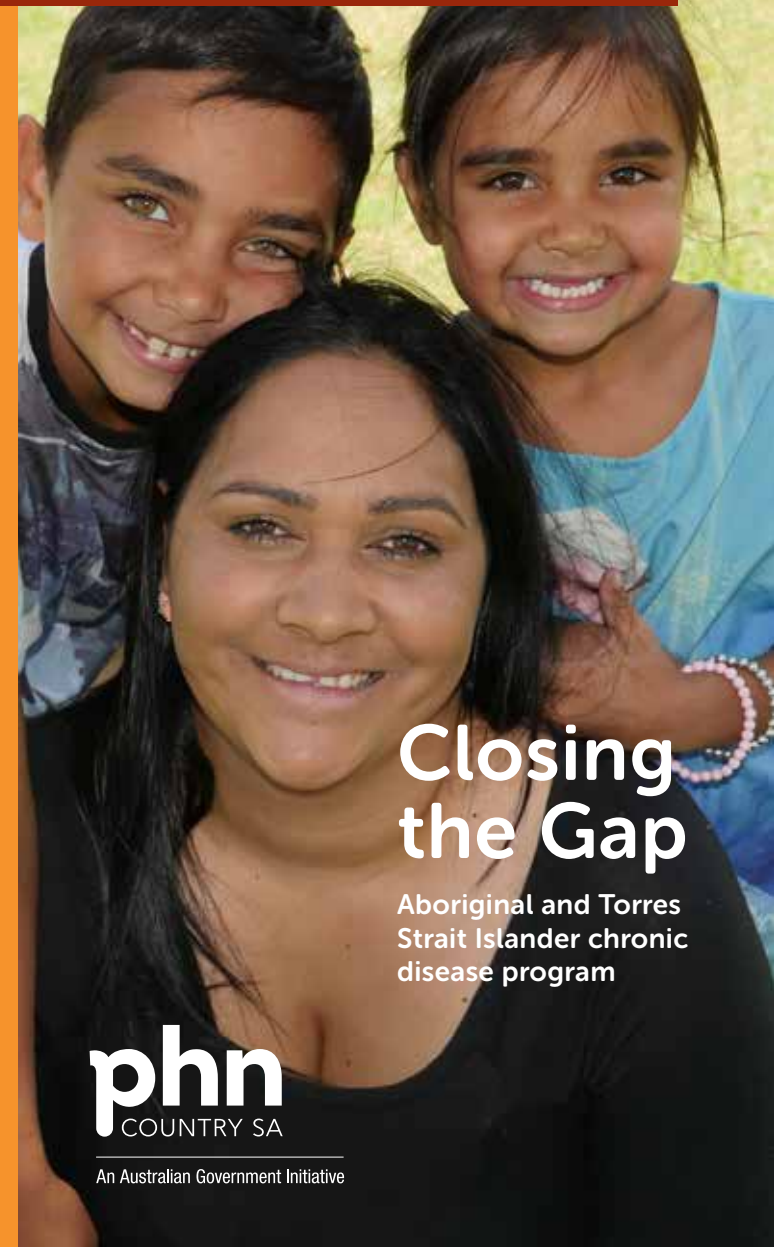
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### Contact

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*Country SA PHN acknowledges the traditional custodians of this land on which we work and welcome all Aboriginal and Torres Strait Islander peoples to our service.*

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## Closing the Gap

Aboriginal and Torres Strait Islander chronic disease program

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## What is the Closing the Gap Program?

### The Closing the Gap Program helps Aboriginal and Torres Strait Islander people live healthier and longer lives by trying to prevent or better manage chronic diseases.

At Country SA PHN (CSAPHN), the Closing the Gap Program works at the local level by engaging with community, health care providers and Aboriginal organisations to ensure care is streamlined through an understanding of local health care systems and needs.

The Closing the Gap Program can help with:

- Improved access to health care
- Free support and advice.
- Arranging medical appointments and community support services.
- Cheaper or free medicines (CTG scripts).

A chronic disease is an illness you can have for a long time like asthma, kidney disease, diabetes, heart disease or cancer.

If you or a family member are at risk of developing a chronic disease, please talk to your doctor about things you can do to prevent this from happening.

**Are you an Aboriginal and/or Torres Strait Islander?**  
**Do you have one of these illnesses?**  
**Are you at risk of having one of these illnesses?**

#### **Our Closing the Gap Team can:**

- Assist health services to support their Aboriginal and Torres Strait Islander patients in a culturally appropriate way.
- Provide support to help Aboriginal and Torres Strait Islander people living with a chronic disease through the Care Coordination, Supplementary Services (CCSS) Program and Aboriginal and Torres Strait Islander Outreach Program.

#### **The Aboriginal and Torres Strait Islander Outreach Worker can:**

- Assist you with making medical appointments.
- Explain what a health check is and why it's important.
- Attend medical appointments with you if you need some support.
- Help you register for a Medicare card if you don't have one.
- Inform you of transport options available.
- Help you find where you get prescriptions filled.
- Let you know about any programs or services that may be useful for you.

#### **Care Coordinators can help you by working closely with your doctor, nurse and other health professionals.**

Your Care Coordinator can help you with:

- Understanding your illness
- Your care plan.
- Arranging appointments.
- The costs of transport to attend local appointments.
- Arranging services that you need.
- Funds to see medical specialists and other health professionals such as physiotherapists and podiatrists.