



**phn**  
SOUTH EASTERN NSW  
An Australian Government Initiative

# GET STRONGER, LIVE LONGER

Take control of our own health  
with support of your local  
Integrated Team Care Coordinator



Integrated Team Care Coordinators will assist you to understand your chronic health condition and how to manage it.

We will also assist you in following your care plan which may include support for chronic disease self-management.

## Am I eligible for the ITC program?

If you have had a chronic condition for at least six months you may be eligible for the program. Chronic conditions include:

- diabetes
- cardiovascular disease
- eye health conditions associated with diabetes
- chronic respiratory disease
- mental health conditions
- chronic kidney disease
- cancer

## How do I get into the program?

To get into the program, you will need to have a chronic disease care plan and be referred by your Doctor or AMS.

## Where are Care Coordinators located?

There are a number of Care Coordinators available across the region including:

- Illawarra Aboriginal Medical Service – Wollongong
- South Coast Medical Service – Nowra
- Katungul Aboriginal Corporation – Batemans Bay
- Waminda South Coast Women's Health and Welfare Aboriginal Corporation – Nowra
- Grand Pacific Health – Wollongong, Nowra, Moruya, Bega and Goulburn

## How does the program work?

The Care Coordinator will work with you as outlined in your care plan. They can help to arrange appointments with medical specialists and allied health services, organise transport to attend appointments or acquire medical aids related to your chronic condition.

They will provide feedback to your doctor on how you are managing your condition, if requested.

**To find out more, contact:**