



# ARE LIFE'S OBSTACLES PREVENTING YOU FROM MANAGING YOUR HEALTH?



## OVERCOME THE OBSTACLES

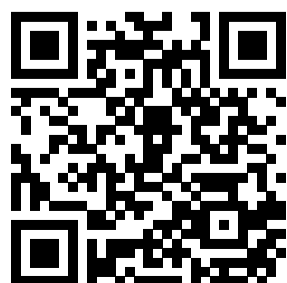
Our Care Coordination Service is designed to support you to make decisions about your health care, increase self-management and empower you to live a fulfilling life. If you are experiencing difficulties managing your health due to other obstacles in your life such as social, financial, or housing barriers or you need support with navigating the Australian health care systems or barriers accessing community supports and services. Speak with your GP today.

You may be eligible if you:

- are aged 18 years and over
- have one or more chronic health conditions
- are located within the Brisbane South PHN regions of Logan, Redland, Brisbane South and Scenic Rim
- are experiencing issues with housing, finances and social isolation that are preventing you from working on your health and wellbeing.

To access the service please speak with your GP, who can make a referral today.

For more information including other referral pathways, visit Footprints website by scanning the QR code.



## The program offers:

- personalised links to health services and community supports in your local area
- support to increase independence and self-management of chronic health conditions
- support to manage barriers to health care for example housing or finances
- support and guidance to navigate the Australian health care systems, such as the National Disability Insurance Scheme (NDIS), My Aged Care and Centrelink
- information and advocacy
- clear communication between you and your health care providers and external services.



[www.footprintscommunity.org.au](http://www.footprintscommunity.org.au)



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