

## Where are the services provided?

Healthy@Home services are provided in locations such as your GP's surgery, Divisions of General Practice offices and community health centres.

There are eight Healthy@Home teams in the Perth metropolitan area, located in:

- Armadale
- Bentley
- East Fremantle
- Guildford
- Joondalup
- Kwinana
- Nedlands
- Osborne Park

## How do I get into the service?

You can be referred to the Healthy@Home service by a GP, hospital or health professional. If you think this service is right for you, talk to your GP.

## Further information

For more information call the Healthy@Home Chronic Disease Service on **1300 855 841**.



Delivering a Healthy WA



# Healthy@Home

Getting better faster in WA



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The Healthy@Home Chronic Disease Service is a free WA Health initiative aimed at helping people with chronic health conditions to effectively self-manage their health and maintain independence.

The Healthy@Home service works by linking people with services and health professionals in their community. Participants work in partnership with their GP to develop and implement a tailored plan of care, with support from a team of experienced health professionals.

### Who is this service for?

The Healthy@Home service is available to people with:

- diabetes;
- chronic obstructive pulmonary disease; or
- heart failure.

### To be eligible to participate you must:

- be 16 years of age or over;
- be willing to participate in self-management skills training;
- be able to wait up to four weeks for service; and
- have a GP who is willing to support your referral.

*Note: if you do not have a GP we can assist you to find one.*



### Who is involved?

The Healthy@Home service provides an integrated approach to health care, bringing together:

- you and your family/carer;
- your GP and their practice team;
- a Healthy@Home team including nurses, physiotherapists, dietitians, social workers, podiatrists, occupational therapists and Aboriginal Health Workers; and
- other health professionals as appropriate.

### How does the service work?

Upon referral to the Healthy@Home service you will be contacted to make an appointment to discuss your condition and prepare a plan of care.

Your plan will typically involve education and skills training about your condition.

This may be provided in a group setting (eg. exercise classes) or one-on-one with relevant health professionals.

The Healthy@Home service will support you to put your plan of care into action and review your progress for a period of three to six months.

At this time the Healthy@Home team will assist you to link in with local services and programs that will enable you to continue your ongoing plan of care.

A step-by-step guide to the Healthy@Home service is shown in the following flowchart.

### Your Guide to the Healthy@Home Chronic Disease Service.

