



YOURCAREPATH

Regional Care Partnerships – Chronic Conditions

Communities Guide to Accessing Services

Your Care Path is health initiative to help people living with or at risk of chronic conditions.

GORH, HESSE, and CAH are partnering with the Western Victoria Primary Health Network to provide increased support for individuals who currently have or may be at risk of developing ongoing health issues.

Services available

- Exercise Physiology
- Dietetics
- Diabetes Education
- Lifestyle coaching
- Health Education sessions

How can I access the services?

You can refer yourself to the service.

Alternatively, referrals can be made through your GP or another healthcare provider.

Referrals should be sent to

Colac Area Health

Email: CAH Intake intake@cah.vic.gov.au

Phone: 03 5232 5100

Cost: \$12 individual sessions, \$3 group session

Eligibility

You have been diagnosed with a long term health problem or be likely to develop one within the next 6 months.

Some common examples include asthma, joint pain like arthritis or back pain, heart problems, memory loss like dementia and diabetes.

What we offer:

1. Personalised Plans: We'll make a health plan just for you to help with your health goals
2. Learning and Support: You can join workshops and groups with health experts to learn more and to get support.
3. Tips for a Healthy Lifestyle: We'll share ideas for eating well, staying active, managing stress, and sleeping better.
4. Friends and support: You can connect with others in a safe and supportive place.

More Information:

Your Care Path is a team effort between GORH, HESSE, CAH, and the Western Victoria Primary Health Network.

To find out more, check out the WVPHN website: www.westvicphn.com.au/yourcarepath