

ARTWORK STORY

This element was created by Rachael Sarra, a proud Goreng Goreng woman of the Bundaberg area. It represents the journey of the health care services joining together to create one safe and convenient environment for patients to receive their care.

FOR MORE INFORMATION

Talk to your Aboriginal health worker or clinic about Health Care Homes.



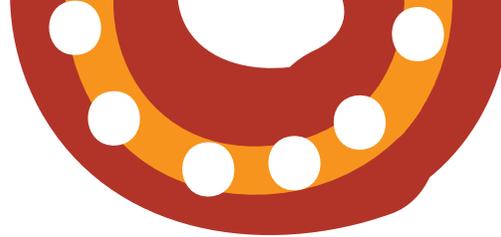
HEALTH CARE HOMES

▶ Patient-centred ▶ Coordinated ▶ Flexible

Health Care Homes:
connecting my care



HEALTH CARE HOMES: CONNECTING MY CARE



Here are some of the good things about Health Care Homes

- **My own care plan** — my doctor talked to me about my health needs. Then we came up with a plan which suits me and my health.
- **My own care team** — my care team at my clinic are there for me if I want to have a yarn or if I have any health worries.
- **Connecting my care** — I still see my doctor and Aboriginal health worker. When I need to, I go to the physio or my heart or kidney doctor. But my care team makes sure that all the care I receive is connected.

What is a Health Care Home?

A Health Care Home is an existing Aboriginal Community Controlled Health Service (ACCHS) — or Aboriginal clinic or health service — that cares for people with long-term conditions such as diabetes, arthritis, heart and lung conditions.

Mainstream general practices can also be Health Care Homes.

Under a two-year trial beginning in late 2017, up to 200 practices around Australia, including ACCHS, will become Health Care Homes.

Health Care Homes is an Australian Government-funded program. It's about giving people with long-term conditions the best possible care for their health needs.

Care that's right for you

If you have long-term health conditions, there are a lot of things to keep an eye on — symptoms, your medicines, visits to the clinic and to other doctors, like your heart or kidney doctor.

Wouldn't it be good if there was one team looking after all this for you?

That's what Health Care Homes is all about. If you become a Health Care Homes' patient, you will have your own care team.

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Your care plan

The care team will talk to you about a care plan. This plan contains all the care you receive from your usual doctor, Aboriginal health worker and others. It includes health goals — like eating healthy food, quitting smoking or keeping an eye on your diabetes.

With this plan, **all** the people who look after you can see the same information about your health anytime they need to.

So can you and your family members or carers.

That way, when you see your heart doctor or kidney doctor you won't have to explain about any new medicines or anything that's changed since your last visit. Your doctor can see it all on your care plan.

What if I like everything just the way it is?

You can keep going to your clinic and still see the doctors and Aboriginal health workers who know you.

You don't have to change anything that you like about your care.

But if you become a Health Care Homes' patient, your care will be better organised. And if something changes in the future, you and your care team can change your care or medicines in a way that works for you.

