

# Wellness Our Way

*Support for Aboriginal and Torres Strait Islander people with chronic conditions, to better manage their condition and connect to health and community services.*

Country & Outback Health is a not for profit organisation. We provide a wide range of mental health and general health support services to people living in rural and regional areas of South Australia.

The **Wellness Our Way** program is here to provide support to Aboriginal and Torres Strait Islander people living with chronic conditions or long term illnesses. Including but not limited to; diabetes, cancer, mental health, cardiovascular disease, chronic respiratory disease or chronic renal disease.

Continuing the work of the 'Closing the Gap' program, **Wellness Our Way** takes a team approach to supporting you in accessing medical care, providing you with ongoing encouragement and increasing your access to other, culturally appropriate, health and community services.

**Wellness Our Way** can provide you with the support that you may need to;

- Better understand your chronic condition and what it means for you
- Access medication and follow GP treatment plans
- Go to your appointments; including transport and support during your appointment
- Access required medical equipment
- Connect to other community supports who can provide assistance to improve your physical health



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Outback Health

The **Wellness Our Way** program works towards helping you to;

- Better manage your chronic condition or long term illness
- Live a longer, healthier life

To be eligible for **Wellness Our Way** you must;

- Have a current GP referral
- Have a Care Plan or GP Management Plan
- Be of Aboriginal or Torres Strait Islander descent (self-identified)

**Wellness Our Way** is a free support program for Aboriginal and Torres Strait Islander people living with chronic conditions.

To access the **Wellness Our Way** program please contact Country & Outback Health or speak to your GP.

Country & Outback Health is not an emergency service, our operating hours are 9am-5pm, Monday to Friday. If you need to speak with someone urgently or outside of these hours go to the emergency department at your local hospital or contact your GP.

**Country & Outback Health**  
08 8643 5600 | [www.cobh.com.au](http://www.cobh.com.au)



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Country & Outback Health gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health.