



## SOCIAL WORK

1. Provides information, and referral to services and resources that may be of assistance and support to your health and well-being; and
2. Supports you to manage your health condition (called "self-management").

### To be eligible for our service:

You must have a diagnosed health condition of a physical nature, for example: diabetes, heart disease, arthritis, asthma, stroke, cancer and chronic pain

**OR**

Be a carer / family member of a person with a diagnosed health

## IS THIS YOU?

Are you feeling that your health has changed your life ?

Have you lost contact with friends and activities that you used to enjoy?

Do you get frustrated that you can't do what you used to be able to do?

Do you find that other people don't understand what you are going through?

Do you wonder if life is worth living some days?

**Social Work may be able to help you with:**

Developing knowledge and skills to manage your health in a positive way.

Maintaining quality of life with things you can do.



## **Self-management includes:**

### Managing your health condition with:

- Education and information
- Problem-solving
- Goal setting
- Developing your own management plan

### Managing other symptoms that may accompany your health condition:

- Stress and/or anxiety
- Depression
- Chronic pain / fatigue
- Your emotional reactions (eg frustration, anger)
- Muscle tension

### Managing the issues arising from your health condition (the impact on you and others close to you):

- What is missing in your life now? (adjustment, loss and grief)
- Changes about how you see yourself as a person (identity, confidence and self esteem)
- How do you talk to others about this? (communication)
- How does this affect the people around you (maintaining healthy relationships)
- Where to find support?
- Working with health professionals
- Making decisions about treatments

## GROUP PROGRAMS

There are group programs that focus on management of your health issues:



### Chronic Disease Self-Management

This is a 6 week program developed by Stanford Patient Education Research Centre, USA.

### Mindfulness for Health

This is an 8 week program based on "Mindfulness-based Cognitive Therapy for Depression—A New Approach to Preventing Relapse".

## ALSO

There are educational programs and support groups for specific health issues such as:

- Diabetes
- Stroke
- Respiratory illnesses
- Heart disease

Information about any of these can be obtained from the Intake Officer (details on back).

## **INTERESTED?**

For information about programs on this brochure; and/or

Referral to a social worker



**Contact  
Intake  
Officer**

**Phone: 3290 8900**

Or visit our  
**Intake Officer**  
on Level 2  
**Logan Central  
Community Health**



**Queensland Government**  
Queensland Health



**SOCIAL WORK  
FOR  
PEOPLE WITH CHRONIC  
HEALTH  
CONDITIONS**

**Community  
Continuing Care**

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**Community Health Centres at  
Logan Central  
Beenleigh  
Browns Plains**

**Metro South Health Service District**