

FREQUENTLY ASKED QUESTIONS

Is the Chronic Disease Management program available in rural areas?

All aspects of the program are beginning to be made available in rural areas. Nurses are working with family physicians, and the Living Well with a Chronic Condition program is being provided as well as RowYour Own Boat. Call 9-HEALTH for details.

Who is the Community Care Coordinator?

The Community Care Coordinator (CCC) is a nurse from the Calgary Health Region who is working with your family doctor to provide care for people with chronic conditions.

How can a Community Care Coordinator help me?

The Community Care Coordinators may help you by reminding you of blood tests and examinations that you need to have on a regular basis so that you can stay well despite having a chronic condition. They can refer you to programs that are offered by the Calgary Health Region that may help you such as the Living Well with a Chronic Condition program and Home care. They are able to help you navigate the health system and find the services that you need.

Where will I see the Community Care Coordinator?

Most likely you will first see the Community Care Coordinator in your family doctor's office. After that, the CCC will probably contact you most of the time by phone.

How can I join the Living Well with a Chronic Condition program or RowYour Own Boat?

You need to call 9-HEALTH. They will tell you where the program closest to you is located. If you want to join the exercise program, they will check with your doctor that it is safe for you to exercise.

CHRONIC DISEASE MANAGEMENT

People with chronic conditions have similar problems and concerns. They all must deal not only with their disease(s), but also with the impact these have on their lives and emotions.

Programs available for ethnic groups.

For more information about the program, fees, or to register call:

(403) 9-HEALTH
(943-2584)

**Calgary Health Region
Chronic Disease Management**
Macleod Place I
5920 Macleod Trail SE
Calgary, Alberta T2H 0K2

www.calgaryhealthregion.ca/cdm

February 2006
(information in this brochure may change without notice)
To reorder brochure call 943-2584



CHRONIC DISEASE MANAGEMENT

A program provided by the Calgary Health Region for people with long-term illnesses such as diabetes, hypertension, chronic lung disease, arthritis, heart disease or asthma





Take charge of your own health!

If you have a long-term illness such as diabetes, hypertension, chronic lung disease, arthritis, heart disease or asthma you can benefit from Calgary Health Region's Chronic Disease Management program.

CHRONIC DISEASE MANAGEMENT

Having a chronic health condition brings about limitations, frustrations and uncertainty about the future. You can respond to these changes in many ways. You can choose to do nothing and gradually lose the ability to do the things you wish or you can learn to take care of your health problem, carry out your normal activities and manage the emotional changes brought about by your illness. Our goal is to help you live the best possible life with a long-term condition.

Through the program family doctors are provided with the support of nurses from the Calgary Health Region (called Community Care Coordinators) who help them provide care to patients with chronic conditions. Together with your family doctor they will develop a plan for you to help you manage your health condition. This may involve checking to see that you are having the necessary blood tests and examinations that you need to stay well or calling you if you have a test result that needs further investigation.

The Chronic Disease Management program also offers the Living Well with a Chronic Condition program. This is a combined exercise and education program designed specifically for patients with long term illnesses. Exercise classes are supervised

by health professionals including exercise specialists, kinesiologists, physical therapists and occupational therapists. Education is provided for specific diseases such as diabetes, hypertension, chronic pain and congestive heart failure. The program is run in community settings such as the Talisman Centre, City of Calgary Centres, the Ys as well as in rural areas.

The Chronic Disease Management program also offers Row Your Own Boat, which is a self-management program designed to help you learn the skills you need to manage living with a chronic illness. You will learn how to stay informed about your health problem, deal with the emotional ups and downs, set goals and maintain the things in life that are meaningful to you.