

## Chronic Disease Support Group

The Chronic Disease Support Group meets from 9.30am–10.30am on 4th Thursday of each month at the Burdekin Centre for Rural Health, 12A Chippendale Street, Ayr.

### Benefits:

- ◆ Meet new people
- ◆ Share similar experiences
- ◆ Share feelings
- ◆ Access resources and community services
- ◆ Gain education
- ◆ Learn coping strategies
- ◆ Motivation and inspiration to deal with changes
- ◆ Reduce feelings of isolation

## Exercise Opportunities

The Burdekin Centre for Rural Health can also provide information and referral for exercise programs at the Burdekin Community Rehabilitation Centre and other venues. Programs include:

- ◆ Tai Chi
- ◆ Life Steps
- ◆ Lifestyle (individualised exercise programs)

For further information please contact:

**The Burdekin Centre for Rural Health**

**Phone (07) 4783 2711**

## Who Can Access these Programs?

Anyone with a diagnosed long term illness such as diabetes, arthritis, osteoarthritis, stroke, chronic pain, Parkinson's disease, multiple sclerosis, heart disease, bronchitis, emphysema.

## Want to attend a Course?

Rural Health Nurses, Noela Muller and Jeanie Zonta will deliver the Chronic Disease Self-Management Course in Ayr and outlying centres such as Giru, Clare and Millaroo.

At least ten to twelve people are required for a successful group. Times and venues may be arranged to suit participants.

To express interest in arranging or participating in future courses, please contact The Burdekin Centre for Rural Health on (07) 4783 2711.



These Programs were developed and delivered by the Burdekin Centre for Rural Health, part of the Burdekin Community Association, with funding from the Commonwealth Department of Health & Ageing.

**BURDEKIN CENTRE  
FOR RURAL HEALTH**

# *Chronic Disease Programs*

- ◆ **Education**
- ◆ **Strategies**
- ◆ **Support**
- ◆ **Exercise**

**'The Homestead'**  
12A Chippendale Street,  
PO Box 815  
AYR QLD 4807

**Phone:** (07) 4783 2711

**Fax:** (07) 4783 7611

**Website:** [www.bcrh.org](http://www.bcrh.org)

**Email:** [bcrh.bca@burdekin.qld.gov.au](mailto:bcrh.bca@burdekin.qld.gov.au)

## What is a Chronic Disease?

Health problems are usually classified as either acute or chronic. Typically, an acute illness begins suddenly, has a single, easily diagnosed cause and responds in a predictable manner to specific treatments such as medication or surgery.

Chronic diseases on the other hand, begin slowly, lack predictable patterns and may have multiple causes that vary over time and include heredity, lifestyle factors (smoking, lack of exercise, poor diet, stress), exposure to environmental and psychological factors. Unlike an acute illness, where full recovery is expected, chronic disease usually leads to more symptoms and loss of physical function.

People living with chronic health conditions face challenges every day to manage their medical condition and complete the simple everyday tasks which most people take for granted. They often have to deal with frustration, anger and depression, which also impacts upon family and friends.

To assist people fulfil their greatest possible physical potential and once again derive pleasure from life, the Burdekin Centre for Rural Health regularly offers:

- ◆ The Stanford University's Chronic Disease Self Management Course
- ◆ A Chronic Disease Support Group
- ◆ Several Exercise Opportunities

## What is the Chronic Disease Self Management Course?

This course has helped thousands of people world-wide by providing information and skills helpful to all, whatever their type of chronic or long term illness. Six consecutive sessions of two hours are conducted weekly.

Each participant is encouraged to bring a family member or friend, with no extra cost.

The self-management course does not conflict with existing programs or treatment. In fact, it is designed to enhance regular treatment and disease specific education such as cardiac rehabilitation, diabetes or asthma education programs.

The Course teaches you to:

- ◆ manage your symptoms
- ◆ develop exercise programs
- ◆ use relaxation techniques
- ◆ communicate with your doctor better
- ◆ work with health care providers
- ◆ make daily tasks easier
- ◆ lessen your frustration
- ◆ fight fatigue
- ◆ manage your medications
- ◆ **get more out of life**

## Local participants report:

- ◆ "Improved self-confidence"
- ◆ "Made me more outgoing"
- ◆ "I no longer think about my pain, I think about something else instead"
- ◆ "I now understand the benefits of regular medications"
- ◆ "Life has changed, my arthritis is still there but my attitude is better"
- ◆ "I say the two words "I will ....." then the day gradually improves"
- ◆ "Made me much more positive"
- ◆ "Gave me confidence to talk to doctors"
- ◆ "Helpful to get me motivated"
- ◆ "I learned how to set goals"
- ◆ "I learned to break job into smaller manageable tasks"
- ◆ "Gave me back my life! Years later I still use the strategies"

## Cost of Course

The Course is supported by an easy to read text, "Living a Healthy Life with Chronic Conditions", which costs \$45. It is recommended that participants buy this book.