

Chronic Condition Self-Management

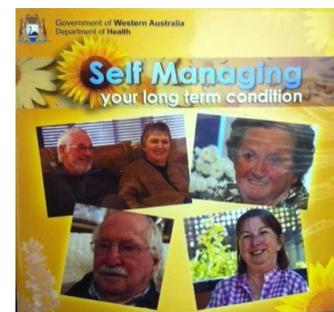
‘People actively involved in their own health care’

Living Well Guides for Consumers for various Chronic Conditions

Note: These guides do not replace advice from your primary health care providers.

All Conditions

[Self Managing Your Long Term Condition](#) WA Country Health Service (WACHS). Available online via the WA Health YouTube channel or DVDs can be obtained from the [Health Consumer Council WA](#). The DVD outlines strategies for consumers to play a greater role in the management of their conditions. Topics include: 5 Steps to start self-managing; Lifestyle tips; Healthy Eating and physical activity; Fitting out your home; Transport tips; Mental Wellness; Managing Your Medications.

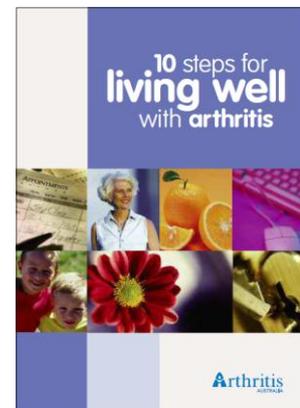


Arthritis

[10 Steps for Living Well with Arthritis](#) Arthritis Australia
[Various 'Taking Control' & 'Living Well' Guides](#) Arthritis Australia

- Women's Insights into Rheumatoid Arthritis
- Rheumatoid arthritis
- Ankylosing spondylitis
- Osteoarthritis
- Psoriatic arthritis
- 10 steps for living well with arthritis
- Stepping out - A guide for young adults with arthritis
- At home with arthritis - Simple steps for managing in the home

[Various information Sheets](#) Arthritis WA

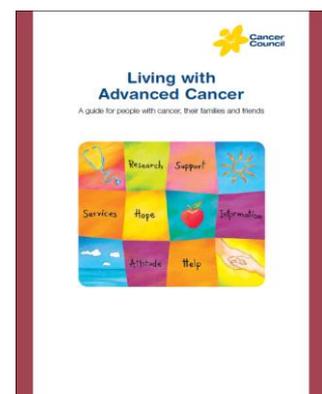


Asthma

[Various guides for Asthma](#) National Asthma Council

- Asthma
- Asthma for older Adults
- Asthma and Lung Function Tests
- Asthma and Wheezing in the first years of life

[Being active with Asthma](#), Asthma WA and [other resources](#)



Cancer

[An extensive range of guides for people with cancer, their families and friends](#) from WA Cancer Council including:

- Life Now - Staying well during and after cancer
- Life Now meditation and relaxation CD
- Caring for someone with cancer
- When a parent has cancer
- Life after cancer
- Counselling services
- Cancer information on the internet
- Exercise for people living with cancer booklet
- Eating well and keeping active CD
- Nutrition and cancer
- Emotions and cancer
- Understanding chemotherapy booklet
- Understanding radiotherapy booklet

[Living with Skin, Prostate or Breast Cancer.](#)

Questions answered. WA Health

[Resources for Aboriginal people](#) Cancer Council (nsw)

COPD

[Better Living with Your Lung Disease](#) 10 part - DVD series with focus on self-management. Available online. Lung Foundation.

[Better Living with COPD - A Patient Guide](#), Lung Foundation.

([Better Living with Lung Cancer](#), Lung Foundation.)

Diabetes

[Living with Diabetes](#). Who is susceptible, How you can recognise it How to prevent it. Plus various groups, resources and links, Health Beyond WA Health

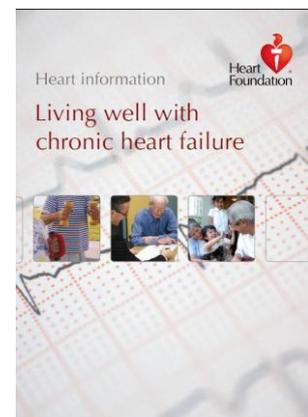
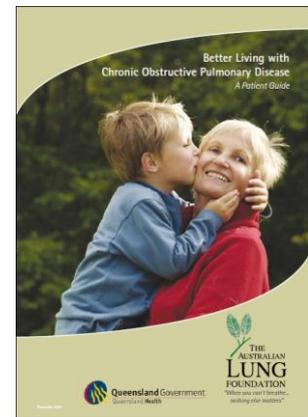
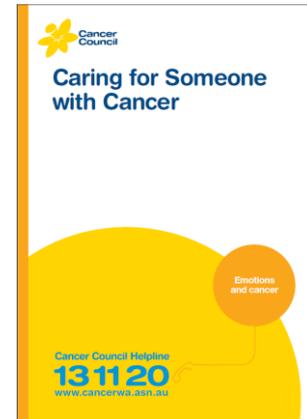
[Living with Diabetes – various online resources](#) Includes translations. Diabetes WA

Heart

[Living with Heart Disease](#) Health Beyond. WA Health

[Living Well with Heart Failure](#) Heart Foundation . For printed copies, call 1300 36 27 87

[Living Well Information sheets available in various languages](#)
Heart Foundation



Kidney Disease

[Self-Management Health Book – You're in Charge](#) Kidney Health Australia

[Living with Kidney Failure](#) Kidney Health Australia [Contents Page](#) Cost \$15.

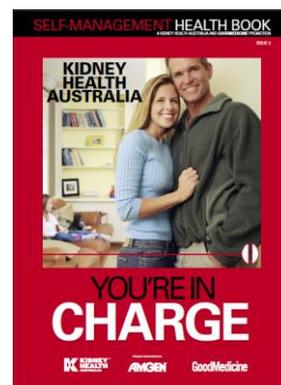
[Resources for Living with Kidney Disease](#) Kidney Health Australia

[Resources for Living with Kidney Disease – for Aboriginal people](#) Kidney Health Australia

[Shared Haemodialysis Care Handbook](#) Yorkshire and The Humber Sharing Haemodialysis Care Programme UK

[Coping Effectively A Guide to Living Well with Kidney Failure](#) National Kidney Foundation USA

[Living Well with Kidney Disease](#) American Kidney Fund USA

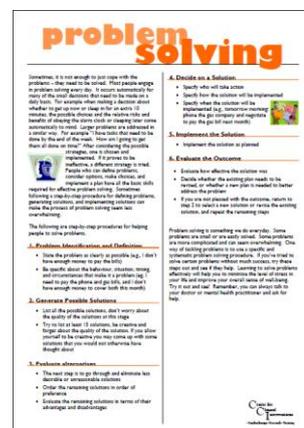


Mental Health

[Living Well with Mental Illness](#) The warning signs & the road to recovery. WA Health Clinical Centre for Interventions. Various consumer resources including:

Information Guides

- The Vicious Cycle of Depression
- The Vicious Cycle of Anxiety
- Behavioural Activation: Fun and Achievement
- Fun Activities Catalogue
- Unhelpful Thinking Styles (overview)
- Anger Coping Strategies
- Assertive Communication
- Problem Solving
- Calming Technique: Breathing
- Progressive Muscle Relaxation



Information Packages

- **Building Body Acceptance:** Overcoming Body Dysmorphia
- **Facing Your Feelings:** Overcoming Distress Intolerance
- **Helping Health Anxiety :** Overcoming Health Anxiety
- **Improving Self-Esteem:** Overcoming Low Self-Esteem
- **Keeping Your Balance:** Coping with Bipolar Disorder
- **Overcoming Disordered Eating - Part A+B** Overcoming Disordered Eating
- **Panic Stations:** Coping with Panic Attacks.
- **Perfectionism in Perspective :** Overcoming Perfectionism
- **Put Off Procrastinating! :** Overcoming Procrastination
- **Shy No Longer:** Coping with Social Anxiety
- **What? Me Worry!?! :** Mastering Your Worries

Pain

[Manage Your Pain Resources](#) PainHealth website WA Health
[Various Self Help Resources](#) – Aust. Pain Management Assoc'n
[The Pain Toolkit \(for Consumers\)](#) . Pain Management Assoc'n

Stroke

[My Stroke Journey – A Resource for stroke survivors and their carers.](#)
[After Stroke](#) resources and [Stroke Recovery Fact Sheets](#)
National Stroke Foundation

For Youth

['Live with It' - For young people by young people](#) living with chronic conditions. Arthritis Queensland.

Refer also:

Carers

[Prepare to Care:](#) A resource kit for family and friend carers, Carers WA

Health Consumers Council WA

[Patient First Booklet](#); Other 'Patient First' [Resources](#)

[Better Medicines: A Guide to Safer Medicine Use](#) A Guide to safer Medicine Use for Aboriginal People

Peak Bodies

[Peak Bodies for Chronic Conditions](#) CCSM, WA Health

Peer Support Groups

[Peer Support Groups in WA – Connect Groups](#) CCSM, WA Health

[Directory of Support Groups for Chronic Conditions in WA](#) ConnectGroups WA

