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

**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 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

*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

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**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


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


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