# What is the Closing the Gap Integrated Team Care program?

Our Closing the Gap program provides short-term support to Aboriginal and Torres Strait Islander people living with complex chronic disease who are unable to effectively manage their condition.

Chronic disease could include; diabetes, cancer, cardiovascular disease, chronic respiratory or kidney disease and eye health conditions associated with diabetes.

Our program adopts a team approach. Both Outreach Workers and Care Coordinators will work with you to support you to access medical care and other culturally appropriate health and community services.

Working together, our team can help you to develop self-management skills to better manage your chronic condition and live a longer, healthier life.

## How can the program help me?

We can provide you with support that you may need to:

- Better understand your chronic condition and what it means for you.
- Access medication and follow GP treatment plans.
- Go to your medical appointments; including help with transport and support during your appointment.
- Access recommend allied health equipment.
- Connect to ongoing community supports who can provide assistance to improve your physical health and wellbeing.

### **Eligibility**

To be eligible for the program, clients must:

- Identify as Aboriginal and/or Torres Strait Islander;
- Be enrolled for chronic disease management in a GP practice/AMS and;
- Be unable to effectively manage your condition requiring one-on-one assistance through care coordination.

#### **Service locations**

Metropolitan Adelaide, Gawler-Barossa, Yorke Peninsula & Mid North South Australia

#### Referrals

Referrals are accepted via ctgreferrals@sonder.net.au

#### **Contact us**

- Edinburgh North
  2 Peachey Road, Edinburgh North SA 5113
- PO Box 421, Elizabeth SA 5112
- **(08)** 8209 0700 **(08)** 8252 9433
- info@sonder.net.au
- www.sonder.net.au
- 🕧 Sonder\_SA 😕 @Sonder\_

Supported by









#### **Integrated Team Care**

Supporting Aboriginal and Torres Strait Islander people to navigate the healthcare system and better manage chronic conditions







Are you Aboriginal and/or Torres Strait Islander and struggling to manage your chronic disease? e.g. diabetes 'sugar', respiratory problems 'short wind' or others.

## What is a Chronic Disease?

A Chronic Disease is a disease that you have for a long time which may affect your ability to do your daily tasks. This can include cancer, diabetes, stroke, kidney disease, heart disease and lung disease.

Chronic disease is the leading cause of illness, disability and death in Australia. These conditions may never be cured completely, so there is generally a need for long-term management.

