

## Like to find out more?

To take part in any of these programs (for a minimal cost) or to find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number:

**5338 4500**

### **Ballarat City Centre**

710 Sturt St

### **Ballarat East Centre (APROTCH)**

Cnr Queen St & Dyte Pde

### **Sebastopol Centre**

260 Vickers St

### **Wendouree Centre (Cooinda)**

10 Learmonth Rd

### **Administration**

PO Box 1156, Bakery Hill MC, VIC 3354

**T** 5338 4500

**F** 5331 5470

**E** [info@bchc.org.au](mailto:info@bchc.org.au)

**W** [www.bchc.org.au](http://www.bchc.org.au)

*(Health Independence  
HIP Program)*

*a self-management approach to chronic illness*

**Health Independence Program (HIP) is a community based program which involves clients who have been identified as having chronic illness and would benefit from self management.**

The self management approach allows clients to maximise their quality of life by implementing strategies to allow the client to take control of their diagnosis and enable them to function effectively despite their chronic disease with the involvement of a key worker.

This self management approach has been shown to produce better outcomes in rural and regional settings with more comprehensive care for the patient and reduced work load in a more supportive environment.

**Requirements for the HIP Program include identified chronic disease, depression and anxiety associated with chronic disease, and long term health conditions that benefit from lifestyle intervention.**

Diseases include:

- Diabetes (Type 1 and 2),
- Chronic heart conditions (CVD, heart failure),
- Chronic lung conditions (COPD, asthma), and
- Musculoskeletal conditions (arthritis, chronic pain).

Some of the groups offered are:

**Better Health Self Management Course**

Learn how to manage your long term health conditions such as arthritis, diabetes or back pain.

**Smoke Free Clinic**

Individual stop smoking program personalised for you.

