

We are here to support you to take your health into your own hands

If you have any questions about the ITC Program please give your friendly, local service a call.

Perth North PHN		
Subregion	Service Provider	Contact
North West	Arche Health	08 9458 0505 1300 182 820 Free call
North East	Moorditj Koort	08 6174 7000
Perth South PHN		
Subregion	Service Provider	Contact
South West (Mandurah, Waroona, Murray (6213))	Nidjalla Waangan Mia (NWM) (operated by GP down south)	08 9586 4580
South West	Moorditj Koort	08 6174 7000
South East	Arche Health	08 9458 0505 1300 182 820 Free call
Country WA PHN		
Subregion	Service Provider	Contact
Kimberley	Boab Health Services	Broome: 08 9192 7888 Kununurra: 08 9168 2560
Midwest (North)	Carnarvon Medical Service Aboriginal Corporation (CMSAC)	08 9947 2200
Midwest (South)	Geraldton Regional Aboriginal Medical Service (GRAMS)	08 9956 6555
Pilbara	Mawarnkarra Health Service Aboriginal Corporation	08 9182 0851
South West	GP down south, provided by: Down South Aboriginal Health (DSA)	Manjimup 08 9771 2260
	South West Aboriginal Medical Service (SWAMS)	Bunbury 08 9726 6000 1800 779 000 Free call
Wheatbelt (Coastal, Eastern Western)	Wheatbelt Health Network	08 9621 4444
Wheatbelt (Southern)	Amity Health	08 9842 2797
Goldfields	Hope Community Services	08 9021 3069
Great Southern	Amity Health	08 9842 2797

For more information

-  www.wapha.org.au/itc/
-  aboriginalhealth@wapha.org.au
-  08 6272 4900



Acknowledgement

WA Primary Health Alliance acknowledges and pays respect to the Traditional Owners and Elders of this country and recognises the significant importance of their cultural heritage, values and beliefs and how these contribute to the positive health and wellbeing of the whole community.

Disclaimer

While the Australian Government Department of Health has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed, by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use or reliance on the information provided herein.



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Integrated Team Care

Your Health in Your Hands

We support Aboriginal and Torres Strait Islander people with complicated chronic care needs.



What is the Integrated Team Care (ITC) Program?

The ITC Program is a free service that helps Aboriginal and Torres Strait Islander people who have complicated chronic (long-term) health care needs.

Do you have a long-term illness?

This is known as 'chronic condition' or 'chronic disease', for example:



Diabetes



Heart Disease



Cancer



Kidney Disease



Respiratory (breathing) Disease



Another condition you have had/will have for six months or longer



Do you find it hard to manage your health on your own?



Please see your doctor

And ask about referral to the ITC Program.

Managing long-term illness can be difficult and stressful. People who have more than one chronic condition often need care from different types of health and specialist services, which can be overwhelming.

What can we provide?

Care coordination support

We support you and your doctor to organise what your doctor has recommended in your care plan.

Education

We can help you to better understand your condition and the treatment that has been recommended. We help you take your health into your own hands, so you can self-manage your health needs.

Financial support

We can support you to get the essential health services you need to manage your chronic condition. This might include help to see specialists or allied health services (e.g. a dietitian), or to purchase certain medical aids and equipment.

Practical assistance

We can support you to attend health care appointments or link you with other services and programs.

To join the ITC Program you will need to:

1. Be an Aboriginal or Torres Strait Islander person
2. Have a chronic condition that you find hard to manage
3. Have a chronic condition care plan from your doctor.

What is a chronic condition care plan?

Your doctor can write a care plan which will explain how to best manage your chronic condition.

This care plan helps both you and your doctor work together to manage your health and will include referrals to other health professionals who specialise in different services.

Please let reception know that you need to book an appointment for a chronic condition care plan as it can take about 45 minutes to complete.

Referral to the ITC Program

Speak to your doctor about ITC, if you think it would help you.

Your doctor will complete an ITC Referral form and send it with your care plan to your local ITC service.

Your local ITC service will support you on your journey until you are self-managing and able to take your health into your own hands.

