

Integrated Team Care



Country &
Outback Health

Practical support for Aboriginal & Torres Strait Islander people with chronic conditions to better manage their condition and improve their overall health and wellbeing.

Integrated Team Care (ITC) provides practical support to Aboriginal and Torres Strait Islander people living with chronic health conditions or long term illness. Including but not limited to; diabetes, cancer, cardiovascular disease, chronic respiratory disease or chronic renal disease.

Integrated Team Care

Continuing the work of the 'Closing the Gap' program, we take a team approach to support you in accessing medical care, providing you with ongoing encouragement and increasing your access to other, culturally appropriate, health and community services.

Integrated Team Care aims to help you better manage your chronic condition or long term illness so that you can live a longer, healthier life.

Integrated Team Care can support you to:

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

To access this FREE service in Port Augusta, Whyalla, Upper Eyre Peninsula and Outback SA, speak to your doctor today about making an appointment with Country & Outback Health and they will complete a referral for you.

Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.



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Outback Health

Please phone us or visit our website for more information

P: 8644 4900
www.cobh.com.au

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Country & Outback Health is not an emergency service. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: • healthdirect 1800 022 222

- Regional Access 1300 032 186 • Lifeline 13 11 14 • Mental Health Emergency 13 14 65
- 13 YARN 13 92 76 • QLife 1300 555 727 • Kids Helpline 1800 55 1800