

# Health care plans for chronic health problems that last a long time

## About Easy Read

Easier words with pictures to help explain some ideas.

## Health care plans for health problems that last a long time

A doctor and a patient looking at a document together.

Chronic health problems last a long time.

There are lots of chronic health problems like:

- asthma
- **epilepsy**
- **diabetes.**

A chronic health care plan can help you with your health problems.

You can make a health care plan with your **doctor**.

This fact sheet says how a chronic health care plan works.

Chronic health problems last for 6 months or more. There are lots of chronic health problems like:

- asthma

- epilepsy
- diabetes.

A chronic health care plan can help you get the care you need over time.

This fact sheet explains what a chronic health care plan is and how it works. It says that you can make a chronic health care plan with your doctor.

## **How a chronic health care plan can help you**

The fact sheet says a chronic health care plan can:

- help your doctor plan your health care
- connect you with different health services
- help you know what to do.

The fact sheet explains how you can use your plan to help manage your health. It says what to do if you need to change the plan.

## **We trust this resource**

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

## **This resource was made by**

**Australian Government Department of Health, Disability and Ageing**

The Department of Health, Disability and Ageing works to get better health and wellbeing

**Wellbeing** is how you feel in your body and mind. It includes your health, your feelings, and how you manage everyday life.

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