

A practical guide to chronic conditions for Aboriginal Health Workers

Chronic health conditions are health problems that last for a long time. Some chronic conditions cannot be cured. But people can feel better with care and treatment.

This guide is for Aboriginal Health Workers.

The guide can help health workers:

- explain new health problems in a simple way
- help people understand their condition
- share helpful facts
- connect people to support services
- say how regular health check-ups can help
- explain medical tests in an easy way
- support people to make healthy choices.

The guide is about:

- cardiovascular disease, which means problems with the heart and blood vessels
- diabetes
- kidney disease
- musculoskeletal conditions, which means problems with muscles and bones
- respiratory diseases, which means problems with lungs and breathing.

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

Aboriginal Health and Medical Research Council of NSW

A group that talks about Aboriginal Health and delivers culturally safe, high-quality primary health care services to Aboriginal communities in NSW.

- [Visit](#)