

Chronic Condition Self Management Stars

Reaching for the stars through Care Planning with the PLAHS Chronic Condition Self Management Team

...if you control your life style you are in control of your life. Always be true to yourself, acknowledge your gains and loses...



Jackie Stewart



Follow Your Star, you can do it

Jackie's Story

Jackie was diagnosed with border line diabetes in 1996. Jackie thought it would go away, however, in 2008, she was diagnosed with Type II Diabetes. She now follows a **care plan** with support from the **Chronic Condition Self Management Team**. Her husband is also very supportive, helping her to live better with diabetes. Jackie's goal is to change her lifestyle habits, which she is doing successfully.

A care plan has helped Jackie to change her life style habits:

- ✦ She now has two fruits a day
- ✦ Eats salads and herbs
- ✦ Visits families and friends
- ✦ Diet has less fats and meat
- ✦ Walks on the beach
- ✦ Walks her dog

**Take Charge
Live Longer
Be Happy**

Challenges

It's not always easy to follow plans. It helps to:

- ✦ Take medication on time
- ✦ Eat regular meals
- ✦ Attend appointments
- ✦ Do regular exercise

Jackie's achievements and successes

- ✦ Gave up alcohol completely
- ✦ Cut down on cigarettes to 3 a day
- ✦ Has a regular and healthy diet

Did you know...

three times as many Aboriginal and Torres Strait Islander people have diabetes than other Australians
(in 2004-2005) Australian Institute of Health and welfare 2008, Diabetes, Australian Facts, Diabetes series no. 8, CVD, Canberra; AIHW



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