

# Chronic Condition Self Management Stars

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

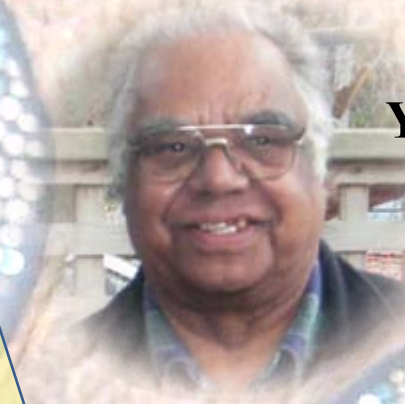
## Wally's Story

Wally was diagnosed With Type II diabetes in 2000. His wife Shirley is also diabetic. They support each other to manage their chronic conditions. His goals are to reach his target weight by the end of 2010 and to live better and longer. The support from Chronic Condition Self Management Team at Port Lincoln Aboriginal Health Service is helping him to achieve his goal.

*'You can enjoy yourself even if you still got it, I'm a diabetic, and I can control it. I've got to look after myself, and Shirley looks after me. I look after her too.'*

## The care plan is helping Wally to:

- ✦ Do things he couldn't do before like
  - Travel interstate
  - Walk further
  - Share feelings, yarn
- ✦ Review and control his medication
- ✦ Organise and attend family gatherings
- ✦ Eat moderately, cut back on sweets
- ✦ Improve his circulation



Wally Pickett

**You can be a Star too!**

**Wally's goals are to:**

- ✦ Lose weight
- ✦ Live longer
- ✦ Be more active

**Wally's achievements and successes**

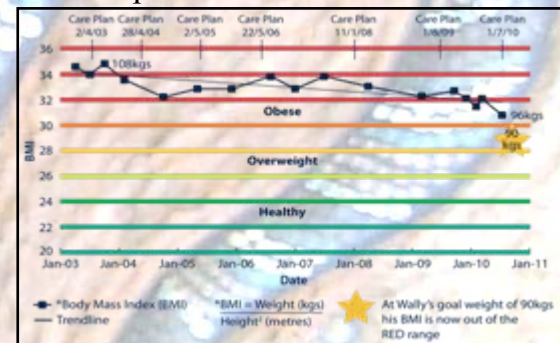
- ✦ Good insulin management makes him feel better in everyday life
- ✦ Enjoys life more
- ✦ Controls his weight with diet
- ✦ Has cut back on chocolate, bread
- ✦ Improved blood circulation in feet

**Set Goals  
Feel Better  
Do More**

**Did you know...**

**one third of Aboriginal people aged 55 and over live with high blood sugar levels or diabetes**

Thomson N, MacRae A, Burns J, Catto M, Debuyst O, Krom I, Potter C, Ride K, and Stumpers S, 2009, Overview of Australian Indigenous Health Ret 010710 [http://www.healthinonet.ecu.edu.au/health\\_facts/overviews](http://www.healthinonet.ecu.edu.au/health_facts/overviews)



This shows Wally's progress, his goal weight and Body Mass Index, and his Care Plan dates.

Background: 'Journey', acrylic on canvas by Jenny Pickett. Image courtesy of Kuju Aboriginal Arts and Crafts, Pt Lincoln

