



Council for
Intellectual Disability



Health care plans for chronic health problems

Health Fact Sheet



Easy Read

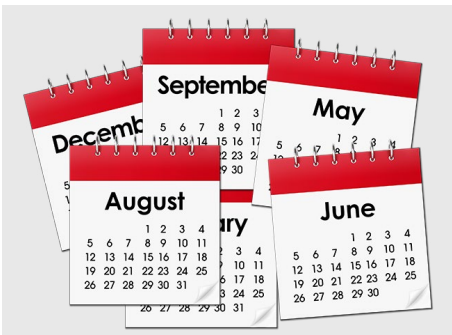
www.cid.org.au

Chronic health problems



Some people have **chronic** health problems.

Chronic means something lasts a long time.



Chronic health problems last 6 months or more.



There are lots of chronic health problems like

- Asthma
- Diabetes
- Epilepsy



Ask your doctor if you have a chronic health problem.

Plans

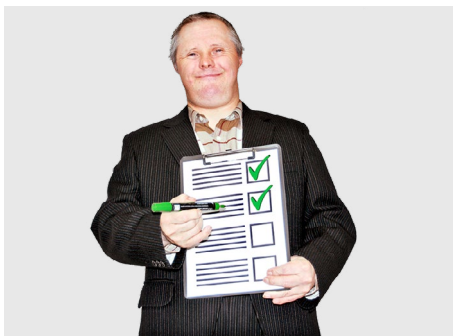


Your doctor can make a **health care plan** for you.

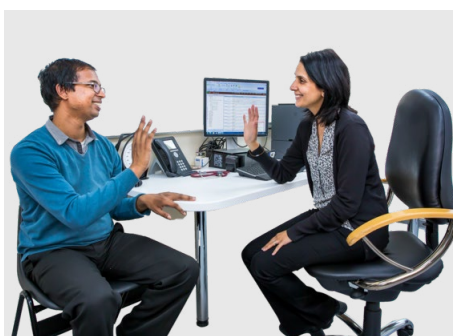
The **health care plan** says how to manage your chronic health problems.



To make a plan your doctor will talk with you.



You will talk about what you can do for your chronic health problem.



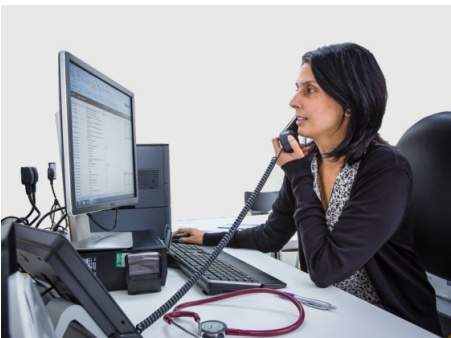
Your doctor will tell you how they can help.

Using other health services



Your doctor might talk about other health services that can help you.

This will be based on what you need.

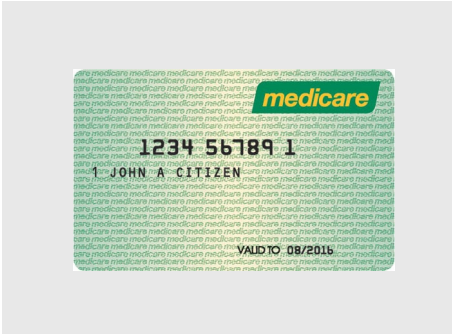


Your doctor might talk to your other health services.



Tell your doctor if there are things you do not want them to tell your other health services.

Will health services cost money?



Some health services are free with Medicare.



Some health services cost money



Sometimes Medicare gives you a **rebate**.

A **rebate** is when you get money back.



Ask each health service how much it costs.

Ask if your plan means you can get a rebate.

Changing plans



Your doctor will review your plan with you.

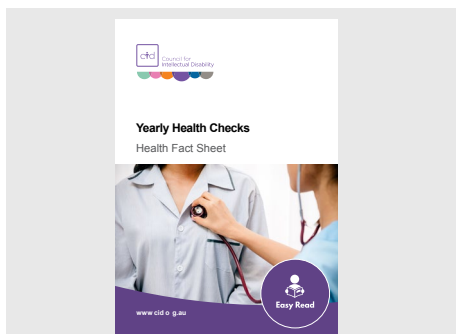
You will talk about how it is going.



Your doctor can make changes to the plan.

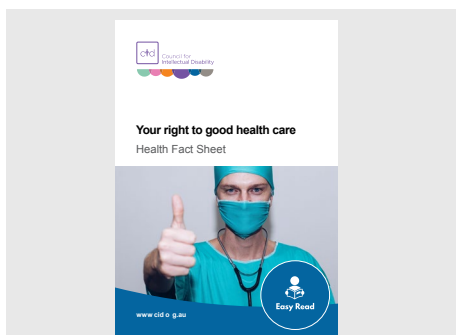
They will make changes you both agree on.

CID health fact sheets



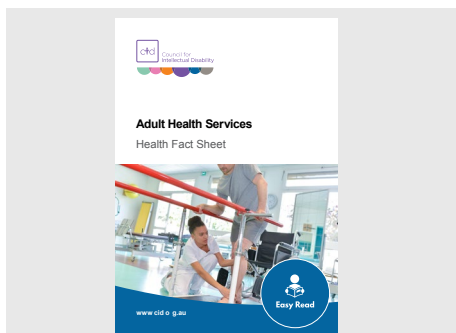
We have info about **yearly health checks** here

www.cid.org.au/resource/yearly-health-check-fact-sheet



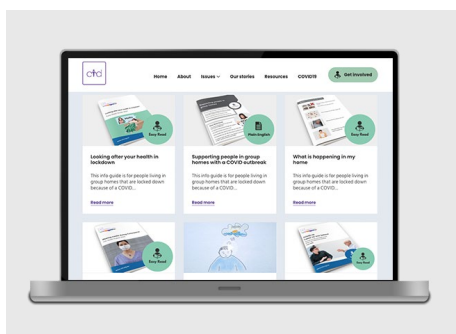
We have info about **your right to good health care** here

www.cid.org.au/resource/your-right-to-good-health-care-fact-sheet



We have info about **adult health services** here

www.cid.org.au/resource/adult-health-services-fact-sheet



We have lots of other health fact sheets.

You can get them from

www.cid.org.au/resource-category/health



Contact CID



1800 424 065



info@cid.org.au



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