



Living Well

The Merri Community Health Services Living Well program is designed to provide support and lifestyle coaching to individuals in the early stages of, or newly diagnosed with, a chronic health condition such as heart disease, diabetes or arthritis.

The Living Well program helps clients to make positive lifestyle changes, become more independent and better self-manage their long term health condition.

Key Workers in the Living Well program are qualified health professionals with additional training to support and coach individuals.

Key worker services include:

- Assisting clients to complete a health and lifestyle evaluation
- Identifying health and lifestyle issues impacting on a client's condition
- Goal setting
- Providing liaison with doctors and other health services
- Organising referrals to other services, including group programs, as appropriate
- Development of a plan to support clients in dealing with their health condition.

Benefits for clients include:

Living Well clients can benefit from:

- Learning more about their condition and how to manage it
- Understanding more about their treatment options

- Developing a healthy living plan incorporating achievable lifestyle goals
- Receiving support and or coaching to help make lifestyle changes.

Who can use this service?

Referral to the Living Well program can be made by individuals (self-referral), carers, health professionals including doctors and other service providers.

How much does it cost?

Session fees are \$12.50 per session, \$8 per session for Health Care Card and Pension Card holders.

Services are available at:

- 11 Glenlyon Road, Brunswick
- 93 Bell Street, Coburg
- 79 Jukes Road, Fawkner
- 5D Cromwell Street, Glenroy

For further information and appointments:

- Phone Service Access on (03) 9388 9933