

# Rehabilitation for chronic conditions framework

## Chronic Care Network

### Purpose

This Framework has been developed to:

- support LHDs with a uniform approach to rehabilitation within the context of chronic conditions
- improve health outcomes of people in NSW impacted by chronic conditions.

### Who could benefit

People who are:

- ageing with more than one chronic condition or already impacted by multi-morbidity
- at risk of being diagnosed with a chronic condition
- unable to access disease-specific rehabilitation services.

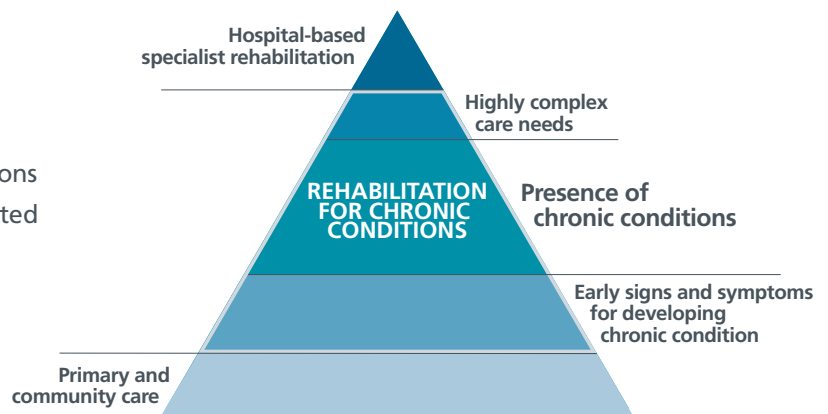
### Expected benefits

- increased or regained functional ability
- improved psychosocial well-being and reduced stress
- improved self-management and quality of life
- reduced admissions to hospital.

### What the framework offers

- a more integrated rehabilitation focus
- guidance on the core components and enablers (e.g. flexible delivery models, settings of care) of chronic condition rehabilitation
- the latest evidence on therapeutic interventions, behaviour change methodologies, and self-management support.

Note: This Framework does not promote the replacement of disease-specific rehabilitation services or programs.



### WHO CAN APPLY THE FRAMEWORK

Clinicians and managers can all have a role in reducing the impact of chronic disease in their communities.

The Framework can be used in a range of settings including:

- sub-acute services
- rural areas
- community-based services
- primary care providers.

The Framework strategies can be embedded in other systems of care already established such as chronic disease management programs.

### CONTACT

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