

CHRONIC CARE AUSTRALIA

COMMUNITY PROGRAMS

APPLICATIONS CLOSE SUNDAY 28 APRIL 2024

Exercise medicine is one of the cheapest and well-researched forms of prevention, management, and treatment for chronic conditions. Yet many people in our communities who would benefit from clinical exercise as medicine do not have access to it. Our goal at **Chronic Care Australia** is to improve the mental and physical health of all Australians with whole person treatment solutions so that they can live well for longer.

Chronic Care Australia awards annual Community Programs in loving memory of eight of its community members who have touched our hearts and the hearts of many in their communities. There are eight community programs dedicated to the memory of extraordinary people who loved our community and inspired the very best in everyone they encountered.

Applicants awarded these programs will receive the opportunity to attend **Chronic Care Australia** for six months at any stage during their treatment plan, be it at diagnosis, during treatment or post treatment. During their program, successful applicants will work closely with our clinical team, gaining tools and knowledge of exercise medicine to improve their quality of life and reduce the side effects and symptoms of their primary chronic condition.

Chronic Care Australia will work closely, as part of the successful applicants' multidisciplinary healthcare team.

+ WHO ARE THE PROGRAMS FOR?

If you have a patient or community member who has one of the chronic conditions below, and would benefit from comprehensive allied health care treatment, please go to our [website](#).

Peter Eastwood Community Program (COPD)

Peter was one of the world's true gentlemen. He treated everyone with respect and kindness. He was a good listener, very empathetic and his family always came first. He was very proud of all his children and grandchildren. He suffered COPD and heart arrhythmia which made life very hard for him in his later years. It was difficult for him to just walk some days. Peter had a big heart, and was the clinic's biggest advocate. Because of his big heart, the Eastwood family would like to provide another person support and offer them an avenue to improve their wellbeing as they progress through treatment to overcome their illness.

Sarah Shellabear Community Program (Stroke)

Bringing awareness to appropriate screening and open discussions about the risk of stroke in women. Sarah was a wonderful and loving wife, mother, grandmother and friend. She was the most caring, kind and humble human and had such a big impact on so many people's lives, even those who only knew her from seeing her walking the dogs around the neighbourhood. This program is in loving memory of one of Mosman Park and Peppermint Grove's most generous, caring, vibrant and valuable community.

Paul Thorp Community Program (Oncology)

When we talk about Paul, there's always two "things" at the top of the list – people and sport. He loved people, he could start up a conversation with anyone, anytime. He could always find an engaging topic and he was always funny. It was a real talent of his to remember little details about people. Paul loved sport – playing sport, watching sport, talking about sport. You name it, he knew about it. Paul still had so much to give and a lot of life to live when he was diagnosed with Acute Myeloid Leukaemia. This program is awarded to someone who embodies the characteristics of Paul and his vibrant love of people and sport.

Rebecca Wilson Community Program (Oncology)

Rebecca Louise Wilson was an Australian sports journalist, radio and television broadcaster and personality. Rebecca died from breast cancer in 2016. Her continuous support of the underdog and the truth as a journalist lives on in this program. (CONTINUED)



Reducing the burden of chronic conditions so all Australians can live well for longer.

New Purpose-Built Facilities – Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

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This program represents the start of a campaign to insure all those with breast cancer have access to exercise as medicine to improve their treatment outcomes, survival and quality of life. The recipient of this program is someone who embodies the characteristics of Rebecca Wilson. Someone who will work hard and dig deep, someone who is committed to making the most of life.

Jason McCarthy Community Program (Mental Health)

Jason McCarthy was a talented tennis player and athlete. He had a twinkle in his eye that brought fun and adventure with it. Everybody loved Jason. This program brings awareness and empowerment to young men and women balancing chronic mental health challenges with the pressures of young adulthood. This is awarded to someone of outstanding potential and capability who embodies and demonstrates a love of sports and competition in the way that Jason did with his love of tennis.

Sue Townsend Community Program (Pancreatic & Liver Cancer)

Sue spent each day on this earth thinking about others and wondering how she could help them. She had boundless empathy and would dedicate endless time to anyone who needed help or advice; no problem was too big to solve for Sue and every person was worthy. Sue lived life with kindness, compassion and joy at the forefront, always seeing the beauty surrounding her. This program is awarded to someone who embodies the same generosity of spirit and courage to make the most out of every inch of life.

Michael Lawrence Community Program (Mental Health)

The Michael Lawrence mental health community program is to bring awareness and empowerment to young men and women balancing chronic mental health challenges with the pressures of young adulthood. Loved dearly by his friends and family, Michael had a sharp wit and great sense of humor. Above all, he was a kind and caring soul, always going out of his way to help others. He loved his sausage dogs, his friends and his family. Michael had great strength and was always trying hard to improve himself. This Community Program is awarded to someone of an outstanding potential and capability who embodies and demonstrates great strength and compassionate nature.

Sally Cook (Breast Cancer)

Sally Cook was passionate about always being in top form, having high energy and sharing her wisdom far and wide. Chronic Care was an invaluable space that supported Sally's drive for wholesome wellbeing throughout her magnanimous life. Sally's family would love to share the support with another person so they too can feel their best. This program represents the start of a campaign to insure all those with breast cancer have access to exercise as medicine to improve their treatment outcomes, survival and quality of life. The recipient of this program is someone who embodies the characteristics of Sally. Someone who has the vibrancy, high enthusiasm and is committed to making the most of life.

+ HOW DO YOU APPLY?

Once you have received our information flyer, head to our website www.chroniccare.com.au/ community to download the application form. Please submit your completed application via email or by mail to the below details.

Email: admin@chroniccare.com.au

Mail: Chronic Care Australia, Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

+ IMPORTANT DATES

APPLICATIONS OPEN: NOW OPEN

APPLICATIONS CLOSE: SUNDAY 28 APRIL, 2024

RECIPIENTS ANNOUNCED: FRIDAY 10 MAY, 2024

PROGRAMS COMMENCE: WEDNESDAY 22 MAY, 2024



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