

Is the Program right for you?

The COACH Program is available for multicultural community members aged 18 years and over diagnosed with one or more of the following chronic conditions:

- Coronary heart disease
- Heart failure
- Peripheral vascular disease
- Stroke and/or TIA (mini stroke)
- Type 2 diabetes
- Prediabetes
- Chronic obstructive pulmonary disease (COPD)

How to join

Call us for more information and to see if you are eligible on **07 3844 9166**.

Refer to us

We accept self-referral, GP, Allied Health and Community Organisation referrals via telephone, email or fax. Referral forms can be downloaded via our website www.eccq.com.au

Chronic Disease Program

The COACH Program® for Multicultural Communities



ECCQ
Chronic Disease
Program

Phone 07 3844 9166
Fax 07 3846 4453
Email chronicdisease2@eccq.com.au
Web eccq.com.au

We protect the confidentiality of personal information in line with ECCQ's Privacy Policy and Procedure.



The COACH Program Pty Ltd developed and owns The COACH Program. The COACH Program is the registered trademark of the "The COACH Program Pty Ltd" and is used under licence by ECCQ.

The COACH Program® for Multicultural Communities

A Free Chronic Disease Self-Management Program



Supported by
phn
BRISBANE NORTH
An Australian Government Initiative

Who are we?

Since 1976, ECCQ has been the independent, member-based peak body representing multicultural communities across Queensland.

ECCQ's Chronic Disease Program has been delivering culturally appropriate preventive care since 2007. Our team of Bilingual Staff ensure communities we work with receive culturally appropriate information and support to prevent or self-manage chronic disease.

What is The COACH Program?

Developed in Australia in 1995, The COACH Program is the most scientifically proven chronic disease prevention program in the world. The COACH program is proven to help people with chronic disease/s achieve better health and live longer.



How does it work?

1

A Bi-lingual Multicultural Health Worker will call or meet you to do a free health check to identify if you are eligible for the Program.



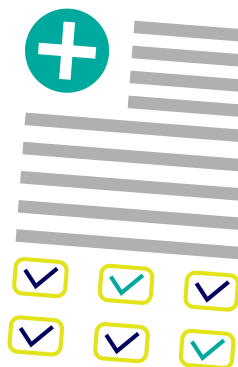
2

You choose:

- A time convenient for you to start the Program.
- Up to 6 personalised sessions.
- Sessions in person, over the phone, online or a combination of these options.
- Have the session delivered in your own language (including but not limited to): Arabic, Burmese, Mandarin, Cantonese, Dari, Hindi, Malayalam, Swahili, Samoan, Vietnamese, English or via an interpreter.
- Have the session by yourself or in a small group with other participants.

3

You and your doctor will receive a letter in your preferred language after each session.



Who is it for?

- You are a Multicultural community member who has been diagnosed with chronic disease/s.
- You want to be in control of your health with a **FREE program**.
- You want culturally appropriate and translated resources.
- You want to understand the disease risk factors that affect your chronic conditions:
 - Cholesterol
 - Blood pressure
 - Blood sugar levels
 - Smoking & Alcohol consumption
 - Physical activity
 - Nutrition
 - Medication
 - Mental Health

