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.

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