



Health Care Navigator

The Health Care Navigator program is designed to support people with chronic health conditions in the Murrumbidgee region, to navigate their way through the health system.

The key focus of the program is to achieve improved management of chronic disease, and the associated complex healthcare needs, along with a reduction in unplanned admissions to hospital. Alongside care coordinators in our Integrated Care Coordination program, our Health Care Navigator uses 'social prescribing' to enhance the effectiveness of health-based care coordination for clients.

How does the Health Care Navigator program work?

The program takes a goal-centred approach, starting with a health and wellbeing review, including a personalised care and support plan with identified goals. The support plan is based on the person's strengths, needs and preferences, as well as making the most of community and informal support. A co-produced simple plan includes these elements:

- What matters to the person – priorities, interests, values and motivations
- Community groups and services the person will be connected to
- What the person can expect of community support and services
- What the person can do for themselves, in order to keep well and active
- What strengths and assets people already have that they can draw on – family, friends, hobbies, skills and passions

How does the program support people?

Our Health Care Navigator supports people to carry out tasks to achieve their goals through:

- Facilitate linkages to housing support
- Navigating a pathway to financial sustainability
- Obtaining funded care such as the National Disability Insurance Scheme (NDIS)
- Arranging ongoing mental health supports
- Finding suitable legal advice
- Linking clients to social supports

More information

Referrals into this program are through the Murrumbidgee Local Health District and Marathon Health Integrated Care Coordination program.

 **1300 402 585**

 **marathonhealth.com.au/hcn**

Marathon Health is a not-for-profit, registered charity delivering high quality health and wellbeing services to people wherever they choose to live. This service is supported by funding from the Murrumbidgee Primary Health Network through the Australian Government's PHN Program.

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