

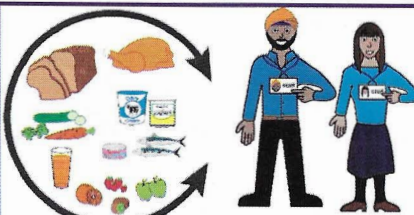







Information Sheet | Canberra Health Services

Canberra Health Services – Community Care Program

The Community Care Program provides you with free allied health and nursing services (some exceptions may apply). You can self-refer to many of our services. Scan the QR codes to find out more about each service.

What services does the Community Care Program have?

	<p>Nursing</p> <p>Nurses can help you learn to manage your health condition and be as independent as possible. Nurses can help you with:</p> <ul style="list-style-type: none"> • wounds • stomas • catheters and continence • caring for yourself after you leave hospital • living your best life when you have a long-term condition. 	
	<p>Nutrition</p> <p>Dietitians can help you to eat better for your health.</p>	
	<p>Physiotherapy</p> <p>Physiotherapists can help you with:</p> <ul style="list-style-type: none"> • muscle, bone and joint problems • pelvic health and continence issues. 	
	<p>Podiatry</p> <p>Podiatrists can help you with problems with your legs and feet.</p>	

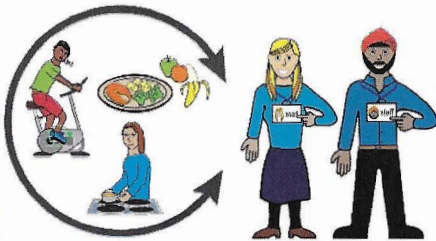




Social Work

Social Workers can help you with:

- stress, anxiety or depression
- grief and loss
- finding support you need to live well
- connecting you to other services.



Occupational Therapy

Occupational Therapists can help you to live safely and independently in your own home and community. They can give you advice on equipment and home modifications.



What group programs does the Community Care Program have?

- **Pelvic Floor Workshops** – helps you to train your pelvic floor muscle and bladder.
- **Take Control – Live Well** – helps you live your best life with chronic health conditions.
- **GLA:D** – physiotherapists help with your knee or hip pain.
- **Low Back Pain Group** – physiotherapists help you with your low back pain.
- **Total Knee Replacement Group** – helps you after you have surgery.
- **Foot Sure** – teaches you how to look after your feet.


Call (02) 5124 9977 to find out more or to book into our services. When you call, we will ask some questions about you and your health. This is to make sure our services are right for you.


Go to <https://www.canberrahealthservices.act.gov.au/services-and-clinics> for more information.

Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.

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 **Accessibility** 📞 call (02) 5124 0000

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[canberrahealthservices.act.gov.au/accessibility](https://www.canberrahealthservices.act.gov.au/accessibility)



Images sourced from 'easy on the i' Learning Disability Service.



[canberrahealthservices.act.gov.au](https://www.canberrahealthservices.act.gov.au)



Health Information Sheet | Canberra Health Services

Take Control – Live Well

Do you have a health condition that has lasted more than 3 months? Is it affecting your quality of life?

Take Control – Live Well is a FREE 3-week group program for adults in the ACT who have a chronic condition. It helps you find ways to reach your health goals and manage your condition. Connect with others in a safe and welcoming space.

You will learn how to:

- get the best out of your health appointments.
- look after your mental and physical health.
- find reliable health information.
- set and achieve your health goals.
- find local support services.

After the 3-week program, you will have:

- a plan to reach your health goals.
- a program book of resources to take home.
- the option to receive SMS support for up to 3 months.



Take Control – Live Well is run:



or



In person:

- 1 session a week for 3 weeks.
- Each session is 2.5 hours long.
- Groups run at different locations in Canberra.

Online:

- 1 session a week for 3 weeks.
- Each session is 2 hours long.
- Attend the group from your own home.

A carer or support person is welcome to attend the program with you.

To ask questions email SelfManagement@act.gov.au.

To book your spot in Take Control – Live Well:



or



Call Central Health Intake on 02 5124 9977.

Use the MyDHR app or website.

Click 'Book an Appointment' under the Menu.

You don't need a referral to book your spot in Take Control – Live Well.

The next programs will start at:

- Belconnen Community Health Centre on Tuesday 17 March 2026 at 9:30am.
- Online on Wednesday 15 April 2026 at 4:30pm.




For more information, scan the QR code or go to canberrahealthservices.act.gov.au.

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
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Consumer Handout | Canberra Health Services

Liaison and Navigation Service

About the Liaison and Navigation Service

The Liaison and Navigation Service (LaNS) helps people with complex health or social needs access the health system. For example, people who have more than one chronic health problem or have social needs, like housing, that affect their health.

LaNS is a team of nurses and allied health staff like physiotherapists and social workers. We take a whole person approach to your health and social wellbeing.

The LaNS team can help you find your way through the health system when:

- You are feeling ill.
- You are not sure what care you need or can access.
- You find you are always busy with health appointments.
- You have trouble understanding information from many different people and services.

We can work with you for up to 12 months to help set up the care you need. We can help you feel more confident about taking care of your health. We will respect your privacy and only share information with other service providers with your permission, unless we have to for safety or legal reasons.

What we do

- Ask about things in your life that affect your health like your home, transport, and costs.
- Listen to your needs and experiences.
- Find out your main health goals.
- Plan how to achieve your health goals with you.
- Make sure you have the right information and support.
- Help you arrange the care you need.
- Help you book or change your appointments.
- Help you plan what to do if your health changes or gets worse.
- Help you express yourself or speak up for you if needed.
- Help build your knowledge, skills and confidence about healthcare.
- Help you take control of your health and wellbeing.
- Connect you with the health and community services you need.
- Be a point of contact if you have questions or need help.

How can I access LaNS?

LaNS is for people with complex health needs (for example, more than one chronic health problem) or social matters (for example, housing, disability) that affect their health.

You can refer yourself by calling or sending us an email. You can also ask a health professional (like a doctor, nurse or social worker) to do it. Or they can refer you to LaNS by asking for your consent.

When we get your referral, we will see if LaNS is the right service for you. If we can help, one of our team will call you. We will set up a meeting to get to know you. This will be somewhere that suits you, like a local Community Health Centre.

If LaNS is not the best service for you, we will contact you or your referrer with other options.

Have questions or need help?

Contact us

Phone: 02 5124 5030 Monday to Friday during business hours, 8:30am to 5pm.

Email: LaNS@act.gov.au

Health professionals please refer via Digital Health Record or HealthLink

More information can be found on our website:

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/liason-and-navigation-service-lans>



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