

Family and Friends

Talking about your family and friends, your country and their experiences of heart and vascular issues can be helpful.

Yarn with your family and friends about your options. It is okay to make these decisions together with family.

Making decision with others is ok. You can bring family or friends to the doctor to help you make decisions.

You might all make some changes together to improve your health e.g., you might all go for a walk together every day.

Your family may have had to find solutions to improve their health in the past which may work for you too. They may have some tips they can share with you.

See your GP if you have questions or concerns about your Heart Health

This tool uses the “Finding Your Way” model of shared decision making to guide conversations about cardiovascular disease prevention. It was codesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the “Finding Your Way” guide here: www.aci.health.nsw.gov.au/shared-decision-making

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

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