



Next steps

When you are trying to make changes for your health some things work well and some things take more time to put into place.

Some things you try may not work at all for you, at first – talk to your healthcare team and family about how they can support you to help you find what is best for you.

Checking in is important and bring the people who support you on your health journey.

“This is what stuck with me, that he was naturally curious, and he actually asked me, “What are the challenges, to you, getting a screen right here, right now?” Instead of giving me a lecture what he was saying was, “What can I do to help you to consider a screen?”

- Community member

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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