

Mission Statement

In Our Hands' Health Information & Resource Centre Inc

Provide health related information, support and education to the Whyalla community.

Promote Primary Health Care by encouraging the community to adopt a health promoting lifestyle.

Assist people with chronic condition (s) to better understand and manage their condition (s) and improve their quality of life via:

Education:

Knowledge of condition

How to manage symptoms and prevent complications

Knowledge of treatments/ medications

Empower people to use assertive communication and be responsible for their health

Group Support:

Promote existing local support groups

Analyse areas of deficit

Assist to establish new groups

Encourage partnerships between people with chronic conditions and their healthcare providers:

Promote care planning through local GP's

Liaise with local health professionals to streamline referral system and ensure ongoing educational support.