

MY NEVER-ENDING STORY

Living with multiple chronic conditions

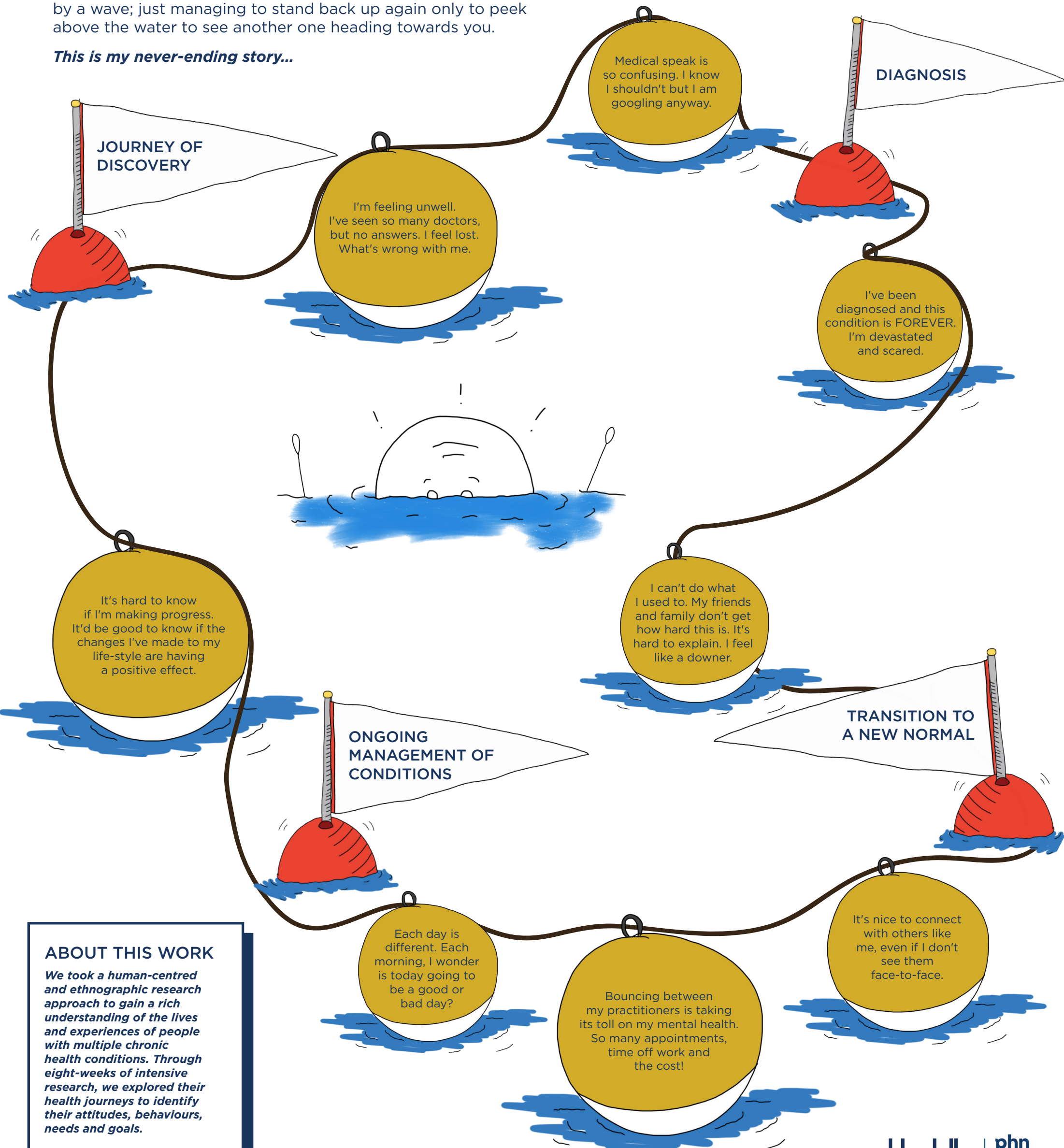
Living with multiple chronic conditions is hard. Right when I finally settle into a routine managing one condition, I start to experience symptoms of another. It feels like being dumped by a wave; just managing to stand back up again only to peek above the water to see another one heading towards you.

This is my never-ending story...

It's estimated that one out of every five Australians is currently living with multiple chronic health conditions and have complex needs.

Though they are each unique, they share similar feelings and insights across their health experiences.

These insights illuminate opportunities for SEMPHN and its partners to create more positive healthcare outcomes, for these people.



ABOUT THIS WORK

We took a human-centred and ethnographic research approach to gain a rich understanding of the lives and experiences of people with multiple chronic health conditions. Through eight-weeks of intensive research, we explored their health journeys to identify their attitudes, behaviours, needs and goals.