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Cardiovascular Disease



Diabetes



Kidney Disease



Musculoskeletal Conditions



Respiratory Disease



Your Aboriginal Health Worker can provide you more information

Upcoming appointments

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

Bring

Who

Date / / Time : am/pm

Bring

Disclaimer

The information in this pamphlet is of a general nature only and not intended as medical advice.



Aboriginal Health & Medical Research Council of NSW



Tobacco Control Worker

Resource three of the

Living Longer Stronger Resource Kit

2nd edition

Who are they?

A Tobacco Control Worker provides advice and encouragement to individuals to quit smoking and remain smoke-free. They can provide information and education about nicotine replacement therapy (NRT) and ongoing support.

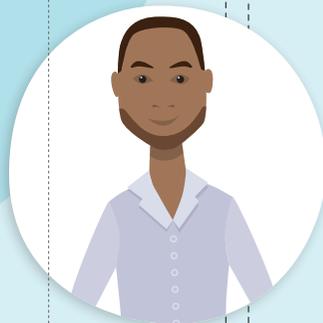
How can I access one?

To access a Tobacco Control Worker, you can contact NSW Quitline (137 848) and ask to speak to an Aboriginal Advisor. Alternatively, a Tobacco Control Worker may be available at your Aboriginal Medical Service.



What should I do before the appointment?

- + Some people have thought about quitting smoking for a long time, while others might decide to quit smoking suddenly. You may have lots of questions about how to quit smoking, so write your questions down and ask your Tobacco Control Worker.
- + Try and think about some of the benefits of quitting smoking such as money saved, improved sense of taste, and better long-term health.



Tobacco Control Worker

Provides advice and support to people to quit smoking and remain smoke-free. An Aboriginal Health Worker may often perform this role.

How much does it cost?

- + Costs to call NSW Quitline are the same for a local call from a landline, but may be higher if calling from a mobile phone.
- + You may be able to arrange an appointment at no cost at your Aboriginal Medical Service, but please speak with them about this first.

What to expect during the appointment?

- + Your Tobacco Control Worker will ask about your smoking history and assess your readiness to quit.
- + You may work together to create a plan to quit smoking and may be provided advice about nicotine replacement therapy, if this is suitable.
- + You may require follow-up visits or scheduled phone-calls to see how you're going and to provide the best support to quit smoking and stay smoke-free.

