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...

Medical speak is so confusing. I know I shouldn’t but I am googling anyway.

I’ve been diagnosed and this condition is FOREVER. I’m devastated and scared.

I’m feeling unwell. I’ve seen so many doctors, but no answers. I feel lost. What’s wrong with me.

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.

Each day is different. Each morning, I wonder is today going to be a good or bad day?

Bouncing between my practitioners is taking its toll on my mental health. So many appointments, time off work and the cost!

It’s nice to connect with others like me, even if I don’t see them face-to-face.

I can’t do what I used to. My friends and family don’t get how hard this is. It’s hard to explain. I feel like a downer.

It’s hard to know if I’m making progress. It’d be good to know if the changes I’ve made to my life-style are having a positive effect.

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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.