Toolkit Resource

## Example actions to support women with chronic conditions

Women disproportionately carry the burden of chronic conditions in Australia. This document contains examples of gender-responsive actions that can be taken by individual professionals and community members, as well workplaces and organisations. By taking gender-responsive actions as individuals, workplaces and communities, we can work towards a more effective health system and more equitable health outcomes.

### Individual profession/practice

* Provide plain language information about chronic conditions that disproportionately impact women
* Build on trauma-informed care and consider ways to address the impacts of trauma on chronic conditions, including with somatic therapy and nervous system practitioners
* Strengthen referrals between health, mental health, and other relevant care and services including domestic, family and sexual violence (DFSV) services
* Connect with community led support groups and lived experience advocates to strengthen referrals and inform practice

### Workplace/organisation

* Identify ways to improve affordability, accessibility, appropriateness and availability of health care
* Address gendered bias and harmful stereotypes in health care through anti-discrimination policy and practice and statements
* Introduce reproductive health leave, informed by staff and people with lived experience
* Review and expand diversity, equity and inclusion policies to include chronic condition leave and accessibility provisions
* Connect with community led support groups and lived experience advocates to strengthen referrals and inform monitoring, evaluation and learning

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### Community/studies

* Learn more about chronic conditions that disproportionately impact women, for example by reading [The Gendered Experience of Chronic Conditions: Insights, Challenges and Opportunities](https://australianwomenshealth.org/resource/the-gendered-experience-of-chronic-conditions-insights-challenges-and-opportunities/) by Australian Women's Health Alliance
* Create a campaign at university or TAFE for International Women’s Day to raise awareness of chronic conditions that disproportionately impact women, and emphasise women’s agency around their health care
* Connect with community led support groups and lived experience advocates

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| Notes* **Could you or a workplace/organisation/community group you know implement any of the suggested actions?**
* **What support might assist in taking these actions?**
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This resource is from the ‘[Introduction to Gender-Responsive Health](https://womenshealthhub.learnworlds.com/course/intro-to-gender-responsive-health)’ e-learning course by Australian Women’s Health Alliance.

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