

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

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](#) 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

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?**

This resource is from the '[Introduction to Gender-Responsive Health](#)' e-learning course by Australian Women's Health Alliance.

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