



Contact us

 **Narungga Country**
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 SonderSA  Sonder-SA



Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.

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COUNTRY SA

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Integrated Primary Care

Supporting people living with chronic conditions in the regions of Yorke Peninsula, Mid North, Lower North, Southern Fleurieu Peninsula and Kangaroo Island.



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Integrated Primary Care supports people who are living with (or at risk of developing) a chronic medical condition to access allied health services to enable them to better manage their health.

Our Care Coordinator will work in consultation with your GP to advocate for your health needs and arrange a team-based approach to your care.

We will support you to access our network of allied health providers including dietitians, physiotherapists, diabetic educators, exercise physiologists and podiatrists at no cost.

We will work together to find ways to help you better manage your chronic medical conditions.

What do we offer?



Coordinated care and support

We will advocate for your health needs and facilitate a team-based approach to your care



Access to allied health services

Via Sonder's network of allied health providers



Team approach

Your Care Coordinator will work in consultation with your GP and allied health providers to understand your health needs



Learn about your health

We will support you in finding strategies to help manage your chronic medical condition

Am I eligible?

To be eligible for this program, you must:

- Live in the regions of Yorke Peninsula, Mid North, Lower North, Lower Fleurieu Peninsula or Kangaroo Island and;
- Be living with, or at risk of developing an ongoing chronic medical condition that requires additional services to prevent further complications or illness.

Who are the staff?

This program is delivered by Sonder's network of allied health providers, including:

- Diabetes educators
- Dietitians
- Exercise physiologists
- Physiotherapists
- Podiatrists
- Respiratory educators

Our Care Coordinator will work in consultation with your GP to support you in accessing services to treat your chronic medical condition.

Please note, not all allied health providers are available across all regions. Some services may be provided via Telehealth.

How do I access the service?

To access this service, simply contact our friendly team at Sonder via phone **(08) 8209 0760** or email **info@sonder.net.au**

We'll put you in touch with a local GP to access a referral into the program.

If the GP finds the program to be suitable for you, they will complete a referral form on your behalf and send it back to us.

Once we receive your referral, our Care Coordinator will then work with your GP to coordinate initial appointments with the specialist nurse, or allied health providers identified on the referral.

Where can I access this service?

Our allied health providers are located in different sites across the Yorke Peninsula, Mid North, Lower North, Lower Fleurieu Peninsula and Kangaroo Island regions.