

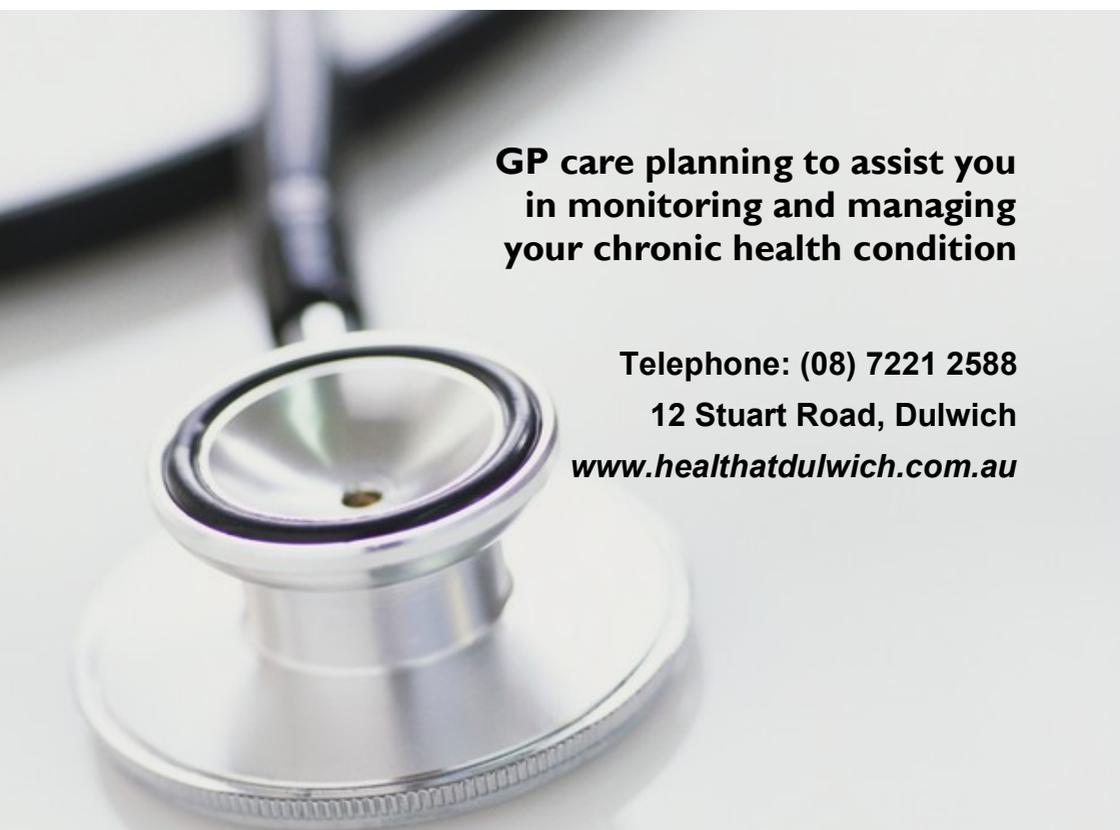


# HEALTH AT DULWICH

**Plan for better health  
with your GP today**

**GP care planning to assist you  
in monitoring and managing  
your chronic health condition**

**Telephone: (08) 7221 2588  
12 Stuart Road, Dulwich  
[www.healthatdulwich.com.au](http://www.healthatdulwich.com.au)**



## What are the benefits?

- Help to co-ordinate the services and treatment.
- Used as a tool for organising care.
- Clearer goals and encourages patients to understand and have involvement in their own care.
- Improved self-management.
- Enable evolution from episodic, acute management towards a structured preventative approach.
- Access to other professionals.
- Promotes teamwork with own GP, other services and health professionals.
- Better follow up.
- Has a positive impact on patient care, outcome and quality of life.

**Ask your Doctor or Practice Nurse at Health at Dulwich about preparing a GP Management Plan and the services that could help to improve your health.**

**To make an appointment with your GP or talk to our Practice Nurse please contact us on 7221 2588.**



# Improving your health with a Care Plan

## GP Management Plan (GPMP)

If you have a chronic health condition, which may include, but is not limited to asthma, cancer, diabetes, heart disease, osteoporosis and stroke, you may be eligible for a GPMP. This is a plan developed between you and your GP.

This plan is developed between you and your usual GP and enables a good way of structuring your health care.

## Team Care Arrangement (TCA)

TCA's are introduced when care needs are complex, and patients on a Care Plan require a team of health professionals and support services to manage their health requirements.

The 'team' includes your usual GP and at least 2 other health providers, will aim to help you reach your goals.

## What are the steps involved?

Your regular GP, with the assistance of the Practice Nurse will:

- Assess your particular health care needs.
- Define problems and relevant conditions.
- Agree to achievable management goals for better health outcomes.
- Identify any actions that you can take to achieve goals.
- Identify treatment & services that may help.
- Develop a plan outlining all of the above.
- Arrange ongoing review of goals and management as set out in the plan.

## **Medicare Rebate**

From 1st November 2014, the Federal Government prohibited payment of a Medicare Rebate for both a health management plan and a general consultation on the same day. Please arrange a separate appointment on another day if you wish to discuss any additional issues at the time of your GPMP, and if the matter is urgent then re-schedule the management plan.

## **Allied Health Professional Referrals**

Identifying and involving appropriate allied health care professionals to assist in managing aspects of your health care and meet treatment and health goals are arranged in the TCA.

Medicare rebates are available to assist with up to 5 Allied Health visits each year. This may include visits to an Audiologist, Diabetes Educator, Dietitian, Exercise Physiologist, Occupational Therapist, Physiotherapist, Podiatrist, Psychologist or Speech Pathologist.

## **Are there any costs involved?**

The preparation of a GPMP & TCA with subsequent reviews are bulk billed at our practice and at no cost to you.

However, in some cases you may be charged a gap fee for services provided by Allied Health Professionals. Where possible, your Practice Nurse will provide you with information regarding gap charges.