



# Chronic Disease Management using Care Plans & Enhanced Primary Care

## Help for patients with a chronic disease

A chronic disease is a disease that a person will have for six months or more.

Some examples of chronic diseases are **Diabetes, Asthma, Ischemic Heart Disease, Fatty liver, and Osteoarthritis.**

The Commonwealth Government under the **Enhanced Primary Care Program** has funded a service called Team Care Arrangements to help people suffering with a chronic disease to access subsidized Allied Health Professional visits. An allied health professional can be an Aboriginal Health Worker, Audiologist, Chiropractor, Chiropodist, Diabetes Educator, Dietitian, Exercise Physiology, Mental Health Worker, Occupational Therapist, Osteopath, Physiotherapist, Podiatrist, Psychologist, Speech Pathologist.

Dalyellup Family Medical Centre can create, with your assistance, a care plan to improve the management of your condition and this will enable us to coordinate care for you with other healthcare professionals.

***Under this plan, your allied health visits will attract a Medicare rebate.*** Any additional payment will depend on the billing arrangements of your Allied Health care provider.

The Doctor will discuss creating this plan with you at a consultation. A GP management plan will be drawn up in your health notes, and then a Team Care Arrangement Plan will be developed and then faxed to the allied health professional or professionals of your choice. You will be entitled to five visits in one calendar year (1st January to 31st December) which Medicare will subsidize, under this plan. This can be split between more than one allied health professional.

Once the allied health professionals have read and agreed to their part in the plan they will sign and fax it back to us. You will be required to come back to see your Doctor for a consultation to complete the care plan and collect your letters of referral.

Once the management plan has been agreed upon by all parties you will need to make your own appointment with the allied health service required.

When making this appointment it is very important that you let them know that this visit will be under an **Enhanced Primary Care Plan** and that you make yourself aware of their billing arrangements. Some will ask you to pay the full fee at the time of your visit and then you will have to claim back from Medicare yourself. In some cases you may still have an out-of-pocket expense. Others will directly bill Medicare for the entire cost. You should be very clear of any costs involved. Out-of-pocket costs should be minimal. The Medicare rebate is usually about \$50.00.

The Doctor will need to review this plan after its establishment to check on your progress.

We may write to you, inviting you to come back for a review at the appropriate time. A Care plan can last for 2 years before it needs to be renewed.

If you suffer from a chronic disease and need to see an allied health professional, ask your GP about the Team care Arrangement Plan at your next visit. Lucy our chronic disease practice nurse is happy to answer any queries you may have and is available for a chat or visit on Thursdays.