

## Care Plans and Team Care Arrangements at Newtown Medical Centre

### **Your GP may recommend that you book in a 'Care plan' Appointment**

This free service is arranged by our practice and we strongly recommend all eligible patients participate.

### **What is a 'Care Plan'**

Care plans (also known as GP management plans) are specific appointments targeted to manage chronic health problems. The aim is to ensure these chronic conditions are best managed and also to prevent further complications or issues arising from that medical condition.

### **What are the benefits?**

Care plans provide an opportunity outside your normal appointments to ensure we have your health on track. We work together to identify your own health goals as well as your GPs goals to create clear positive actions for your overall health.

### **What is a team care arrangement (TCA)?**

Part of the care plan may be forming a Team Care Arrangement. Simply, it is an agreement between your treating practitioners (GP/ Specialists/ Allied Health) to communicate and work towards common goals. Your GP is the first member. You need 2 others, either Specialists or Allied Health Professionals. We can easily determine if you have the appropriate team members to satisfy the requirements.

It generally provides you with 5 medicare rebatable allied health appointments per year. Many allied health professionals bulk bill these appointments whilst some will charge a small gap.

With your consent we contact some, or all, of your current health care team to confirm their willingness to participate. We send a copy of the care plan (or the relevant part) to the team members so we can all be working towards common goals.

### **Which Allied Health Professionals are involved in the team care arrangement program?**

There are many providers approved to use the sessions including:

Physiotherapists, Podiatrists, Dietitians, Exercise physiologists, Occupational therapists and others.

### **What does it involve?**

If you are happy to participate our practice nurse will see you for a consultation. It takes approximately 30 minutes for the initial plan. Your GP will then see you during this time as well.

We hope you will participate and we believe it will greatly assist us in providing you the best possible care.

If you would like to proceed please call our reception staff and book a 'Care Plan' Appointment.