

Accessing a Care Plan to use at PDC Health Hub



What is a Care Plan?

- A Care Plan is a type of Chronic Disease Management Plan.
- It considers all of your health needs and together with your GP/practice nurse, you will identify some health goals and develop an action plan to help you achieve them.
- If your GP/practice nurse believes you could benefit from the support of at least 2 allied health providers like a diabetes educator, exercise physiologist, dietitian, or podiatrist, they can refer you for consults through a Care Plan.
- You will be eligible for a Medicare rebate for 5 allied health visits per calendar year.
- For those with type 2 diabetes, you may also be eligible to attend a type 2 diabetes group education program run by diabetes educators, exercise physiologists and dietitians in your local area. These services are approximately 1 hour in duration and take up to 12 people. Through your Care Plan you can attend up to 8 subsidised group education sessions each calendar year.

Who is eligible for a Care Plan?

- Anyone who has a chronic medical condition that has or will persist for at least 6 months, and has not received a Care Plan elsewhere (e.g., at a different medical centre) within the past 12 months.

When should I get a Care Plan?

- As soon as you are diagnosed with a chronic medical condition and every year thereafter. Care Plans are valid for 12 months and should be reviewed every 3 months to track progress towards your goals.
- If you've never had a Care Plan, it's not too late to get one!

Why do I need a Care Plan?

- Care Plans are a useful tool in ensuring you receive the best-practice diabetes management and care, including regular monitoring to help prevent complications.
- They provide subsidised access to allied health and group diabetes education services through Medicare.

Where do I get a Care Plan from?

- Your regular GP/medical centre will prepare your Care Plan.
- When booking your appointment, mention that the appointment is to prepare a Care Plan so they can ensure you have enough time allocated to your appointment.

How much does it cost?

- The set-up cost of your Care Plan is determined by your GP/medical centre.
- If your GP recommends a TCA or group education program, these visits are subsidised by Medicare. How much you pay varies from provider to provider.

In summary:

- Ask your GP if you have a GP Management Plan and if not, ask him or her to prepare one for you at your next visit.
- Ensure you book a long consultation. Set aside half an hour to talk to your GP, nurse practitioner or practice nurse about your health needs and goals.
- Ask about subsidised access to individual and group allied health services.
- Make sure your Care Plan is reviewed regularly, ideally every three months.



HQ: East Victoria Park, plus mobile locations:
Murdoch – Palmyra – Canning Vale – Joondalup – Kalamunda – Bedford



PDC Health Hub provides a comprehensive allied health team for GPs to refer into. With our centralised booking system and our experienced team, we provide high quality patient centred care for people living with all chronic health conditions.



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