



Care Plan Preparations

What is a Chronic Disease Management Plan?

Patients who have medical conditions that could last longer than 6 months are eligible by Medicare to have a Chronic Disease Management Plan.

Dickson GP commits to provide this service at NO OUT OF POCKET COST TO PATIENT FROM GP

Having a CDM Plan helps the patient to understand the complications that a chronic condition could cause and come up with a plan to manage the condition appropriately and to delay the onset of potential complications thereby improving the quality of life.

Sometime patients might have multiple conditions.

Patients might have different goals and the Doctors might have different goals for their patients. Having this discussion with your doctor will have everyone on the same page.

What is a TCA?

Any patient who has had a CDM plan will become eligible for a Team Care Arrangement (TCA) with which, patients can avail Medicare Rebate for 5 Allied Health Visits in a 12 month Period starting the Day of TCA.

Evidence suggests having a Chronic Disease Management Plan helps patients understand their condition better, improves compliance with Health Advise and improves Patient Health Outcomes thereby improving Quality of Life.

How do we know the plan is helping?

A review of the Care Plan and the TCA is recommended between **3-6 months** to assess that the plan is helping improve our outcomes and achieve our goals. This is an opportunity for the patients to discuss any difficulties or grievances so that the plan can be amended to suit our goals and needs.

*Allied Health: Physiotherapy, Osteopathy, Exercise Physiology, Dietitian, Podiatry, Diabetes Educator.