

# What Is A Care Plan?

Feb 2021

***Kilsyth Medical Group offers patients Care Plans to manage a chronic condition over the course of 12 months.***

## **What is a care plan?**

A care plan is a management plan of a chronic condition which the doctor manages over a 12 month period. During this 12 month period, the doctor will set particular goals and targets that they want the patient to achieve which is then communicated with the patient so they are fully aware of how they will achieve these goals.

## **What is included in a care plan?**

A care plan lasts for 12 months. During this period, patients receive 5 free visits to allied health from January and December.

If your care plan begins in June for example, patients will receive 5 free allied health visits from June-December **AND** another 5 free visits from January-June.

## **Who is eligible for a care plan?**

To be eligible for a care plan, a patient must have a chronic condition that has lasted longer than 6 months or that the GP thinks will last longer than 6 months.

This includes, but is not limited to:

- Arthritis
- Diabetes
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Pain (eg. back pain)
- Plantar Fasciitis
- High Cholesterol
- High Blood Pressure
- Behavioural Problems (eg. developmental delays)

## **What is the cost of a care plan?**

Care plans are completely bulk-billed if you hold a current Medicare card.

Most allied health services are bulk-billed.

## **How do you organise a care plan?**

To organise a care plan, please come in and speak to your regular GP to discuss the suitability of a care plan. The type of allied health that a patient will see is completely under the GP's discretion.

If you are suitable for a care plan, your GP will refer you to reception to make an appointment with a care plan nurse.