

# Care Coordination

## Working WITH your General Practice



### Have you?

- ✓ Attended hospital in the last 12 months
- ✓ Had Falls 
- ✓ Had a carer
- ✓ Had trouble with getting around or have noticed you have become more forgetful
- ✓ Ever needed assistance to manage your health appointments
- ✓ Been diagnosed with 1 or more Chronic Conditions



## Talk to your Practice Nurse and GP about the benefits of coordinating your health care

Care coordination will help you work with your GP and Practice Nurse in partnership to achieve goals, plan actions and link you in with local community services, that will help you take positive steps to improve YOUR health and health care needs. This enables you to take control of your condition(s) and get more out of life.

### Who is eligible?

You have recently spoken with your Practice Nurse and have been Identified as eligible for this trial. We are looking to assist people who are over 65 and have one or more of the following;

- 1 or more chronic diseases
- Falls
- Has a carer
- Reduced mobility
- Increasing forgetfulness

### What about other health experts?

If you need the care of other health experts, your GP and Care Coordinator will link you in with local services and will ensure that all health experts involved in your care are communicating with one another.

You will be provided with a hand held dairy that contains all the important information about you health, which can be shared with the health experts involved in your care

### What do I need to do?

- Make an appointment with your GP and Nurse for an Initial Needs Assessment.
- Talk about the benefits
- Discuss your health care needs
- Discuss your health goals
- Consider the actions required
- Agree and sign the consent
- Set a date to come back and review how the Plan has helped your health, or the need for review
- If you have any changes to your health and require assistance contact your care coordinator who will assist you with talking to other health professional or help you find local services

### Services referred to include:

Aboriginal Health Workers, Audiologists, Chiropractors, Diabetes Educators, Dietitians, Exercise Physiologists, Mental Health Workers, Occupational Therapists, Physiotherapists, Podiatrists, Psychologists, Speech Pathologists, Social services, Financial services and community groups.

### How long does it take?

Your care coordinator will meet with you for 30-45 minutes to assess your needs. You will be provided with a schedule of appointments, for any follow up required.

### What cost is involved?

Medicare covers the Care Coordination you receive in your General Practice. Some services you are referred to may incur a small fee.



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