



Do you have Asthma, Diabetes, Epilepsy, Osteoarthritis, or COPD?

These are just a few examples of chronic disease.
A Care Plan will help you identify the symptoms and provide you
with a plan of action to manage your health moving forward.

What is a Care Plan?

A **care plan** is an agreement between you and your doctor to help you manage your health day to day. Everyone who has a long-term condition can take part in a care plan. A care plan also contains vital information that helps you to manage your daily symptoms and encourages support from your family, friends and other community groups.

GP Management Plan / Team Care Arrangements

Treatment and management of chronic conditions usually requires the use of a variety of health services. Your doctor will be your initial point of contact, along with other primary and allied health professionals. Additionally, there are a range of medicines and surgical treatments available for treating certain chronic diseases.

How long does it take to have a Care Plan completed?

Depending on your specific chronic disease, a new care plan takes approximately 40 minutes to complete with the Nurse. As part of preventative health care, you will usually have 1 - 2 reviews within a 12 month cycle to ensure that you are making good progress or to determine if any changes need to be made to your care plan.

Ask your doctor today to find out more.