



# 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.**