

## GP Management Plan (GPMP) Information

### What is a GP Management Plan (GPMP)?

A GP Management Plan (GPMP) can help people with chronic medical conditions by providing an organised approach to care. A GPMP is a plan of action you have agreed with your GP. If you have a chronic medical condition and complex care needs requiring multidisciplinary care, your GP may also develop Team Care Arrangements (TCAs). These will help coordinate more effectively the care you need from your GP and other health or care providers.

You can be referred for certain Medicare rebatable allied mental health services once you have:

- A GP Management Plan (GPMP) and
- Team Care Arrangements (TCAs)

### Why do I need a GP Management Plan (GPMP)?

To access ongoing support with a **headspace** Toowoomba Exercise Physiologist or Dietician, a GP Management Plan is required so that additional support and helpful services can be offered to you free of charge. These services are one on one support.

### How do I get a GP Management Plan (GPMP)?

#### Step 1:

Visit your GP, or a GP at **headspace** Toowoomba, who will assess your health concerns and whether the preparation of a GPMP is appropriate for you. You will need to schedule an appointment for a GPMP, as this will be longer than a standard GP appointment. Whether you are eligible to access an Allied Health Practitioner is essentially a matter for your GP to decide.

#### Step 2:

Your GP can refer you for up to 5 individual allied health services per calendar year. The GP will decide the number of allied health services you will be referred for with a maximum of five sessions. Please ask for the referral to be made to '**headspace Toowoomba Allied Health Practitioner**' if you decide to come to see one of our Allied Health Practitioners.

If you already have a GPMP for a practitioner who does not work with **headspace** Toowoomba, and you would like to link in with one of our Allied Health Practitioners, you may need to re-attend an appointment with your GP and discuss having the GPMP referral changed to '**headspace Toowoomba Allied Health Practitioner**'.

#### Step 3:

Inform **headspace** Toowoomba as soon as possible that you have received your GPMP, so that you can be allocated to an Allied Health Practitioner and an appointment can be made. Ideally your GP will fax **headspace** Toowoomba the GPMP, but you can also bring it in on your next visit.

If you have any questions, please ask any one of the helpful **headspace** Toowoomba team.

If you would like our contact details to pass onto your GP please see the preferred methods below.

**Fax to** - (07) 4639 9099 marked Attention: Access & Intake Team

OR

**Email to** - [headspace.toowoomba@unitedsynergies.com.au](mailto:headspace.toowoomba@unitedsynergies.com.au) marked Attention: Access & Intake Team