

# MyT1D with PDC Program



## Managing Your Type 1 Diabetes with PDC Health Hub

Are you living with type 1 diabetes?

Are you trying to navigate the healthcare maze?

Need to add to your current diabetes support team?

Are you preparing to move to an adult service?

Interested in what new tech is available?

Book a consult with a PDC Care Coordinator!

## Program benefits include:

- **12 month value based care program:** you get a years worth of allied health appointments included in your once-off membership fee
- Your individualised program includes a care team as chosen by you
- Your overall diabetes care can be a combination of public and private care providers
- Weekdays, evenings, Saturday & Sunday appointments available
- Variety of locations across Perth
- Telehealth appointments also available
- Exclusive memberships to support groups
- Special discounts on diabetes accessories
- All of your allied health appointments and care under the one umbrella!





## Your T1D program appointments include:

### Care Coordinator

- Extra support for navigating the program

### Diabetes Educator

- Initial appointment, 3 & 6 month 30 min review appointments
- 2 phone appointments + email support

### Dietitian

- Initial appointment

### Podiatry (If diagnosis >5 years)

- Initial appointment

### T1D Collective Membership

- Includes free entry to educational events
- Discounted entry to any T1D Collective Events

### T1D Diabetes Online Facebook Community Membership

- Online support network for those attending PDC and access to clinicians and T1DC members

**Non  
Concession**  
\$250

**Concession**  
\$150

10% discount on non-prescription items

**at Pharmacy 777 East Victoria Park or PDC Health Hub Store**

**\*\* This program price is available with a Care Plan from your GP for 5 visits  
allocated to PDC Health Hub \*\***

Further referrals will be discussed with your care coordinator.

**If you have used any of your care plan services elsewhere there will be a cost to cover some appointments**

**\*This program does not include pump start or upgrade appointments\***

# Accessing a Care Plan to use at PDC Health Hub



## **What is a Care Plan?**

- A Care Plan is a type of Chronic Disease Management Plan.
- It considers all of your health needs and together with your GP/practice nurse, you will identify some health goals and develop an action plan to help you achieve them.
- If your GP/practice nurse believes you could benefit from the support of at least 2 allied health providers like a diabetes educator, exercise physiologist, dietitian, or podiatrist, they can refer you for consults through a Care Plan.
- You will be eligible for a Medicare rebate for 5 allied health visits per calendar year.

## **Who is eligible for a Care Plan?**

- Anyone who has a chronic medical condition that has or will persist for at least 6 months, and has not received a Care Plan elsewhere (e.g., at a different medical centre) within the past 12 months.

## **When should I get a Care Plan?**

- As soon as you are diagnosed with a chronic medical condition and every year thereafter. Care Plans are valid for 12 months and should be reviewed every 3 months to track progress towards your goals.
- If you've never had a Care Plan, it's not too late to get one!

## **Why do I need a Care Plan?**

- Care Plans are a useful tool in ensuring you receive the best-practice diabetes management and care, including regular monitoring to help prevent complications.
- They provide subsidised access to allied health and group diabetes education services through Medicare.

## **Where do I get a Care Plan from?**

- Your regular GP/medical centre will prepare your Care Plan.
- When booking your appointment, mention that the appointment is to prepare a Care Plan so they can ensure you have enough time allocated to your appointment.

## **How much does it cost?**

- The set-up cost of your Care Plan is determined by your GP/medical centre.
- If your GP recommends a TCA or group education program, these visits are subsidised by Medicare. How much you pay varies from provider to provider.

## Care plans summary:

- Ask your GP if you have a GP Management Plan and if not, ask him or her to prepare one for you at your next visit.
- Ensure you book a long consultation. Set aside half an hour to talk to your GP, nurse practitioner or practice nurse about your health needs and goals.
- Ask about subsidised access to individual and group allied health services.
- Make sure your Care Plan is reviewed regularly, ideally every three months.

# Referral Pathway Options to PDC Health Hub

## TYPE 1 DIABETES SUPPORT



Looking for a private DE & allied health team, but want to keep your public system endocrinologist?



Discharged from PCH and starting the transition to adult diabetes care, but unsure of your options beyond the hospital/public system?



Want to move entirely from the public system to the private sector?

### OPTION 1: HYBRID

Continue your public system endocrinology appointments



Ask your GP for a Care Plan so you can access the My T1D package at PDC Health Hub.  
For more information on Care Plans, see page 3 in this guide.



Call or email to book your appointment with PDC Health Hub

### OPTION 2: PRIVATE

Private clinic appointments at PDC Health Hub



Private endocrinology appointments



Ask your GP for a Care Plan so you can access the My T1D package at PDC Health Hub.  
For more information on Care Plans, see page 3 in this guide.



Consider booking in with one of our Coordinators to discuss how you can book appointments with selected clinicians +/- sign up to our

[My T1D Program @ PDC](#) to get your diabetes care planned for the year! See pages 4-6 in this guide for more information.





## DIABETES EDUCATION

- Type 1, Type 2, LADA, GDM and MODY support
- Newly diagnosed patients
- Insulin initiation and support
- Insulin pump starts
- Diabetes and pregnancy clinic
- Diabetes self-management
- Technology support and equipment upgrades
- Plans surrounding illness, travel and driving



## DIETITIAN

- Diabetes support
- Carbohydrate counting
- Heart disease
- High cholesterol and high BP
- Coeliac Disease
- Food intolerances and allergies
- Gastrointestinal conditions
- Inflammatory Bowel Disease, IBS
- Shopping tours (individual/group)
- Weight loss and management



## EXERCISE PHYSIOLOGY & PHYSIOTHERAPY

- Individualised, safe programs for diabetes, musculoskeletal, cardiovascular, respiratory and other chronic conditions
- Workers compensation
- ERAA and Strength for Life provider
- Monitored gym sessions
- Group exercise programs
- Injury management
- Chronic pain management



## PODIATRY

- Diabetes foot assessment
- Photoplethysmography (PPG) and toe blood pressure
- Corn / callus removal
- Musculoskeletal conditions of the foot and ankle
- Compression therapy
- Infections
- Fungal nail treatment
- Ingrown toenail surgery
- Custom orthotics
- Plantar warts
- Assess leg, ankle and foot pain
- Treatment of specific lower limb conditions
- Children's foot problems



## PEER SUPPORT AND ADVOCACY

- T1D Collective
- T2D Collective
- Western Australian Lions Diabetes Club



## ACCREDITED PHARMACISTS

- Home Medicines Reviews (HMR)
- Sleep studies and CPAP sales
- Prescriptions, medications and wellbeing items - including compounding
- NDSS products
- Provide advice on medication safety

# Contact us



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