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Strengthening Aged Care Project

**UQ SPORT in partnership with
HACC Resource Unit**

Outline

- Background
- Project objectives
- Implementation
- Roles
 - UQ SPORT
 - HACCC Service Provider
 - GP Partners
- Medicare / EPC requirements
- Where to from here?



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Background

- Allied Health Services eligible for Medicare Rebates under EPC programs
- Up to 5 services per calendar year
- Allied Health Professionals must be accredited
- Exercise Physiology specialises in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases and injuries.



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Background

- Project partnership between UQ SPORT and HACCC Resource Unit
- Grant to develop a service model to provide at home physical activity services to support frail and pre-frail individuals in North Brisbane utilising Medicare plus
- Project initial implementation:
January – July 2009



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Project Objectives

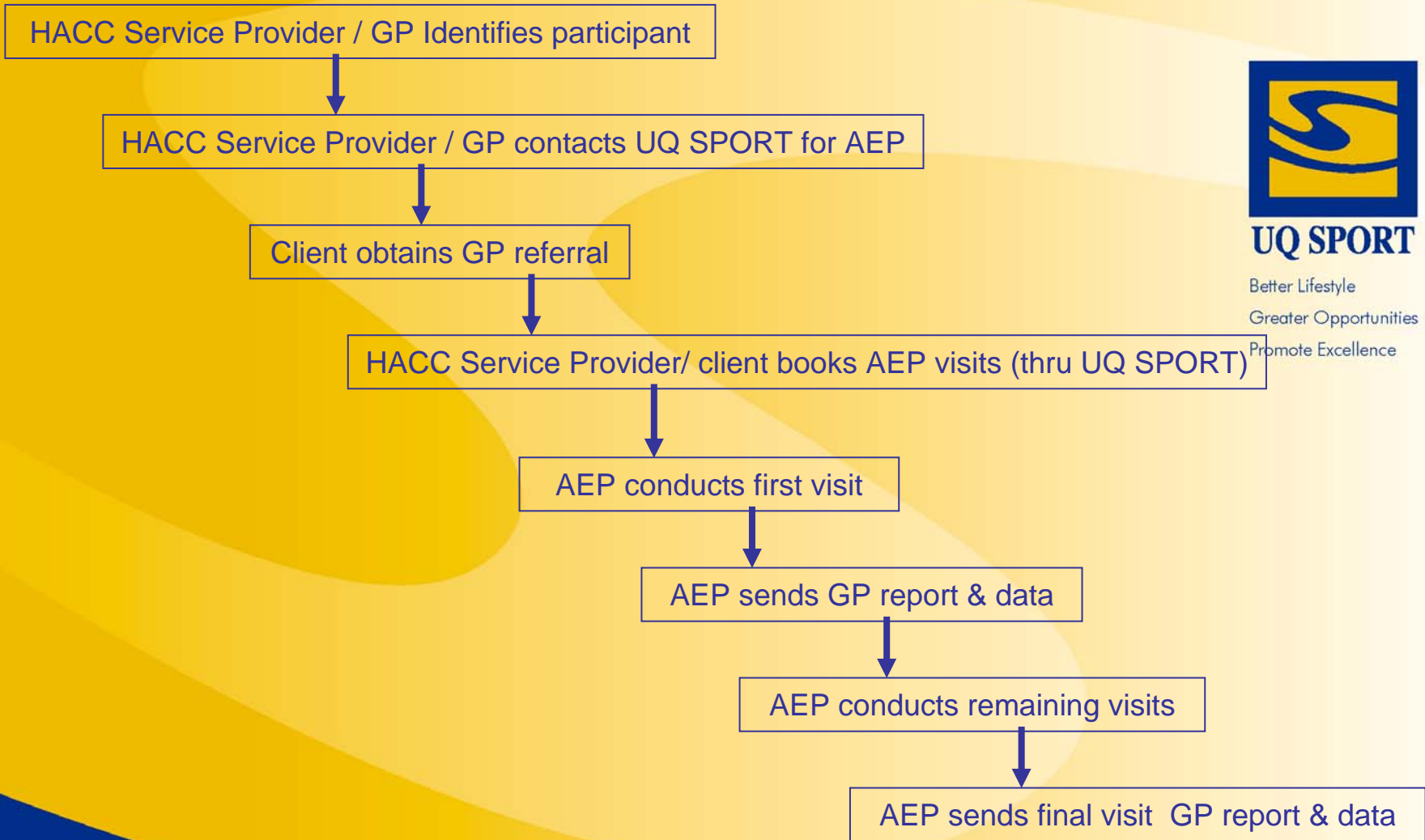
- Increase and/or maintain physical activity, fitness and physical function of frail/pre-frail older individuals referred to AEPs;
- Increase the number of frail/ pre-frail older individuals referred from GP's to AEPs;
- Increase the number of older individuals who are referred to an AEP (via a GP) due to a HACC provider;
- Increase the number of frail/pre-frail older individuals utilising home/ community based exercise programs.
- Develop a model and the tools to support collaboration between HACC service providers, GPs and AEPs



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Implementation



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Client Criteria

- reside within a 10km radius north of St Lucia;
- reside in an independent / private residence;
- be under the care of a GP through an Enhanced Primary Care (EPC) program;
- have a GP referral for at least 3 AEP visits;
- be capable of participating in the number of prescribed visits, the first two visits in consecutive weeks and one final visit, 8-12 weeks after the previous visit
- be available for 60 minutes for the first and final AEP visits;
- be available for 30 minutes for other AEP visits;



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Criteria cont...

- must agree to only claim Medicare rebates for AEP services (and not claim through Private Health Insurance);
- in the event other Allied Health Services have been claimed under the EPC plan in the calendar year, either:
 - only access the number of visit remaining to be claimed under Medicare; OR
 - Pay the visit fee of \$48.95 to UQ SPORT
- Be coherent and capable of following instruction;
- Speak English (sufficiently to understand the instruction of the AEP); and
- Be physically capable of participating in basic activity.



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Visit Suburbs

Ascot	Herston	Newmarket
Ashgrove	Indooroopilly	Newstead
Auchenflower	Kedron	Paddington
Bardon	Kelvin Grove	Red Hill
Bowen Hills	Kenmore	St Lucia
Chapel Hill	Kenmore Hills	Stafford
Clayfield	Keperra	Taringa
Enoggera	Long Pocket	The Gap
Everton Park	Milton	Toowong
Gordon Park	Mitchelton	Wilston
Hendra	Mt Cootha	



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Home Visits

- Prior to attending the visit, the AEP will review ONI assessment
- AEP will ask the client simple questions about their physical activity habits
- AEP will conduct some tests with the client.
For example:
 - How many times the client can stand up from a seated position in 30 seconds;
 - How well the client walks along a straight line (heel to toe) to gauge balance.
- AEP will identify appropriate activities for the client and show the client how to complete these activities.



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- Project Managers
- Management of AEPs
- Book client visits
- Process Medicare payments
- Provide information / resources to HACCC Service Providers and GPs



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HACC Service Providers



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- identify individuals who meet the client criteria;
- complete a client checklist (provided by UQ SPORT), particularly if the client has self identified involvement in the program;
- Obtain “*client consent*”

HACC Service Providers

- Assist in monitoring the clients adherence to the activities prescribed by the AEP;
- Assist in identify appropriate case studies for further education purposes; and
- Provide information regarding community based physical activity programs suitable for the client to participate in.



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GPs

- Identify clients (meeting criteria)
- Support client referrals
- Identify distribution of Allied Health services
- Receive reports following clients first and final visits



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Medicare Requirements

- Chronic condition and complex care needs that are being managed by their GP under an Enhanced Primary Care (EPC) Plan



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Referrals

- Referrals must be made using an *EPC Program Referral form for individuals allied health services under Medicare.*
- Allied Health must be directly related to the management of the patient's chronic condition/s, and must be identified in the patient's care plan.
- It is not appropriate for allied health professionals to provide part-completed EPC referral forms to GPs



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Referrals

- A referral is valid for the stated number of services.
- Five services are available for rebate each calendar year
- When all referred services have been used, or a referral to a different allied health professional is required, patients need to obtain a new referral.



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Where to from here?

- UQ Sport will provide advice when AEPs have been recruited
- Identify individuals to participate in the project – interim database
- Information on UQ Website
 - Client checklist
 - Client Project Information
 - GP Referral Form
 - AEP Profiles



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