

## Who is my local ITC provider?

Perth North PHN		
Subregion	Service Provider	Contact
North West	Arche Health	08 9458 0505
North East	Moorditj Koort (subcontracted by 360 Health + community)	08 6174 7000

Perth South PHN		
Subregion	Service Provider	Contact
South West (Mandurah, Waroona, Murray (6213))	Nidjalla Waangan Mia (NWM) (operated by GP down south)	08 9586 4580
South West	Moorditj Koort (sub contracted by 360 Health + Community)	08 6174 7000
South East	Arche Health	08 9458 0505

Country WA PHN		
Subregion	Service Provider	Contact
Kimberley	Boab Health Services	Broome: 08 9192 7888 Kununurra: 08 9168 2560
Midwest (North)	Carnarvon Medical Service Aboriginal Corporation (CMSAC)	08 9941 2499
Midwest (South)	Geraldton Regional Aboriginal Medical Service (GRAMS)	08 9956 6555
Pilbara	Mawarnkarra Health Service Aboriginal Corporation	08 9182 0851
South West	GP down south, provided by: Down South Aboriginal Health (DSAHA)	Manjimup 08 9771 2260
	South West Aboriginal Medical Service (SWAMS)	Bunbury 08 9726 6000
Wheatbelt (Coastal, Eastern Western)	Wheatbelt Health Network	08 9621 4444
Wheatbelt (Southern)	Amity Health	08 9842 2797
Goldfields	Hope Community Services	08 9021 3069
Great Southern	Amity Health	08 9842 2797

## For more information

 [www.wapha.org.au/itc/](http://www.wapha.org.au/itc/)  
 [aboriginalhealth@wapha.org.au](mailto:aboriginalhealth@wapha.org.au)  
 08 6272 4900

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Information for health professionals, including referral forms, is available  HealthPathways WA on HealthPathways

This information is available in an alternative format on request  
 Ph: (08) 6272 4900

### Acknowledgement

WA Primary Health Alliance acknowledges the Traditional Owners of the country on which we work and live, and recognise their continuing connection to land, waters and community. We pay our respects to them and their cultures, and to Elders both past and present.

### Disclaimer

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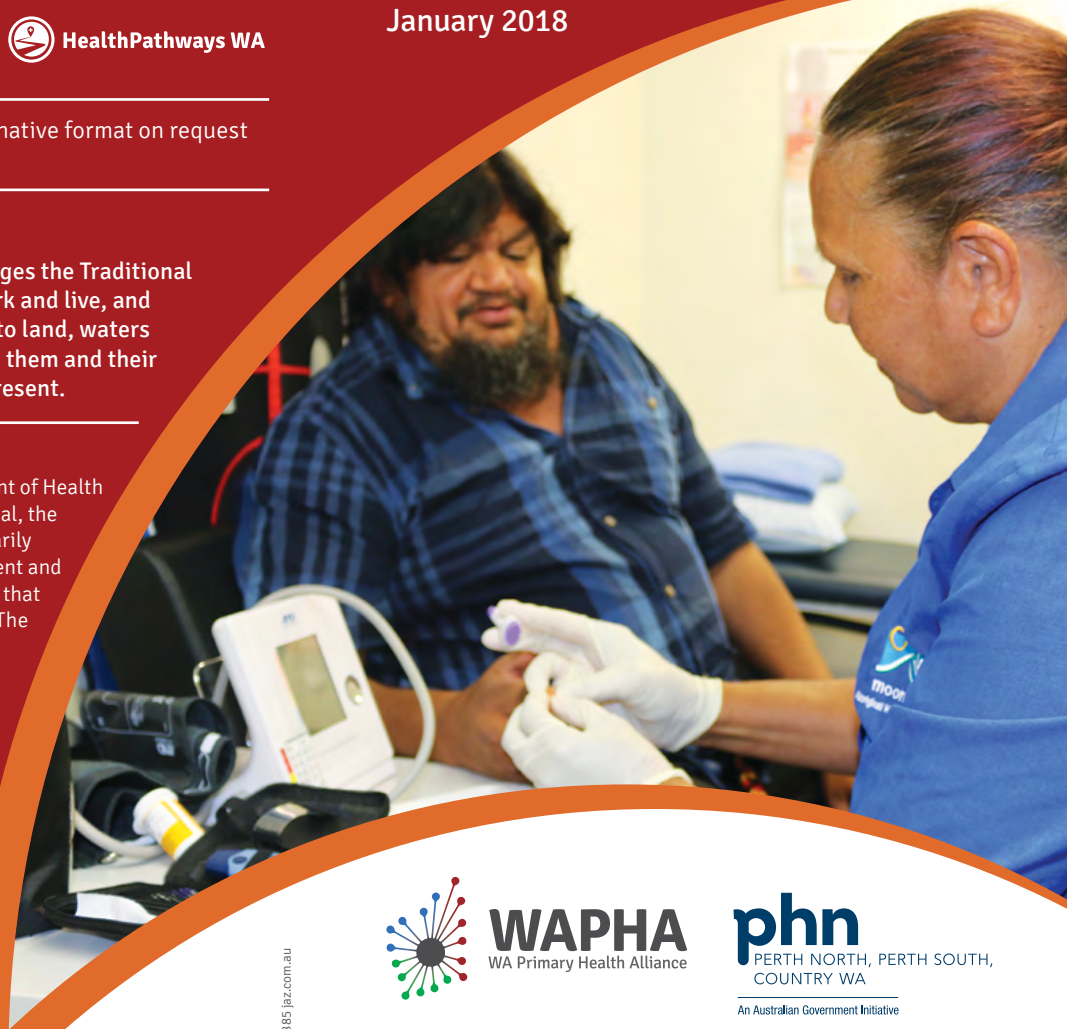
Australian Government

# Integrated Team Care

Joined up, culturally safe health care for you



January 2018



**WAPHA**  
WA Primary Health Alliance

**phn**  
PERTH NORTH, PERTH SOUTH,  
COUNTRY WA

An Australian Government Initiative



## What is Integrated Team Care?

Integrated Team Care (ITC) is a national program supporting Aboriginal and Torres Strait Islander people with a long term illness who have complicated care needs, and who need help to manage their health condition.

### ITC What are the benefits?

Managing long term illness (chronic conditions) can be difficult and overwhelming.

The ITC Program is designed to help people with multiple conditions, who need complex care from a range of allied health and specialist services.

The ITC Program provides:

- Free support;
- Access to care coordination support – the ITC team work with you and your doctor to coordinate the management of your long-term illness (chronic condition);
- Help to understand your health conditions, treatment and medication so that you can be better at self-managing your condition;
- Access to some medical equipment and services to help condition management;
- Links to other helpful services and programs, and
- In some cases, help with your transport.

### Eligibility

- Aboriginal and/or Torres Strait Islander
- Have had a GP Management or Team Care Plan for a chronic condition such as: diabetes, cancer, respiratory disease, heart disease, kidney disease

### Management Plan

A GP Management Plan (GPMP) is usually done by your regular doctor (GP). Your doctor will work with you to:

- Identify your health needs.
- List the actions you can take to help manage your condition/s.
- Connect you to health and community services you might need.
- Identify your health and wellbeing goals.

### Speak to your doctor about ITC

Speak to your doctor about ITC if you think it would help you.

If you have a chronic condition and haven't yet had a GPMP done, ask reception to make a longer appointment so that they know you will be visiting for a GP Management Plan.

