



## GLA:D Program Package Information

The GLA:D Program is run as a 6-week block of group sessions, with 1-on-1 sessions completed pre and post program.

- The initial appointment is with a GLA:D trained Physiotherapist and is used to explain the program and collect data on your current functional ability.
- The group sessions are run twice weekly for 6 weeks. They are hour sessions which consist of a mix between exercise and education about Osteoarthritis, which is run by the Physiotherapist in a small group setting. *Sessions will be run on Monday and Thursday at 2pm.*
- Two 1-hour group education sessions are run additional to the exercise sessions over the 6-week period. *Sessions will be run on Monday of week 2 and 4 at 1pm.*
- The final appointment is again a one-on-one session with the GLA:D trained Physiotherapist which is used to reassess your function and discuss the outcomes of the program.

Client Type	Includes
<p><b>Private Clients</b></p> <p>Total Cost of program: \$430</p> <p>Payment can be upfront prior to the start of the program or paid per week.</p>	<ul style="list-style-type: none"> <li>• 2 x Individual Physiotherapy Sessions: \$110 each</li> <li>• 6 weeks of group sessions twice weekly + 2 group education sessions: \$210</li> <li>• Report provided upon request (additional \$110)</li> </ul>
<p><b>Medicare Subsidised Clients</b></p> <p>If a participant is eligible, they may access a Medicare Team Care Arrangement – please discuss this with your GP. Total out of pocket cost of program: \$279.80</p>	<ul style="list-style-type: none"> <li>• 2 x Individual Physiotherapy Sessions: \$54.90 gap cost of each session (Medicare Team Care Arrangement code 10960)</li> <li>• 6 weeks of group sessions twice weekly + 2 group education sessions: \$140 (nil Medicare Subsidy available for group sessions).</li> <li>• Reporting as per Medicare requirements.</li> </ul>
<p><b>DVA Clients</b></p> <p>DVA Clients can access the GLA:D program under their DVA funding (as part of the treatment cycle). PLEASE NOTE: DVA White card holders must have Osteoarthritis registered as a condition.</p>	<ul style="list-style-type: none"> <li>• 2 x Standard Consultation (PH20)</li> <li>• 14 x Group Physiotherapy (PH50)</li> <li>• Reporting as per DVA cycle requirements.</li> </ul>
<p><b>WorkCover Clients</b></p> <p>WorkCover Clients can access the GLA:D program under their WorkCover funding (prior approval required from case manager).</p>	<ul style="list-style-type: none"> <li>• 2 x Subsequent Consultations (100006)</li> <li>• 14 x Group Exercise Sessions (100106)</li> <li>• Reporting as per WorkCover requirements.</li> </ul>
<p><b>Corporate Clients</b></p> <p>Total Cost of Program: \$539.00</p> <p>Payment can be upfront prior to the start of the program or paid per week.</p>	<ul style="list-style-type: none"> <li>• 2 x Individual Physiotherapy Sessions: \$140+GST each</li> <li>• 6 weeks of group sessions twice weekly + 2 group education sessions: \$210+GST</li> <li>• Report provided upon request (additional \$140+GST)</li> </ul>

### Notes:

Minimum Group size is 4 (1 x Physiotherapist present)

- If the minimum group size is not reached, participants will be offered to attend the next program block booked at a later date. Participants will be notified of this before one week of the program starting.

Maximum Group size is 8 (1 x Physiotherapist and 1 x Allied Health Assistant present)

- If the maximum group size is reached, additional participants will be offered to attend the next program blocked booked at a later date.

Benjamin Ryan is our GLA:D trained Physiotherapist