

REFERRAL FORM

Veterans' Better Life Program

This referral provides your patient access to a multidisciplinary veteran health care service that integrates psychology, physiotherapy, and exercise physiology (see page 2 for more information).

Referring doctor	Name:
	Provider number:
	Practice Address:
	Phone:
	Fax:
	Email:
Patient details	Name:
	DOB:
	Address:
	Phone:
	Mobile:
	Email:
	DVA Card type: White <input type="checkbox"/> Gold <input type="checkbox"/> Gold (TPI) <input type="checkbox"/>
	Has GP completed DVA At Risk Client Assessment form? Yes <input type="checkbox"/> No <input type="checkbox"/>
	If Yes, to be reviewed in: 3 months <input type="checkbox"/> 6 months <input type="checkbox"/> 12 months <input type="checkbox"/>
	The DVA At Risk Client Assessment form enables the GP to select a tailored referral arrangement where they determine the patient's "health, treatment or wellbeing is being adversely affected by the treatment cycle requirements".
	Presenting conditions:
	Treatment goals:
Medical precautions/special conditions:	
Adjunct Services: For Veterans' Better Life Program participants, we offer the following two adjunct services. Please tick if you would like your patient to receive one or both:	
Diabetes Management Program <input type="checkbox"/> Specialised diabetes health care service that integrates education, support, and monitoring . Delivered by a credentialled diabetes educator.	Dietetics <input type="checkbox"/> Nutrition education and support delivered by an accredited dietitian.
Signoff	
Doctor signature:	Date:

Thank you for referring your patient to our program. We are committed to working with you to achieve the best health outcomes for your veteran patient. We will provide you with a care plan and an end of cycle report upon completion of the current treatment cycle or on request.

Please return completed form by fax or email to 07 5676 5393 or forms@veteranhealth.com.au

Veterans'

Better Life Program

With just one referral, your veteran patients can access a fully funded* multidisciplinary mental and physical health care service that integrates psychology, physiotherapy, and exercise physiology.

Our evidence-based program reduces barriers to improve treatment outcomes. It does this by offering three allied health services concurrently within a relaxed environment.

Since 2015, our program has been helping hundreds of veterans each year to get their minds and bodies back on track.

Limitations with traditional health care services

Traditionally, GPs wanting to support their veteran patients were limited to referring them to individual providers (e.g. a physiotherapist for chronic pain and psychologist for depression). While this can yield results, success may be limited as it neither recognises the possible link between the conditions nor addresses known barriers to seeking help or complying with treatment.

Our program lowers barriers to improve treatment outcomes

To help GPs better support their veteran patients, we created a program that:

- **Treats the individual (and their conditions) as an interconnected whole:** our program adopts a biopsychosocial model which research clearly demonstrates is superior in achieving better health and wellbeing outcomes.
- **Addresses known barriers:** our program reduces barriers to improve engagement, adherence, and outcomes.

To reduce the stigma of getting treatment, our program is delivered in health clubs by a multidisciplinary team that understands veteran culture.

Our team works with each veteran to develop tailored, integrated, and adaptive treatment plans that support them achieve personally

relevant goals. Each discipline plays an integral role in the program's delivery and outcomes.

Our program ensures safe and effective behavioural activation through:

- **GP assessments** (initial and interim) to identify treatment requirements
- **psychologist consultations** to maintain motivation, self-efficacy, and perceived control
- **physiotherapist assessments and supervision** to ensure prescribed exercises, activities and treatments:
 - align with the GP assessment
 - are safe given the patient's presenting conditions
- **exercise physiologist supervision** to:
 - ensure correct execution of prescribed exercises
 - monitor physiological/metabolic outcomes.
- **allied health team and GP liaison** to ensure common focus.

FAQS

1. Who is eligible for the program?

Australian veterans who have served at least one day in the Australian Defence Force.

2. How often do veterans attend?

While the program is tailored for each veteran's needs, they typically attend two (1 hour) appointments per week. These include individual and group-based treatments.

3. Where is the program delivered?

The program is delivered in health clubs on the Gold Coast, Brisbane, and Tweed Shire.

More information: to learn more download the [program factsheet](#), visit our [website](#) or call us on 1800 490 623.

*DVA Health Cards (Gold and White) are accepted as full payment upon a GP referral. We welcome DVA clients.