

Information and Consent Form  
**Video Conferencing**  
Integrated Care Service

**What is it?**

Your appointments with the Integrated Care Service Allied Health Professional are available through video conferencing. This means that you don't have to travel to Hobart to see an Allied Health Professional. Note that if you initially choose to have video conference sessions, you can change your mind at any time and opt for face-to-face sessions.

**What you need to know...**

Video conferencing rooms are available at the Community Health Centres at Swansea, Triabunna, Bruny Island, Huonville, Ouse and New Norfolk. They are also available at the Tasman (Nubeena) and Midlands (Oatlands) Multipurpose Services.

Once your booking has been made, all you have to do is attend at the appointed time.

**What you need to do...**

- **Ring Relationships Australia on 6211 4050 to book your video conference appointment.**
- **Go to Reception at your predetermined location, tell the staff you are there for a video conference and they will show you to the appropriate room.**
- **At the appointment time the Allied Health Professional will appear on the screen and your session will begin.**
- **If there is a problem with the video connection the Allied Health Professional will deal with it.**
- **After the session your next appointment will be agreed and your Allied Health Professional will organise the booking.**

If you have any questions ask your GP or your Allied Health Professional.

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**Consent**

I, \_\_\_\_\_, consent to attend psychological sessions using video conferencing facilities.

Signed \_\_\_\_\_ Dated \_\_\_\_\_

# INTEGRATED CARE SERVICE

At no cost to you, this service provides Focussed Psychological Strategies for early intervention and support for mental health problems such as anxiety and depression.

To make an appointment phone

**6211 4050**

- You and your GP work together to develop a comprehensive Mental Health Assessment and Plan.
- As part of that plan, your GP refers you to the Integrated Care Service, which is run by Relationships Australia, Tasmania. Sessions are organised at various locations in Southern Tasmania including 20 Clare Street, New Town. In some areas you may be able to access sessions through **video conference facilities** or over the telephone. Your GP will discuss these options with you.
- These sessions give you the opportunity to discuss with an Allied Health Professional effective ways to manage common problems associated with depression and anxiety.
- With your permission, your GP sends a copy of your Mental Health Assessment and Plan to the Integrated Care Service.
- You contact the Integrated Care Service to make your first appointment. If it is difficult for you to phone, please let your GP know and other arrangements will be made.
- You attend your appointments. **If you cannot keep one of your appointments, remember to let the service know. Phone 6211 4050.**
- Your Allied Health Professional communicates with your GP about the treatment you have received.
- When your sessions are complete, you go back to your GP to review your progress.

## YOUR CHOICE

If you have questions about the Integrated Care Service please call 6211 4050.

If you decide not to use this service please tell your GP.

Once started, you may withdraw at any time, but it's important to let your GP know and to cancel any appointments you have made with the service.

## CONFIDENTIALITY

Relationships Australia, Tasmania is required to report on the program to the Commonwealth Government. The report will not contain names, addresses, or any identifying details about individuals using this service.

Relationships Australia, Tasmania offers you all the confidentiality and privacy that the law allows. Information relating to the services you receive will remain confidential between you, your GP and the Integrated Care Service.