

Referral Guideline Flowchart

Get Moving! Stay Well! & Community Maintenance Group referral to the Sutherland Shire Leisure Centres (SLC - Sutherland Shire Council)

Referral agreement Process (RAP) SIGNED by GP prior to first referral and faxed to the Sutherland Shire Leisure Centres (SLC) on 9545 2481



GP

- ☑ Identifies suitable individual (age 16+) under agreed guidelines and completes referral form to SLC.
- ☑ GPERS referral form signed by patient and referring GP.
- ☑ GP provides patient information brochure on GPERS program.
- ☑ Patient makes appointment with GPERS AAESS Accredited Exercise Physiologist (EP).



SUTHERLAND SHIRE LEISURE CENTRES (SLC)

- ☑ AAESS Accredited EP conducts fitness & lifestyle evaluation, records results and develops structured exercise program for patient.
- ☑ All patient related information is kept confidential and secure.



PATIENT

- ☑ AAESS Accredited EP and qualified fitness instructors provide supervision and monitoring of structured exercise program.
- ☑ Completes 10 exercise sessions (plus pre and post assessments by EP) over 5 week period at reduced cost** (**up front fee - payable at the time of the initial assessment**)
- ☑ A post fitness and lifestyle evaluation is conducted at the completion of the 5 week program.
- ☑ SLC EP sends a completed report and letter to GP.
- ☑ SLC EP discusses the maintenance of physical activity with patient.
- ☑ Reduced membership options are offered to the patient with a one month complimentary pass (once only offer).



GP

- ☑ Patient review, encourage maintenance through this program or other community exercise groups & monitor health gains.
- ☑ Provide patients with additional information re other exercise activities and services - contact the CDM Program Officer at the Division.



PATIENT

- ☑ Physical activity maintenance.
- ☑ Invited to participate in follow up evaluation by SDGP upon completion of the GPERS program.

* Please note: Fee schedule may change with each new financial year so please contact the Shire GPs on phone 9525 4011 or the Sutherland Shire Leisure Centre on phone 8536 9706.