

Complementary and alternative therapies



icare[™]

Dust Diseases Care

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If you receive compensation payments because of a work-related dust disease, you may also be entitled to claim expenses for complementary and alternative therapies.

What are complementary and alternative therapies?

'Complementary' and 'alternative' therapies refer to a wide range of health care products, practices and treatments that are not part of conventional, mainstream medicine.

Conventional treatments are those usually administered by medical doctors and other allied health professionals, such as nurses, occupational therapists, physiotherapists and others. They are considered to be part of mainstream medicine compared to complementary and alternative therapies which are not.

There is a difference between complementary and alternative therapies. Complementary therapies are non-standard treatments that are *used alongside* conventional medical treatments. Alternative therapies are treatments *used instead of* conventional treatments. These therapies can include acupuncture, chiropractic, homeopathy, massage, naturopathy, osteopathy, reflexology, traditional Chinese medicine, the use of vitamin supplements and more.

Some complementary and alternative therapies are provided by registered health professionals who have extensive formal education and training, while others may be recommended and supplied by unregistered health practitioners.

The decision to use complementary and alternative therapies is an important one, and it is yours to make in consultation with your doctor or other practitioner. Many people find that these therapies may provide them relief, reduce side effects, ease pain and improve their quality of life.

How do I make a claim?

Claims for complementary or alternative therapies must be reasonable for the treatment of your work-related dust disease.

We will need you to provide us with a report from your treating doctor or respiratory specialist setting out the type of treatment you require and confirming that it is directly related to and necessary for your dust disease.

The report must also include:

- Details about why the complementary or alternative therapy is a beneficial and suitable means of treatment, and why it will not have an adverse effect on your well-being.
- A recommendation of the appropriate dosage and/or quantity of treatments.
- Details of who will supply the complementary or alternative therapy, including a statement that the supplier is independent and not related to you.
- An undertaking that your treating doctor will review the recommendation at six (6) monthly intervals.

Your privacy

Your privacy is important to us and your personal information is protected by law. We cannot use or disclose your personal information unless you've agreed to its use or disclosure, or it is otherwise allowed under the *New South Wales Privacy and Personal Information Protection Act 1998*.

You can learn more about the personal and health information icare and Dust Diseases Care holds and how we manage it by referring to our Privacy Management Plan on the icare website or contacting us at privacy@icare.nsw.gov.au.

Would you like more information?

If you have any questions at all or would like more information, please contact Dust Diseases Care by calling (02) 8223 6600 or 1800 550 027 (toll free), or emailing DDAenquiries@icare.nsw.gov.au.

You can also find more information about Dust Diseases Care and our services on our website www.icare.nsw.gov.au