

Information Sheet

Medicare Benefits

Reviewed August 2013

- **The Chronic Disease Management Plan**
- **The Better Access to Mental Health Plan**

Medicare is a national body that subsidises primary health care in Australia. Generally, Medicare provides a rebate on the cost of seeing a doctor, but doctors can write special plans that mean you can claim a Medicare rebate for seeing other kinds of health professionals, like therapists. Some of the most relevant plans to people with ASD are listed on this information sheet.

For the most part, Medicare will only refund a limited portion of the overall cost of service and this will usually leave you with a gap that you need to pay yourself. If you end up paying a lot for medical services in one year, you may reach the Medicare Safety Net. Reaching the Medicare Safety Net means you get a higher rebate for Medicare-subsidised services.

Individuals will be notified by Medicare when they approach the safety net, but families will need to register with Medicare so that Medicare knows to tally their medical expenses together. For more information, call Medicare on 13 20 11 or read about it at

www.medicareaustralia.gov.au.

Chronic Disease Management Plan

Previously called an Enhanced Primary Care (EPC) plan



The Chronic Disease Management (CDM) Plan provides:

- Five sessions with an Allied Health Professional per calendar year (see the list of professionals who are considered Allied Health Professionals).

People with Autism Spectrum Disorder (ASD) are eligible for the CDM Plan because ASD is a chronic condition.

The CDM Plan can be written by your GP and people with ASDs are eligible for five sessions every calendar year. Once the initial plan has been made, the GP will not need to write a new plan each year, but may review the plan.

Allied Health Professionals

- Aboriginal Health Workers
- Audiologists
- Chiropractors
- Diabetes Educators
- Dietitians
- Exercise Physiologists
- Mental Health Nurses
- Occupational Therapists
- Osteopaths
- Physiotherapists
- Podiatrists
- Psychologists
- Speech Pathologists

Better Access to Mental Health Plan

Also known as Mental Health Care Plan

This plan provides:

- Six sessions of individual therapy with a Psychologist, Occupational Therapist or Social Worker. An additional four sessions are available following a review with the GP (a maximum of ten sessions per calendar year).
- 10 Group Sessions of therapy with a Psychologist, Occupational Therapist, or Social Worker.

The Better Access to Mental Health Care plan is an option available for anybody (individuals with an ASD, parents, siblings, carers etc.) who feels that their overall wellbeing and mental health is at risk.

Mental illness is common; around one in five Australians will experience a mental illness at some stage in their lives. Your mental health can be affected by a number of things; physical problems such as chemical imbalances in the brain, as well as non-physical problems such as exposure to trauma, family environments, cumulative stress and difficult life events.

Any members of the family who are feeling sad, confused, depressed or anxious should see their GP to discuss other professionals who may be able to support them, such as social workers or counsellors.

People who have ASDs can also have mental health difficulties. They may be anxious about the environments around them; they may be depressed because they are having difficulty forming relationships with other people. There are many reasons why they would be eligible to access the Better Access to Mental Health Care Plan, and they should be encouraged to seek support from the appropriate professionals.

Group sessions can be used for social skills groups, anxiety groups, or any group that is run by the above listed professionals and is working towards building the confidence, self esteem and ability of the person with ASD.

People are eligible for up to 10 sessions under the Better Access to Mental Health plan every calendar year. You can get a referral from your GP. Make sure you book a long consultation with your doctor to allow you and your doctor enough time to prepare a GP Mental Health Care Plan and discuss your treatment options. A Psychiatrist can also write this referral.

Frequently Asked Questions

Q. Can I use all these plans at the same time?

A. Yes!

Q. Who can write the referrals?

A. The Better Access to Mental Health referral can also be written by a psychiatrist, but are more commonly written by a GP. The Chronic Disease Management referrals can only be written by your GP.

Q. Are these sessions free of cost?

A. No – you will receive a rebate from Medicare. This rebate does not cover the total cost of the service. Please check with Medicare the amount you will receive.



The Medicare Plans: at a glance...

	CDM ¹	BAMH ²
How many sessions?	5	10 Ind. + 10 Group
How often?	Each calendar year	Each calendar year
Speech Therapist	✓	✗
Psychologist	✓	✓
Occ. Therapist	✓	✓
Social Worker	✓	✓
Audiologist	✓	✗
Optometrist	✗	✗
Orthoptist	✗	✗
Physiotherapist	✓	✗
Group Sessions	✗	✓
GPs write referral	✓	✓
Psychiatrists write referral	✗	✓
Adults eligible	✓	✓

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1. *Chronic Disease Management Plan*
2. *Better Access to Mental Health Plan*