

Medicare Benefits for people 25 years old and over

You can use the group sessions for or any group run by the listed professionals. These can include social skills groups, play therapy groups, and anxiety groups. The group must be building confidence, self-esteem and ability for the autistic person.

You're 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 appointment with your doctor. This is to allow enough time to prepare a GP Mental Health Care Plan and discuss your treatment options. A psychiatrist or paediatrician can also write this referral.

Frequently Asked Questions

Q. Can I use all these 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 paediatrician or 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 for the amount you will receive.

Acknowledgements

This information sheet was developed in consultation with Autistic people.

©2023 Amaze

Permission is granted for the content of this information sheet to be reproduced in its entirety, provided Amaze is acknowledged as the source. Content is provided for educational and information purposes only. Information about a therapy, service, product or treatment does not imply endorsement and is not intended to replace advice from your doctor or other registered health professional.