

CLINICAL PSYCHOLOGIST & PSYCHOTHERAPIST

M Psych (Clinical Psychology), Adv Dip Gestalt Therapy, MAPS

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INFORMATION SHEET

BETTER ACCESS MEDICARE INITIATIVE

1-Mar-21

The “Better Access“ Medicare initiative offers the opportunity for clients to receive a rebate for up to 20 sessions of evidence based psychological therapies.

Eligibility:

To be eligible for this rebate, you first need to meet with your doctor before the psychotherapy appointment. Your doctor must decide whether you have ‘an assessed mental disorder’ that significantly interferes with your cognitive, emotional or social functioning, such as:

Generalized anxiety disorders	Depression	Post traumatic stress disorder	Adjustment disorders
Panic disorder	Alcohol and drug disorders	Sleeping problems	Sexual disorders
Bereavement disorders	Phobic disorders	Mixed anxiety and depression	Bipolar disorders

Your doctor may need a longer appointment for this assessment, and will set the fee for this appointment. A Medicare rebate usually applies. Please note that if you can afford to pay for psychotherapy you may not be eligible. Please discuss this with your GP. Please let your doctor know if you wish to be referred to a specific psychologist.

Referral process:

If your doctor assesses that you are eligible, they will need to complete a referral and mental health care plan, (Medicare item number 2710) which will be provided to the psychologist. The referral itself can be in the form of a letter or a note, signed and dated by the referring doctor. A psychologist’s report is provided to your doctor after the first six sessions, and you will then need to meet with your doctor for a review and to ask for a referral for further sessions.

Rebates:

Please pay the session fee in full at the end of each session, and I will submit the rebate claim to Medicare online. The rebate is usually paid into your bank account within 1-2 days. Alternatively, you may submit the receipt to Medicare either by post or through their app and submit a claim. The current session fee is \$185, and the minimum rebate for a 50+ minute consultation of Psychological Therapies is \$124.80, which leaves a gap fee payable by you of \$56.60. The rebate will be higher if you have reached either of the Medicare safety net thresholds. More information on these thresholds can be found on the Medicare website.

Another Medicare program is the Enhanced Primary Care program (EPC), also called Chronic Disease Management, which offers a small rebate for 5 sessions.