

THERAPY FUNDING SUPPORTS

Medicare Chronic Disease Management Plan (CDM)

- Provides people with **5** partially rebateable allied health sessions of **\$52.95**.
- Need to see a **GP** to get a referral to access this.
- Valid every calendar year.
- Allied health services covered: Speech pathologist, psychologist, occupational therapist, social worker, audiologist, physiotherapist.
- For more information, click [here](#).

Medicare Item 135

- Provides children with **autism spectrum disorder (ASD)** with **20** partially rebateable allied health sessions of **\$84.80 (for psychologist)** or **\$74.80 (for all other allied health)**.
- Need to see a **paediatrician** to get a referral to access this.
- One-off item.
- Allied health services covered: Speech pathologist, psychologist, occupational therapist, audiologist, optometrist, orthoptist, physiotherapist.
- Valid until a child turns 13 years old.
- For more information, click [here](#).

Better Access to Mental Health Care Plan

- Provides up to **10** partially rebateable individual and ten group allied mental health services per calendar year of **\$60.10 (for sessions between 20 to 50 minutes)** or **\$84.80 (for sessions more than 50 minutes)** to patients with an assessed mental disorder who are referred by:
 - A **GP** managing the patient under a GP Mental Health Treatment Plan
 - Under a referred psychiatrist assessment and management plan
 - A psychiatrist or paediatrician

Growing Early Minds | An initiative of Growing Potential Ltd.

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- Valid every calendar year.
- May access psychological assessment and therapy services provided by clinical psychologists, and/or focussed psychological strategies services provided by appropriately qualified GPs and eligible psychologists, social workers and occupational therapists.
- For more information, click [here](#).

National Disability Insurance Scheme (NDIS)

- You can start the process by **calling the NDIS at 1800 800 110**
- **Start an application for you over the phone (they will advise you on how to send through the supporting documents), or**
- **Request for an Access Request Form (ARF) emailed to you, and then, email the completed ARF AND all medical, allied health, diagnosis and school reports to NAT@ndis.gov.au.**
- You may find out more information about the NDIS [here](#).

Other ways of accessing therapy:

Community Health (free)

The Blacktown Community Health contact number is **02 9881 8700** and it mentions that to make a referral, to contact **1800 600 681**.

Universities' Student Clinics (lower fees)

The University of Sydney has a student clinic. For more information, go [here](#).

Macquarie University also has a student clinic. For more information, go [here](#).

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