

Navigating your access to the Medicare changes for Eating Disorders

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Some people with eating disorders can access an Eating Disorder Plan (EDP). This involves Medicare subsidies for 20 sessions with a dietitian, and up to 40 sessions with a mental health clinician over a 12 month period.

Eating Disorders Victoria (EDV) can help you understand your options, whether that's through an EDP or something else.

For more information, please visit EDV's website or get in touch:

1300 550 236

Hub@EatingDisorders.org.au

www.EatingDisorders.org.au



Book a double appointment with a GP

If you're concerned you or someone you care about is experiencing an eating disorder, make an appointment with a medical practitioner. For most people this will be a GP, but this could also be a paediatrician or psychiatrist. EDV can help you find a GP who specialises in treating eating disorders.

Initial Assessment and Care Plan

The doctor will assess your eating disorder symptoms using a range of measures. To be eligible for an Eating Disorder Plan (EDP) you must either:

- a. have a clinical diagnosis of anorexia nervosa** or;
- b. meet the eligibility criteria, and have a clinical diagnosis of bulimia nervosa, binge-eating disorder or other specified feeding or eating disorder.**

If eligible, you will commence the initial course of treatment.

10 EDPT sessions and 20 dietetic sessions

EDPT = (Eating Disorder Psychological Treatment)

10 session review – GP

After 10 EDPT sessions you will need to see your GP or other practitioner to review the EDP. If recommended, you will be referred for another 10 EDPT sessions.

20 session review – GP & psychiatrist/paediatrician

After 20 EDPT sessions you will need to see both your GP and a psychiatrist or paediatrician. Should both practitioners recommend more intensive treatment, you will be referred for another 10 EDPT sessions.

30 session review – GP

After 30 EDPT sessions you will need to see your GP or other managing practitioner to review the EDP. If recommended, you will be referred for a final 10 EDPT sessions under the plan for that year.

What happens if I'm not eligible for an EDP?

Public treatment system

Your GP may suggest you will be better treated in the public system. You will be referred to the appropriate services, such as a hospital, in your local area. EDV can help connect you with these services.

Better Access model

Your GP may refer you to the existing Better Access model, which entitles you to 10 subsidised sessions with a psychologist. EDV can help you find a psychologist who specialises in eating disorders.

Important to know about seeing a psychiatrist or paediatrician

Due to specialist availability, it is key your GP makes this referral in your initial appointment or at your first review. Your appointment with a psychiatrist or paediatrician can happen any time before the 20 session review.

