

Navigating your access to the Medicare changes for Eating Disorders

Changes introduced by the Australian Government on November 1st 2019 mean that some people with eating disorders will have access to an evidence-based, best practice model of treatment. This will be known as an Eating Disorder Plan (EDP) and 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) is here to help you understand these changes. Here we have outlined the steps required to navigate this treatment model.



Book a double appointment with a GP

If you are concerned that you or someone you care about is experiencing an eating disorder, it's important to make an appointment with a medical practitioner. For most people this will be a GP, but also includes paediatricians and psychiatrists. EDV can help you find a GP who specialises in treating eating disorders.

Find out more about preparing for your first appointment

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 have 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.**

Find out more about the eligibility criteria

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

10 EDPT sessions and 20 dietetic sessions

(Eating Disorder Psychological Treatment)

Find out what psychological treatments are covered by an EDP

10 session review - GP

After 10 EDPT sessions you will need to see your GP or other managing 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 if I'm not eligible?

Public treatment system

Your GP may decide that you will be better treated in the public health 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 subsidized 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 the availability of these specialists, it is important that your GP make 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.

For more information, please visit our website or contact us.
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