

# Navigating Access to Medicare Items for Eating Disorders

## 1. Initial Assessment and Eating Disorders Plan (EDP) – GP

Book a long appointment with your GP. Your GP will assess your eligibility for an EDP and then refer you for psychological treatment services and/or dietetic services.

Note: If you are not eligible your GP may refer you under the existing Better Access to mental health care model or to the public system for treatment

## 2. Access to 10 Psychological services & 20 dietetic services

## 3. 10 session review - GP

At 10 psychological sessions you will need a GP review. If recommended, the GP will refer you for an additional 10 sessions

## 4. Access to psychological sessions 11-20

## 5. 20 session review – GP & psychiatrist/ paediatrician

At 20 psychological sessions you will need a GP review. You will also need an additional review by a psychiatrist or paediatrician to access over 20 sessions. If both professionals recommend more treatment you will be referred for another 10 sessions

## 6. Access to psychological sessions 21-30

## 7. 30 session review – GP

At 30 psychological sessions, you will need a Gp review. If recommended the GP will refer for an additional and final 10 sessions under the EDP for the year.