



## Information on Medicare referrals

Please email, fax or post any CDM plan with allied health referral or BAMH referral to following address, thank you.

Email: [info@otwhitsunday.com.au](mailto:info@otwhitsunday.com.au)

Fax: 07 49483868

Post: Occupational Therapy Whitsunday

PO Box 338

Proserpine Qld 4800

## Chronic Disease Management Plan (CDM)

General practice patients who have both a GPM Plan and TCAs may be eligible for the individual allied health services on the Medicare Benefits Schedule.

Eligible patients can claim a maximum of five allied health services per calendar year under Chronic Disease Management Plan.

MBS ITEM No.: Occupational Therapy MBS item number for CDM is 10958

Patients need to be referred by their GP for services recommended in their care plan, using the referral form issued by the Department of Health or a form that contains all the components of the Department's form.

## Better Access to Mental Health Items (BAMH)

Requires a GP mental health plan or referral from psychiatrist or paediatrician.

Occupational Therapy Whitsunday is able to provide Focussed Psychological Strategies (FPS). It is the medical practitioner's clinical decision regarding appropriateness of referral for BAMH for an assessed mental disorder that significantly interferes with a person's cognitive, emotional and social functioning. Some paediatric conditions that benefit from FPS are: *generalized anxiety disorder, adjustment disorder, sleep problems, enuresis (non organic), attention deficit disorder, eating disorders (sensory based), behavioural and conduct issues. Anxiety disorders are associated in the literature with conditions such as Sensory Processing Disorder, Developmental Coordination Disorder, Attention Deficit Disorder, Specific Learning Problems and Autistic Spectrum Disorder.*

OTW area of expertise is with anxiety, behavioural and adaptive functioning problems associate with sensory processing or specific learning problems.

MBS ITEM No.: As OTW provides a paediatric service FPS are usually activity/play based and generally provide parent support and education. Most appointments are of one hour duration, therefore the MBS item number most likely to provide access to required service are:

80135 Occupational Therapy FPS Rooms

80140 Occupational Therapy FPS Home or school visit





Occupational Therapy Whitsunday is able to provide the following FPS as appropriate:

Cognitive behavioural therapy including:

- Behavioural interventions
  - Behaviour modification (including behavioural analysis and contingency management)
  - Exposure techniques
  - Activity scheduling (including pleasant events, mastery and time management)
  
- Cognitive interventions
  - Cognitive analysis, challenging and restructuring
  - Self-instructional training
  - Attention regulation
  
- Relaxation strategies
  - Guided imagery, deep muscle and isometric relaxation, controlled breathing
  
- Skills training
  - Problem-solving skills training
    - Motivational Interviewing
    - Collaborative Problem Solving
    - Occupational Coaching
    - Anger management
    - Stress management
    - Communication training
    - Social skills training
    - Parent management training

**Fees and costs**

Please note for your patient's information:

CDM Medicare Allied Health referral attract a per session rebate between \$55.10 - \$77.80 and BAMH Medicare referral a rebate of \$77.80.

Therefore a gap fee is payable of between \$135- \$ 113 per hour session.

Safety net cap can apply.

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