

Support services for those with a disability are available at the national, state and territory, or local level.

National level services are those that are available regardless of geographical area. These national level services are explained in greater detail and include:

- Medicare
- Centrelink; and
- The National Disability Insurance Scheme (NDIS)

Medicare

There are a number of Medicare rebates available for therapies. These rebates do not cover the entire fee and usually patients will be required to pay the full amount then make a claim to Medicare for the rebate.

The Better Access to Mental Health Plan is also relevant and is available to any individual who feels that their overall wellbeing and mental health is at risk. The Plan provides six individual therapy sessions (an additional four sessions are available if needed), and group sessions of therapy with a psychologist, social worker or occupational therapist. These can be written by your GP, psychiatrist or paediatrician each calendar year.

See: www.humanservices.gov.au/individuals/medicare

Centrelink

There are several Centrelink services that may be relevant:

Carer Allowance. Carers with a household income less than \$250,000 may be eligible for the Carer Allowance. There is also an annual lump sum payment for people who receive the Carer Allowance called Carer Supplement, and carers of a child may also be eligible for the Child Disability Assistance Payment.

Carer Payment. Families that are unable to access paid work due to the demands of their caring role may be eligible for the Carer Payment (Child or Adult). This payment is income and assets tested, and takes into account family income.

Health Care Card. A Health Care Card allows you access to subsidies for prescription medications and other concessions such as discounted public transport for some cardholders, bulk billing by selected doctors, and higher refunds through the Medicare safety net.

For more information, please visit www.humanservices.gov.au/individuals/centrelink or phone 132 717.

National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) is an insurance scheme administered by the federal government to provide for people under 65 who are living with a permanent and significant disability. The NDIS funds supports that are considered reasonable and necessary to help people live life and achieve their goals.

Early Childhood Early Intervention (ECEI)

The NDIS provide early intervention services for children 0-6 years of age through ECEI Partners. ECEI partners provide a range of services that are designed to support families to help children develop skills required for daily activities and to achieve positive outcomes.

Some of the services ECEI Partners can offer include:

- Connection of families with appropriate local supports such as community health centres, educational settings and playgroups.
- Provide some short-term early intervention where it has been identified as the most appropriate support.
- Help to request NDIS access if your child requires longer-term early childhood intervention supports. If your child becomes an NDIS participant the Early Childhood Partner can work with you to develop an NDIS plan.

National Bodies

- Human Services - Centrelink – Medicare - Child Support www.humanservices.gov.au
- National Disability Insurance Scheme www.ndis.gov.au

Family Support

- Carers Australia <https://carersupportnetwork.com.au>
- Relationships Australia www.relationships.org.au
- COTA Australia www.cota.org.au/australia

Crisis Support

- Lifeline 13 11 14 www.lifeline.org.au
- Beyond Blue 1300 224 636 www.beyondblue.org.au

Information Supports

- Raising Children's Network www.raisingchildren.net.au
- Parenting Research Centre www.parentingrc.org.au
- Positive Partnerships www.positivepartnerships.com.au
- ASDetect (La Trobe University) www.asdetect.org