Medicare Rebate ADHD Assessment Explained



A Medicare rebate ADHD assessment can reduce the out-of-pocket cost of some psychological appointments, but it does not automatically make every part of an ADHD assessment Medicare-rebatable. This distinction matters when you are arranging care for a child, teenager or adult and trying to understand referrals, Mental Health Care Plans and private fees.

ADHD assessment is usually a detailed clinical process rather than a single appointment or test. It may involve interviews, developmental and medical history,

questionnaires, school or workplace information, assessment of related concerns, clinical formulation and feedback. Whether Medicare contributes depends on the service provided, the practitioner, your referral documentation and the applicable Medicare item requirements.

What a Medicare rebate may cover

For many people, the relevant pathway is a Mental Health Care Plan prepared by a GP. In some circumstances, an eligible referral from a psychiatrist, paediatrician or another medical specialist may also support access to Medicare-rebated psychological services.

A Mental Health Care Plan is not a diagnosis and does not determine whether a person has ADHD. It is a referral pathway that may allow Medicare rebates for eligible psychological treatment services. A GP will consider your presentation, relevant history and whether this pathway is clinically appropriate.

Where a psychologist provides an eligible Medicare service under a valid referral, Medicare may contribute a rebate after the appointment. The client generally pays the clinic fee and then receives the applicable rebate, unless the provider offers bulk billing. The gap between the fee and the rebate remains an out-of-pocket expense.

The practical point is that Medicare funding commonly relates to eligible psychological consultation and treatment services. It may not cover every component of a comprehensive diagnostic assessment, such as lengthy report preparation, specialised testing, liaison with schools or other providers, or non-rebatable assessment appointments. The exact arrangement should be confirmed before booking, as eligibility and item requirements can differ.

Why ADHD assessment is not always a single Medicare item

People often search for a Medicare rebate ADHD assessment expecting one referral to cover an entire diagnostic process. In practice, assessment needs vary considerably. A child with attention difficulties at school may need a developmental

history, parent input and information from teachers. An adult seeking a later-life assessment may need a detailed review of lifelong patterns, current functioning, education and employment history, mental health, sleep, substance use and medical factors.

ADHD can also occur alongside anxiety, depression, learning difficulties, autism spectrum differences, disruptive behaviour concerns or other conditions that affect attention and executive functioning. A careful assessment considers these possibilities rather than treating a checklist score as a diagnosis.

This is why a clinic may separate assessment, feedback, report writing and therapy into different services. It is not simply an administrative distinction. Different parts of care require different amounts of clinician time and may have different Medicare eligibility. Ask for a clear explanation of the proposed assessment pathway, expected appointments, fees and which sessions may attract a rebate.

The role of a Mental Health Care Plan

A Mental Health Care Plan is usually arranged with your GP. Before the appointment, it can help to write down the difficulties that have prompted you to seek support. For a child, this may include attention at school, organisation, emotional regulation, behaviour at home, friendships, learning or sleep. For adults, it may include longstanding distractibility, time management, task completion, impulsivity, workplace strain or difficulties managing daily responsibilities.

The GP appointment is also an opportunity to discuss physical health, medications, sleep, alcohol or other substance use, mood and anxiety. These factors can influence concentration and should be considered as part of safe, appropriate care.

If the GP prepares a plan, check that the referral is addressed correctly and that it includes the information your chosen provider requires. Bring or send the referral before your first eligible appointment where possible. Clinics may not be able to apply a Medicare rebate retrospectively if the required referral documentation was not in place at the time of service.

A plan can support access to a limited number of Medicare-rebated psychological services, subject to current Medicare rules. It does not mean all appointments will be covered, and it does not remove the need to pay any gap fee. Your GP can review the plan over time, particularly if ongoing psychological treatment is recommended.

Questions to ask before you book

The clearest way to avoid surprises is to discuss the financial and clinical pathway with the clinic before your first appointment. You do not need to understand Medicare terminology in advance. You do need enough information to make an informed decision about the service.

Ask whether the clinic offers a comprehensive ADHD assessment for your age group, whether a Mental Health Care Plan or specialist referral is required for Medicare-rebated sessions, and which parts of the process are eligible for a rebate. It is also reasonable to ask about the clinic fee, estimated out-of-pocket cost, report fees, cancellation policy and likely number of appointments.

If assessment leads to a diagnosis or identifies other clinical needs, ask what happens next. A useful pathway may include feedback, psychological therapy, behavioural strategies, parent support, liaison with relevant health professionals, and referral to a medical practitioner when medication assessment or further medical review is appropriate. ADHD care is often most helpful when assessment findings are translated into practical support rather than handed over as a report alone.

Preparing for a comprehensive assessment

Good preparation can make appointments more focused and help the clinician build an accurate picture over time. You do not need to gather every record ever created, but relevant information can be useful. For children and adolescents, parents or carers may be asked to contribute observations, and school input may be requested with consent.

Bring or provide relevant documents such as:

- your current referral or Mental Health Care Plan

- previous reports from psychologists, paediatricians, psychiatrists or allied health professionals
- school reports, learning support plans or teacher questionnaires where relevant
- a list of current medications and significant medical history

Adults sometimes worry that childhood records are unavailable. That is common and does not prevent assessment. The clinician can discuss other sources of information, including personal recollections, family input where appropriate and patterns across education, work and relationships. The key is to be open about both current difficulties and areas that are going well.

Telehealth, location and referral access

For people outside metropolitan Melbourne, telehealth may make it easier to access assessment and therapy appointments. However, telehealth suitability depends on the person’s needs, age, the nature of the assessment and whether the clinician can complete the required components appropriately by video consultation. Some assessments may benefit from, or require, in-person appointments.

Medicare rules for telehealth can also change and may include conditions relating to the provider, referral and service type. Do not assume that a telehealth appointment is automatically Medicare-rebatable because an in-person appointment would be. Confirm this with the clinic before booking.

Behavioural Neurotherapy Clinic provides ADHD assessment and psychological support for children, adolescents and adults, with in-person appointments in Doncaster and telehealth consultations available where clinically appropriate. The clinic can explain its current referral requirements and the Medicare status of proposed appointments before care begins.

A clear pathway is worth planning

The most useful first step is usually a conversation with your GP and the assessment provider about the concerns you want addressed, the type of assessment proposed and the likely costs at each stage. Medicare may assist with eligible psychological

care, but a comprehensive ADHD assessment can involve services outside the rebate pathway.

Clarity before the first appointment gives you room to focus on the reason you sought help: developing a careful understanding of attention, behaviour, emotional regulation and daily functioning, then considering the support that fits your circumstances.

For more information

Call (03) 9848 9100

Published: 01/08/2026 and updated on: 27/09/2026 by Dr Jacques Duff-PhD; BA Psych; Grad Dip Applied Psychology; FANSA; Clinical Neuroscientist