

Submission to the Senate Inquiry regarding rebates

5th august 2011

Thank you for hearing my submission,

My name is _____ and I am a patient of a Clinical Psychologist who I have been seeing for the past eighteen months.

Through her help she has made real inroads into helping me deal with many issues during that over a period of time.that was extremely tough for me both financially and emotionally. My Psychologist gave me an avenue to go to explore various issues in my life and help find positive solutions. There are times when I make real progress and then sometimes fall back and the support I receive is something I did not only appreciate but it also gave me a safety barrier to KNOW its there when problems occur it was there for me. This occurred recently when I needed to see Her on two occasion in the space of a week. I had a similar problem last year when I was out of available visits and from the goodness of her heart she she charged me a flat fee which I could afford at the time(which was very little) and I will never forget that.

I have only given you a very small portion of the wonderful things My Psychologist has done for me in the past eighteen months as a patient and the wonderful understanding and the compassion that she has shown me are far and above what I think the normal that would be expected by a professional in her field.

The Governments moved to reduce the medicare rebate to only 10 visits per year I think is extremely near sighted and both lacking compassion and understanding to far outreaching issues. If someone cant access their healthcare professional where do they go?

Lifeline? They do a wonderful job but really cant cope with the individual needs of a person with mild to severe mental problems of which Psychologists already have a handle on

Public Hospital? They already have a full book and the easy option would be just send them away or worse send them to the funny farm section..

Suicide! (I found it hard to spell) If a person wants to kill themselves when they have nowhere to go they not going to call the prevention line.

That last ones is abit harsh I know but always a possibility that should never be ignored.

And ofcourse:

Go to a Psychiatrist and perish the thought of saving money there they charge 4 times the rate of a psychologist.

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From my end the difference between a Psychiatrist and a Psychologist apart from the obvious revenue avenues is a Psychologist helps people find the answers to their problems by working through them and achieve LONG term goals, a Psychiatrist plays golf on Wednesday and provides people with meds and tells them what to do so they can just give up!!(I know thats a bit broad and maybe a slightly harsh assumption)

I now work 2 part time jobs in no short way because of the wonderful help and support I have gotten through my Psychologist.

To take away the rebate after 10 visits per year is very harsh it will disadvantage the people that most need it. I think the additional burded this will place on further mental health resources far outweighs the benefits.

It is well documents that 1 in 5 in our community have some sought of mental issue and problems and as we are well aware and that has flowed over into all walks of like including elected officers the Senate.

Years ago I would have been ashamed to admit I have had mental problems but I dont anymore. I function well and positively because in no small part to the extraordinary efforts of my Psychologist and with her help that will continue.

I may and I underline the fact I may be able to cope with the changes but there are many that wont and I feel you should consider that before these shameful changes t ake place especially before the festive season this year.

I am more than happy to appear personally at you inquiry if necessary..

Again thank you for reading my submission

Yours Respectfully