

Annual health assessments for people with intellectual disability 12 years and over

It's Doctor Time!

People with intellectual disability can now access a **yearly, Medicare-supported health assessment** — and there's a tailored, evidence-based tool to make these appointments easy and effective for young people **aged 12–18**.

What is the Annual Health Assessment (and why it matters)

The annual health assessment is a structured, comprehensive check designed to identify unmet health needs and reduce preventable health problems for people with intellectual disability. It's supported under Medicare and aims to make sure ongoing issues — physical, dental, mental health, medication side-effects or health screenings — are noticed and followed up early. For young people, this can set up good health routines that last a lifetime.

What is the Comprehensive Health Assessment Program and how it helps

The recommended tool for these appointments is the Comprehensive Health Assessment Program (CHAP) — an evidence-based questionnaire and clinician prompt that helps the GP (and the family/supporters) cover things that are commonly missed in routine care. There are free CHAP forms and versions specifically for young people aged 12–18 and for adults. Using the CHAP improves detection of new or untreated health problems and helps plan follow-up care.

Who is eligible & what to expect

Who: Any person with intellectual disability (including young people aged 12–18) can have a yearly assessment supported by Medicare.

Time: Most appointments run around **40 minutes to 1 hour** so the GP can work through the CHAP and necessary checks.

Cost: Medicare supports one annual health assessment item for people with intellectual disability — ask your GP receptionist which Medicare item they will use when booking.

What to do

- Book a longer GP appointment for your child and tell the practice you'd like an ****Annual Health Assessment using the CHAP****.
- Bring: list of current medications, recent reports (therapy/mental health), any concerns or changes you've noticed, and someone who knows the person well (family/carer/support worker).
- Complete the **CHAP pre-visit form** (Part 1 of the CHAP which can be accessed below) with your child — this makes the appointment smoother and more useful.

To access the CHAP form

- Department of Health — CHAP (Young person 12–18) (form & PDF):
<https://www.health.gov.au/resources/publications/young-person-12-to-18-years-comprehensive-health-assessment-program-chap-annual-health-assessment-for-people-with-intellectual-disability?language=en>