

ID, health cards and other practical matters



Adolescent Transition

Adolescent Transition Education Package | **Fact Sheet 9**

An information sheet for patients transitioning from paediatric to adult health services

As a young person entering adulthood there is a lot of practical information you need to know, for example how to get an ID card (identification card), your own Medicare card, your own health insurance and Health Care Cards. Having a handle on this information will make sure you have all the benefits you are entitled to as you become more independent.

Medicare Card

www.medicareaustralia.gov.au

- A Medicare Card will probably be the most important card you have in your wallet. You will be covered by your family's Medicare card until you move out of home, however, once you turn 15 you can apply for your own card. It is a good idea to get one of your own and it doesn't cost you anything. Having your own card could be handy if you are in an emergency situation and your parents/carers aren't there. It will also give you more independence to see doctors without your parents if you want to
- Medicare covers the costs of all public hospital clinics, treatment as a public patient in a public hospital, and all or part of the cost of treatment by local practitioners (doctors, specialists, some optometrists and dentists)
- To apply for a Medicare card:
 1. Gather up your identification documents (birth certificate, proof of age card, Health Care Card, bank details)
 2. Go to a Medicare office (see above website for locations)
 3. Complete a Medicare copy/transfer form

Pharmaceutical Benefits Scheme (PBS)

www.pbs.gov.au

www.health.gov.au/pbs

- Most prescription medicines are subsidised by the government under the PBS. This means the government helps pay for the cost of most of your medicines
- All you have to do to be eligible for this is provide your pharmacy with your Medicare card when you get a prescription filled
- If you require a lot of prescription medicines, it is a good idea to keep a record of what you're spending on a prescription record form; ask your pharmacist if this is possible; some will even keep the record for you

- Each year, if you reach a certain amount of spending on PBS medicines, you will be entitled to a Safety Net Concession Card which will reduce the costs even further!

Health Care Card

www.centrelink.gov.au

- Having a Health Care Card is very handy when you are an adolescent with a medical condition. Centrelink provides Health Care Cards which can get you cheaper medication, bulk billing for doctor's appointments, refunds for medical expenses, cheaper public transport as well as other benefits
- You need to be an Australian citizen, an Australian resident or a New Zealand citizen to apply for the card as well as fulfilling other eligibility requirements. Visit the above website for more information on eligibility or ring 13 2490 for some personal assistance
- You may also be eligible for other Centrelink allowances such as Youth Allowance or a Disability Allowance. Check the website for options available to you
- More information on Youth Allowance can also be found at www.legalaid.vic.gov.au

Public Transport Concession Card

www.metlinkmelbourne.com.au

- When you turn 17 you must pay full adult fares on public transport. This can be expensive, especially if you are a student and don't have a job
- A public transport concession card (VPT card) can help save you some of the cost of public transport; in some cases it is half the cost of taking the train, bus or tram. You are eligible for a concession if you have a Health Care Card or are studying full time
- To apply for a public transport concession card, download the form from the above website, fill it in, provide two photos, get your school to stamp the card, then take it to a train station, and pay for it

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- It costs approximately \$10 for the card and it gives you 12 months of cheaper travel
- If you are 16 or under, you can still travel at child fares so wait until you turn 17 to apply
- If you have a Health Care Card, you don't need to apply for a public transport concession card, your Health Care Card entitles you to concession fares
- A MYKI card is required to travel on public transport. You can buy and top it up online or at newsagents, 7-Elevens, etc: www.myki.com.au

Driver's License

www.vicroads.vic.gov.au

- Getting your driver's licence is an exciting part of adolescence. However, there are some restrictions for people with some types of medical conditions. Talk to your doctor before you turn 16 to see how your condition might affect getting your license
- You may be able to apply for a learner's permit when you turn 16. You need to do a bit of study and then you can book an appointment to sit the test. There is a fee involved (visit the above website for more information)
- If you are able to drive but have some restrictions with your particular medical condition, make sure you lodge the appropriate form with Vic Roads
- Also check if your medical condition has any affect on the cost of car insurance
- Once you turn 18 and you've had 2 years and 120 hours of driving experience you can sit your probationary drivers exam. There are two tests to make sure that you are a capable driver. Once you pass you are able to drive on your own
- Make sure you know the rules for your type of permit
- Your driver's license can also be used like a proof of age card, in that it will allow you to enter licensed venues and purchase alcohol if you are over 18

Proof of Age Card

www.justice.vic.gov.au

- When you turn 18 it will be important for you to be able to prove your identity and age to other people. A proof of age card will help you do this. It lists information including; your name, address, birth date and a photo ID
- Having a proof of age card will mean that you can enter licensed premises, and can help when you have to supply more than one form of ID
- You can apply for a proof of age card when you are 17 and 11 months. You can't use it until you turn 18

- You can pick up a proof of age card application form at most Australia Post offices (for a full list of places visit the above website and search 'Proof of Age')
- Proof of age cards cost \$10. You need to sign the application in the presence of a witness. Once you've done that you can hand it in, take your photo and 'voila' you will have an ID to prove that you are 18!

Ambulance Cover

www.ambulance.vic.gov.au

- Ambulance cover is important for everyone, not just people with a medical condition
- Having to travel to hospital in an ambulance can cost up to thousands of dollars. Having ambulance cover means you pay nothing. Most people think that the benefits of ambulance cover outweigh the small cost
- You can get ambulance cover as a single person or as part of a family
- If you have a Health Care Card you won't need to get ambulance cover as you will already be covered
- Some private health insurance plans also include ambulance cover, check to see if you are already covered

Private Health Insurance

www.privatehealth.gov.au

www.iselect.com.au

- Having some level of private health insurance can be of great benefit to you. You don't have to have it - it's your choice
- Young people with a medical condition can spend a lot of time in hospital or attending appointments with allied health professionals. These costs can really start to add up
- Having private health insurance will help you cover some of these costs. It will also allow you access to private hospitals or to be treated as a private patient in a public hospital
- Do some research to make sure you get the best cover
- You have to pay a monthly or yearly fee but if you choose the right benefits for you, these costs may balance out with what you save. Check that a provider includes 'previously held medical conditions' in their benefits - otherwise you might not be covered for any treatment for your current condition
- If your parents have private health insurance, you are generally covered while you are still a secondary or tertiary student (commonly up to 24 years of age), but each insurance scheme is slightly different. Check with your parents
- There are many private health insurance providers so research them all before joining (ask your parents/carers too as they will know what to look for). The website above will help you compare some different private health insurance providers

For more info contact:

The RCH Adolescent Transition Team on **9345 4858/4980**

or find email details and more info on www.rch.org.au/transition

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