Finding a good GP is an important part of your transition planning. This factsheet will help you understand why.

You and Your GP

- Everyone should have a local doctor (also called a GP)
- It is important for you to feel comfortable with your GP
- Find a GP who you trust and can talk with about your health
- Your GP is usually the first health professional to contact if you start to feel unwell
- Your GP is your coordinator and can refer you to specialist doctors or other health professionals
- GPs are more available than specialists and they deal with all health issues
- A good GP will look at your physical and mental health, and will refer to and work together with other health professionals if this is needed for you
- It is helpful to have a GP lined up before you get sick and really need them, especially if you have a chronic condition
- Having a good relationship with your GP will help you stay in control of your health
- Finding your own GP means you don’t have to keep explaining your health and life issues every time to a new person
- You need to find the right one for you. You are in control and your GP is your partner and coordinator
- If you do not have a GP, find one as soon as possible. Choose someone you feel comfortable with and who respects you by listening to you

Try asking family and friends who live near you if they can recommend a good GP or contact Trapeze

Most GP appointments are between 5-15 minutes long. If you think you will need longer, ask the receptionist to book you in for a long appointment.

Being friendly and polite to the receptionist may be helpful because he/she is the gatekeeper of the medical practice.

It’s important to call and cancel your appointment if you can’t make it. Be sure to reschedule.

Cost of seeing a General Practitioner

- The cost of seeing a GP varies.
- Some GPs ‘bulk bill’ which means there is no out-of-pocket cost to you.
- Other GPs may bill you, which means you have to pay the difference between their fee and what Medicare covers.
- It is a good idea to ask the receptionist how much a standard appointment will cost, how much you will get back from Medicare or if the GP will ‘bulk bill’.
- Don’t be afraid to ask if the GP can bulk bill you, especially if you have a Health Care Card.

For more information see the fact sheets “Questions Young People Ask Themselves To Find a Good GP” and “Financial Issues in the Adult Health Services”