BALDWIN ADVOCACY & CLAIMS

Medical Separation from the ADF

If you're going through a med sep, read this.
What to do, when to do it, and how not to get screwed.

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What is Medical Separation?

Medical separation is being discharged from the ADF because your medical conditions mean you can't meet the health standards required to keep serving. It can be initiated by Defence or by you, and it involves medical boards, paperwork, and a transition period.

It's stressful as hell, and the process can feel like it's happening to you rather than something you have any control over. But you do have control over how prepared you are.

The Medical Separation Timeline

MEC Review

Your unit medical officer assesses your fitness for duty. If you're below the minimum standard, you'll be placed on a restricted MEC and referred for further assessment. This is usually where it starts.

Medical Board

A formal review board assesses whether your conditions are likely to improve and whether you can continue to serve in any capacity. If the answer is no, you're heading towards separation.

Transition Period

This is the critical window. Once the decision to separate is made, you've got a period before your actual discharge date. What you do during this time matters more than most people realise. This is when you need to get your DVA claims lodged, your medical evidence sorted, and your entitlements locked in.

Discharge

You're out. You transition to civilian life with whatever entitlements you've managed to set up. If you've done the work during transition, you're in a good position. If you haven't, you're playing catch-up for years.

> I cannot stress this enough: do not wait until after you're discharged to start sorting your DVA claims. The transition period is your golden window. Use it. Every single week you waste is a week you could have been getting your shit together.

Kai Baldwin, Veteran & Founder of BAC

What to Do If You're Medically Separating

Lodge your DVA claims NOW. Not after discharge. Not next month. Now. While you still have access to Defence medical services and records.

Get proper medical documentation for everything. Every condition, every symptom, every specialist. Solid documentation now saves you massive headaches later.

Understand your superannuation. MSBS or DFRDB invalidity benefits could be significant. Don't assume someone else is sorting this for you.

Get an advocate involved early. The earlier you start, the better your outcome. I've seen the difference between veterans who came to me six months before discharge versus six months after. It's night and day.

How BAC Can Help

I've helped hundreds of serving members work through their medical separation. BAC makes sure your DVA claims are lodged before discharge, your medical evidence covers everything it needs to, and nothing slips through the cracks during transition.

If you're facing a med sep, or even just starting to think it might be heading that way, call me. The free consult costs you nothing and could save you years of hassle. Seriously.

Ready to Get Started?

Book a free, no-obligation chat with me.
No sales pitch, no pressure. Just a straight conversation about your situation and what you might be entitled to.

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Your entitlements belong to you.