

THE THERAPY SERVICES - MAKING THE NDIS WORK FOR YOU

Many NDIS participants have some type of therapy in their plan, such as physiotherapy, speech therapy, occupational therapy or support from a dietician. For many, therapy is crucial to achieving the goals in their NDIS plan – but accessing it with your NDIS funds can be complex and hard to understand. Various therapies and supports can feature in several categories, so it's often difficult to keep track of your spending and sometimes therapists struggle to find out how to invoice their services or what price to charge.

This article explains how therapy works in the NDIS and gives you some tips on how to get the most out of your NDIS therapy budgets.

WHAT TYPES OF THERAPY ARE COVERED BY THE NDIS?

In its own words, the NDIS will cover “therapeutic supports, including behaviour support.” But, given how many kinds of therapies exist, what exactly does that mean? It depends on the goals you've set out in your NDIS plan and what's considered "reasonable and necessary". As a general rule, if you can show that a therapy relates to your disability, will deliver an expected outcome, and is aligned with your goals and objectives, the NDIS will fund it.

There are three main categories in your NDIS plan that can cover your therapies:

1. Improved Daily Living

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This is usually the support category that covers therapy services in your NDIS plan, and it includes most of the major therapeutic treatments. As the name of the category suggests, it covers all therapy that can 'improve your daily living skills', from speech therapy to art therapy.

The maximum hourly rates in this category can vary depending on the type of therapy, from up to \$43.48 for community engagement assistance to up to \$234.83 an hour for individual assessment, therapy and/or training with a psychologist. This is the most common therapy option that we provide but individual counselling is also available and the rate is \$156.15. And while that's all that's needed in some situations, your particular therapy might actually be covered under a more specific support category with a higher hourly rate, such as in the other two categories, Improved Relationships and Improved Health & Wellbeing.

2. Improved Relationships

Therapies that are covered under this category are intended to help you make positive changes to your ability to socialise and relate to others. It is focussed on providing funding to help control concerning behaviours, and can include supports like psychologists and behavioural therapist.

In this category, there are three different rates, depending on the type of support. The highest rate of up to \$234.83 an hour is for highly specialised 'behavioural intervention support'.

3. Improved Health & Wellbeing

This category covers funding for activities which can help you support, maintain or increase your physical mobility or wellbeing. It can include funding for supports like dieticians, exercise physiology and personal trainers.

In this category, maximum hourly rates can vary, depending on the type of supports, from up to \$55.66 for group exercise physiology to \$193.99 for individual dietician support.

TOP TIPS

- Ensure you tell your service provider what support category you have funding for. If they invoice for the wrong item, the payment may not be processed quickly, resulting in delays and potential disruptions to your care.
- If you think your Improved Daily Living therapy should actually be covered under Improved Relationships or Health and Wellbeing, you could consider requesting a review of your plan.
- Don't be afraid to ask your planner to include Improved Relationships or Health and Wellbeing funding in your plan, as it's common for them to be lumped under Improved Daily Living. Take any supporting documentation with you.
- If you'd like to know the exact hourly rates for the therapies you receive, make sure to check the [NDIS price guide](#).
- Speak with an expert, like The Lakeside Rooms, if you have any questions around getting a specific therapy covered in your plan.

More information

Contact our friendly team on **07 55620466** or [leave your details here](#). We're happy to discuss what we can do for you.

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NDIS Information Sheet

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