

Therapeutic Supports



The types of therapeutic supports the NDIS will fund depend on your individual needs and goals. They may be provided in a group setting, in your own home or even online. The support you will receive will help you maintain or increase your physical mobility and wellbeing.

The goal of NDIS therapeutic supports is to help participants improve their independence and enable participation in daily, practical activities. This covers areas such as language and communication, mobility and movement, personal care, interpersonal interactions, and community living.

Common therapeutic supports funded by the NDIS

- **Occupational therapy** – promoting health and wellbeing by enabling people to participate in everyday occupations of life, such as self-care activities including showering, dressing, preparing food; productive Occupational therapists play a particularly crucial role in enabling people experiencing disability to identify and implement methods that support their participation in occupations.
- **Behaviour support** – sometimes people will use their behaviour to communicate if something is not working in their life. Designed to help participants achieve their goals surrounding mental health,

behaviour and relationships. Psychologists can help implement positive behaviour strategies and provide counselling where required.

- **Speech therapy** – If participants have a disability that makes communication challenging, some of the things that may be covered include: Speech therapy assessment. ... Improving language and non-verbal communication. Speech Pathologists can assist with communication and swallowing. If you need the assistance of communication systems or help eating, speech therapy will be included in your plan. This again will depend on the individual needs and goals and may include a one on one or group therapy either face to face or online.
- **Other supports may include..**
 - Dieticians
 - Physiotherapy
 - Social workers
 - Exercise physiologists
 - Counselling
 - Community Engagement Assistance
 - Multidisciplinary Team
 - Assessment Recommendation Therapy And/or Training - Psychology
 - Assessment Recommendation Therapy And/or Training - Physiotherapy
 - Dietitian Consultation, Diet Plan Development

Who provides therapeutic supports?

Most NDIS funded therapeutic supports are provided by a qualified allied health professional such as an occupational therapist, physiotherapist, dietitian or speech pathologist. They can also be provided by a registered nurse. The important factor here is that the person needs to be qualified in their field.

How do therapeutic supports work?

In most cases, the provision of therapeutic supports will involve an initial consultation to talk about your support needs, abilities and goals. You may also be asked to complete certain activities or answer questions to help the therapist conduct an adequate assessment of your needs.

A plan will then be developed to help you achieve your goals. This may include hands on therapy, regular appointments, activities for you to do at home and/or advice for making lifestyle adjustments.



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