Therapy and the NDIS?

Therapy services are crucial supports for many NDIS participants, and many participants and cares are always seeking information on what is covered.

What therapies are covered by the NDIS?

Allied health and other therapy needed because of a person's disability, including occupational therapy, speech therapy and lots more, please check you NDIS Plan and the *NDIS website.*

Therapy comes under Category 15 – Improved Daily Living Skills and is defined by the NDIS as:

Improved Daily Living	CB Daily Activity	Assessment, training or therapy to help increase your skills, independence and community participation. These services can be delivered in groups or individually.

Despite the easing of COVID-19 restrictions, depending on what state you live in it still may take some time before face-to-face services, group programs and activities return to normal.

Providers have been very creative in engaging participants by providing zoom, face time and Skype meetings to deliver therapies with participants. Your therapist should use a private space to protect your privacy and provide audio that is free of background noise. Online therapy is proven to be as effective, if not more effective than face-to-face therapy, with important benefits…

It is important to note that a lot of people have suffered at the hands of a bad therapist.

Here are some helpful tips

- Your therapist should listen to you and show that they care about what you are saying and involve you in every step of the way.

- Skilled therapists will explain what factors might be contributing to your problem and should engage with you or your carer on how to make more progress.

- Your therapist should use eye contact and body language to convey both interest and empathy.

- A good therapist will only use techniques and strategies that are up-to-date and have evidence to back their efficacy.

- A good therapist will help you make more progress and shift strategies when necessary.