

GETTING THE NDIS BACK ON TRACK

WELLNESS, COACHING, BEAUTY & ALTERNATIVE THERAPY

The NDIS recognises the importance of therapy supports that address the needs of individuals with disabilities when delivered by an allied health professional for disability-related purposes.

Following the changes to the NDIS legislation that came into effect from the 3rd October 2024, the NDIS has provided clear information on certain supports. This document covers information on supports related to relationships that may or may not be able to be claimed from NDIS funding.

The NDIS supports included for each participant can be different, it is important to seek advice from your planner or NDIS representative to ensure that you are using the supports that are right for you.

Supports that are NDIS

Under the NDIS guidelines, therapy can be claimed if it is aimed at improving the participant's functional capacity and overall well-being.

For these supports to be claimed they need to be evidence-based therapeutic supports and delivered by a qualified professional as per the NDIS guidelines.



The supports listed below are likely able to be claimed from NDIS funding.

Therapy	Evidence-based therapy supports provided to assist a participant to apply their functional skills to improve participation and independence in daily, practical activities in areas such as language and communication, personal care, mobility and movement, interpersonal interactions and community living. This includes funding further assessment by health professionals for support planning and review as required.
Hearing Supports	The provision of hearing equipment directly related to a participant's permanent hearing impairment that is not provided through the Hearing Services Program for the participant. This type of equipment would need to be written in the participants plan.
Physical wellbeing activities	This can include activities that promote and encourage physical well-being, including exercise physiology and dietician services. This may or may not have been included in your plan.

Supports that are not NDIS



NDIS funding is designed to provide support specifically for individuals with disabilities, focusing on enhancing their functional capacity and social participation.

However, there are certain types of supports that are excluded from claiming from NDIS funding due to their nature and intended outcomes.

There are also supports unable to be claimed from the NDIS as they may be more appropriately funded by another part of the government, such as the Health system.

The supports listed below are not able to be claimed from your plan.

Reproductive Health and family related	This refers to Surrogacy and fertility treatments.
Crystal Therapy, Tarot card Reading, psychics, mediums and clairvoyants	The NDIS considered these types of supports as non evidence based and cannot be claimed
Reflexology, Aromatherapy, Sound Therapy, Wilderness Therapy, Somatic Therapy, Kinesiology	The NDIS considered these types of supports as non evidence based and cannot be claimed
Yoga Therapy	The NDIS considered these types of supports as non evidence based and cannot be claimed.
Animal Therapy	If the provider is not a registered professional as per the NDIS Guidelines
Hair Therapy, Alternative or complementary medicine.	The NDIS considered these types of supports as non evidence based and cannot be claimed.
Beauty Services	Hair treatments, cutting, dying, styling, extensions, threading, weaving, hair replacements and transplants, wigs Manicures, pedicures, false nail application or removal of any kind, nail painting and removal, nail decorations, nail piercings, hand or foot massage or treatments
Body Art	Body art including body piercings, tattoo services, and henna.
Massage	That is not provided by an allied health professional for disability related purposes
Sports or athletic supplements	The NDIS considered these types of supports as non evidence based and cannot be claimed.
Life coaches, wellness coaches, career coaches,	The NDIS considered these types of supports as non evidence based and cannot be claimed.

cultural coaches	
Hypnotherapy, Gaming therapy, Neurofeedback	The NDIS considered these types of supports as non evidence based and cannot be claimed.
Mastermind coaching including Apps and software	The NDIS considered these types of supports as non evidence based and cannot be claimed.
Pharmaceuticals	Including prescription medicines and non-prescription medicines, biological medicines, vaccines, sunscreens, weight loss products, vitamins, sport and athletic supplements, and homoeopathic medicines
Equipment or assistive products	This includes products prescribed or issued as a result of clinical care, treatment or management from a medical practitioner and then delivered in the clinical setting, unrelated to the person's disability - for example, a knee brace issued following an acute knee ligament injury after sport or gardening accident
Surgical services	Also includes procedures related to aids and equipment.
Glasses	This includes prescription spectacles or contact lens.
Nursing services, Ambulance services	Including Health transport services, Hospital in the home services, Sleep consultant services, Health retreats
Hearing services	Includes supports provided by the Hearing Services Program Surgical services for hearing

Supports that may be funded by the NDIS

Some supports might be covered by NDIS funding, but this depends on your specific plan and what your planner has included. It's a good idea to talk to the NDIS about these services.

To be eligible for funding, these supports need to be in your plan or you need permission from an NDIS representative.



The supports listed below may be able to be claimed from your plan.

Services delivered in a gym or recreational club	Related to the participant's disability support needs (excluding the cost of membership, entry, or basic equipment).
Therapeutic massage	Therapeutic massage that is directly related to a participant's disability support needs
Group support in the community or a centre	Typically this involves the cost of the support provided rather than an activity cost

Other services you can go to for help



While there are some things that the NDIS is not able to help with, there are other services and agencies that can provide advice or help you with your housing needs.

Each local government and council have their own resources and services. You can find information on their websites, or have a look at the examples for the Sunshine Coast below.

Local Government	https://www.qld.gov.au/recreation/sports/funding/fairplay
Sunshine Coast Council - Healthy Sunshine Coast Initiative	https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast
Sunshine Coast Council - Access and Inclusion	https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/access-inclusion-and-disability
My Mental Health Plan	https://www.servicesaustralia.gov.au/mental-health-care-and-medicare?context=60092
Spectacle Supply Scheme	https://www.health.qld.gov.au/mass/prescribe/spectacles
Hearing Services Program	https://www.health.gov.au/our-work/hearing-services-program/accessing/devices-available
Services Australia - Help paying for medicine and health care	https://my.gov.au/en/services/health-and-disability/seeking-medical-help/help-paying-for-medicines-and-health-care