

Therapy Supports

An Easy Read Guide

About this Easy Read guide

This is an Easy Read version of the NDIS guideline called 'Therapy supports'.

It uses short sentences and simple words to explain what therapy supports are and how you can get them.

Some hard words are explained in green boxes.

This guide does not replace the full NDIS guideline. Always check [ndis.gov.au/our-guidelines](https://www.ndis.gov.au/our-guidelines) for the most up to date information.

What are therapy supports?

Therapy supports help you build or keep your skills and independence.

A therapist works with you. They can help you with things like:

- talking and understanding other people
- washing and getting dressed
- moving around your home
- getting along with other people
- solving problems and making choices
- using public transport

What does 'evidence-based' mean?

Evidence-based means the therapy has been checked and proven to work well.

The NDIS only pays for therapy that is evidence-based and safe for you.

Two types of therapy support

1. Capacity building support

This type of support helps you learn new skills.

You might use it when:

- you are growing up
- you are changing schools or starting a job
- you have a new diagnosis
- you want to learn something new, like catching a bus

2. Maintenance support

This type of support helps you keep the skills you already have.

It can also stop your skills from getting worse.

Example

Hassan sees a speech therapist. This helps him keep talking clearly with his family and friends.

Who can give you therapy support?

Only qualified allied health professionals can give you NDIS therapy support.

We call them therapists. They must:

- follow the NDIS Code of Conduct
- keep learning about the best therapy for you
- help you reach your therapy and NDIS goals
- be honest and act in your best interests

Therapy assistants

A therapy assistant can help your therapist. They practise skills with you at home, school or in the community.

Types of therapists

The NDIS can fund many kinds of therapists, such as:

- Occupational therapists
- Physiotherapists
- Speech pathologists
- Psychologists
- Social workers
- Dietitians
- Exercise physiologists
- Podiatrists
- Audiologists
- Art and music therapists
- Developmental educators

What can the NDIS pay for?

The NDIS can pay for therapy that:

- is evidence-based and safe
- helps you reach your goals
- is delivered by a qualified therapist

What can't the NDIS pay for?

The NDIS cannot pay for:

- cuddle therapy, crystal therapy or aromatherapy
- animal therapy for fun, like horse riding for enjoyment
- gym or swimming pool memberships
- massage therapy
- personal training
- yoga, drama or art classes called 'therapy'
- therapy kits sent in the post
- general wellness or coaching programs

How can you get therapy support in your plan?

To get therapy support in your plan, you need to give the NDIS a report or letter from your therapist.

The report should say:

- what type of therapy support you need
- why you need it
- what it will help you achieve
- how long and how often you need it

Good to know

The NDIS will not pay two therapists to work on the same goal.

But a team of therapists can work together to help you reach your goals.

What happens after you get therapy support?

You can use your therapy funding to choose:

- one-on-one or group therapy sessions
- regular therapy, or blocks of therapy
- the type of therapy that works best for you

Your therapist will:

- make a therapy plan with you
- teach you how to use the plan
- check in regularly to see if it is working

The NDIS may ask your therapist for a progress report. This helps the NDIS see how you are going and decide about future funding.

What if you don't agree with a decision?

Sometimes the NDIS may decide not to fund a therapy support.

If this happens:

- the NDIS will explain the decision in writing
- you can contact the NDIS to ask for more details
- you can ask for an internal review
- you must ask for a review within 3 months of getting your plan

Need help?

Talk to your my NDIS contact, support coordinator or recovery coach if you need help understanding or using your therapy supports.

Enquire@kameleongroup.com.au | 1300 101 069 | www.kameleongroup.com.au

Source: NDIS 'Therapy supports' guideline, 23 October 2025. This Easy Read summary is not a substitute for the full guideline. Always check ndis.gov.au/our-guidelines for the latest version.