

IMPROVING SERVICES UNDER THE NDIS



WHAT IS NEEDED

A systematic approach that:

- Delivers appropriate services that is best for the individual, when and where it is needed.
- Addresses the gaps in service provision to people with a disability.
- Empowers consumers to have choice and control over their required services and access to healthcare.



THE PROBLEM

Disability affects the wider Australian community:

- 1 in 5 Australians (18.3% or 4.3 million Australians) report they have a disability.^[1]
- 78.5% report a physical condition and 21.5% report mental and behavioural disorders.^[1]
- 23.9% of people who identify as being of Aboriginal and Torres Strait Islander descent report living with a disability compared to 17.5% of non-Indigenous Australians.^[2]

People with a disability also experience poorer physical health. Based on reports from people living with a severe or profound disability:

- 46% undertake no physical activity versus 31% for those without a disability.^[3]
- 1.7 times as likely to be obese as those without disability.^[3]
- Have a higher prevalence of various types of long-term health conditions.^[3]
- 3.3 times as likely to have 3 or more long-term health conditions compared to individuals without disability (74% versus 23%).^[3]

Participation in physical activity for sport for people with a disability was reported to be:

- 59% for people aged 5 to 14 years.^[4]
- 20% for 15-64-year-olds^[4] compared to 28% of the Australian population.^[5]
- 12% for people aged 65 years and older^[4] compared to 17% of the Australian population.^[5]

Participation in physical activity for exercise or recreation was reported to be:

- 66% for children and youth aged 5 to 14 years.^[4]
- 50% for 15-64-year-olds^[4] compared to 60% for the same aged Australian population.^[5]
- 36% for people aged 65 years^[4] and older compared to 47% the same aged Australian population.^[5]
- Significant barriers to participation in physical activity and sport include lack of inclusion, negative societal attitudes and lack of local opportunities.^[6]

THE COST OF INACTION



REDUCED QUALITY OF LIFE AND DECREASED LIFE EXPECTANCY FOR PEOPLE LIVING WITH A DISABILITY.^[7]

INCREASED DEMAND

for health care and support services, increasing economic and time constraints for carers and support workers.

INSUFFICIENT WORKFORCE TO CATER FOR NDIS GROWTH

which has increased by 73% between 2016- 2017^[8] thus decreasing the ability to provide appropriate consumer-centred care.



SOLUTION

- People living with a disability receive the same physical, mental, and social benefits from participating in sport and physical activity as those without a disability.
- Increase access to exercise services under the NDIS by ensuring the disability workforce is increased across the allied health spectrum, including ESSA accredited professionals.
- NDIS prices that reflect the realistic costs of providing high-quality care and support, stimulating investment in growth and change.
- Education for NDIA personnel regarding exercise physiology and exercise science services and the benefits across health continuum (preventative, management, treatment).
- Further investment in sector and workforce development that assists disability service providers to make the transition to the NDIS.
- Support consumers by increasing their choice and access to services that support their physical and mental health needs.
- Participants able to choose NDIS planners who have expertise and experience in disability support.

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