



# Art and music therapy

## What we found out

Easy Read version



**ndis**

[ndis.gov.au](https://www.ndis.gov.au)

## Support to read this factsheet



You can ask someone you trust for support to:

- read this factsheet
- find more information.



We wrote some words in **bold**.

We explain what these words mean.

## What is this factsheet about?



We are the National Disability Insurance Agency (NDIA).

We wrote this factsheet about art and music **therapy**.



Therapy includes different types of support that can help improve how:

- you think and feel
- your body moves.



We asked Dr Stephen Duckett AM to check art and music therapy for people with disability.

Dr Duckett checked:



- how much art and music therapy should cost



- the **evidence** about how well art and music therapy supports people with disability.

Evidence is proof that something is true.



We will update our rules about therapy supports later this year.

## What did Dr Duckett have to say?



Dr Duckett told us that art and music therapy can work well for some people.



This includes some **participants**.

Participants are people with disability who take part in the National Disability Insurance Scheme (NDIS).



Dr Duckett said that some participants should have art and music therapy in their **NDIS plans**.

An NDIS plan has information about:



- a participant and their goals



- what supports they need.



But participants should only get these supports if there is evidence that they work well for other people like them.

This includes people with the same:

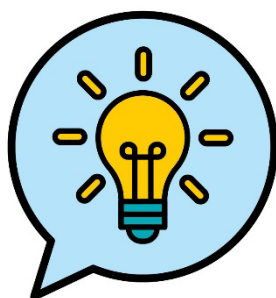


- disabilities



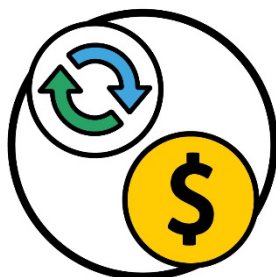
- goals.

## What should the NDIA do?



Dr Duckett shared some ideas for the NDIA.

He said we should:



- change the price of art and music therapy



- make sure participants use the right money from their plan to pay for art and music therapy



- make sure there is a lot of evidence to show how well all therapy supports work.





He also said some participants might take part in art and music activities.



But these activities should not be the same price as art and music therapy.



Dr Duckett said we should think about the information we share about art and music therapy.

He said we should think about:



- how to share better information



- what information participants need to choose the right supports.



Dr Duckett said we should check the evidence about how well art and music therapy works for different groups.



He also said we should plan how to make decisions about therapy when there isn't much evidence.



## More information

For more information about this factsheet, please contact us.



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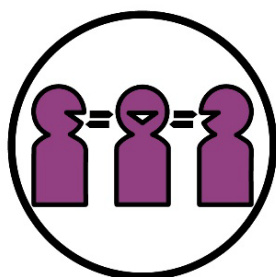
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