



How art and music therapy should work in the NDIS

Easy Read version



ndis

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

How to use this document



We are the National Disability Insurance Agency (NDIA).

We wrote this document.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page 24.



You can ask someone you trust for support to:

- read this document
- find more information.



This is an Easy Read summary of another document.

It only includes the most important ideas.



You can find the other document on our website.

<https://dataresearch.ndis.gov.au/therapyreview>

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About this document



In **December 2024**, we asked Dr Stephen Duckett to check art and music **therapy** for people with disability.



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

- you think and feel
- your body moves.

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.



Dr Duckett heard from more than 600 people.

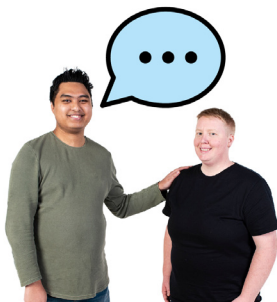


He heard from:

- **participants**
- their families.



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



He also heard from **providers**.



Providers support people with disability by delivering a service.

What Dr Duckett had to say



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



This includes some participants.



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.



And 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.

The ideas Dr Duckett shared



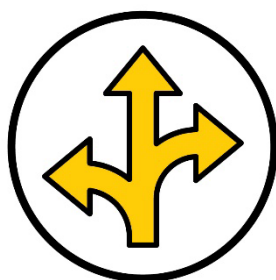
Dr Duckett shared **19 ideas** about how to make art and music therapy work well in the NDIS.



15 of these ideas are for the NDIA.



We agree with all of Dr Duckett's ideas.



But we might use some of them in a different way.

Dr Duckett's ideas are about **5** main areas:



- information about art and music therapy



- evidence and data



- enough therapy providers for participants in the NDIS



- money for art and music therapy



- providers.



We explain our response to these ideas over the following pages.

Our response to Dr Duckett's ideas

Information about art and music therapy



We will update our advice about art and music therapy.



This includes making a new **guideline**.

A guideline is a document that helps people understand how they should do things.

The new guideline will support participants to:



- know what supports to use



- follow the rules about what supports the NDIS can pay for.



We will work with the Evidence Advisory Council (EAC).

The EAC is a group of **experts**.



Experts are people who know a lot about something.



The EAC will tell us if different kinds of supports are:

- good quality and safe
- a good way to use money
- good for people with disability.



We will share this information when it is ready.

Evidence and data



The laws say we need to make sure we only pay for therapy supports that work well.



We will use evidence and **data** to check that therapy supports are good for:

- people with disability
- the NDIS.



Data includes information and facts that we collect to help us learn about something.



We will also look for a better way to collect data from providers.

This includes thinking about how we talk about:



- therapy supports

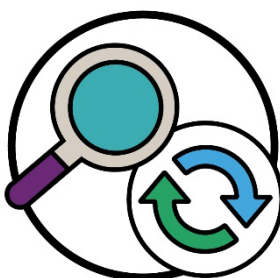


- how to tell if therapy helps someone.

Enough therapy providers for participants in the NDIS



We will check that participants can get the good quality supports they need.



We will keep checking this as we change parts of the NDIS.



It is important that these changes don't stop people from getting the support they need.

Money for art and music therapy



We will update the document that explains what NDIS supports can cost.



This will make it clear what the NDIS can and can't pay for.



Participants can't use money from the NDIS to pay for art and music activities.



Participants can use money from the NDIS for:

- art and music therapy
- supports to help them take part in art and music activities.

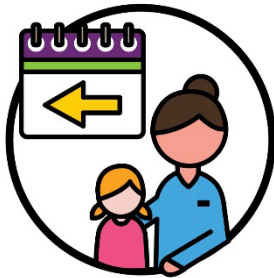


We will also make sure the most art and music therapy can cost is \$156.16 an hour.



This is the same cost as **counselling**.

Counselling is when someone talks with a professional about how they think and feel.

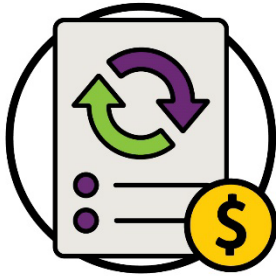


We are also thinking about what NDIS supports children and families need if the child:

- is younger than 9
- and
- has **developmental delay** or disability.



A developmental delay is when a child takes longer than usual to learn things like walking or talking.



We are making a plan about how we could change the cost of NDIS supports.



The plan will help us look for ways to pay different types of therapy providers.



We might pay them different amounts because of their:

- experience
- **qualifications.**



A qualification is proof that you have:

- learned a skill
- finished training to do a job.



We will share this plan in late **2025.**

Providers



We will think about better ways to make sure providers have the right qualifications to deliver therapy supports.



We will also talk to the **NDIS Quality and Safeguards Commission (NDIS Commission)** about this.



The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



We are also working on a way to check that participants are using the right providers for art and music therapy.

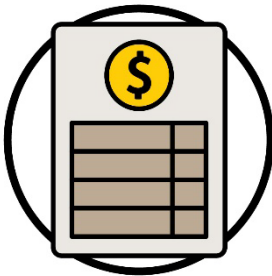
This might include:



- changing the **claims** forms

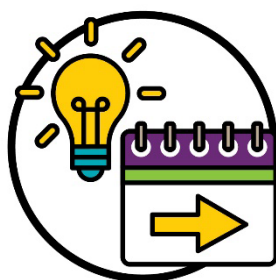


- only paying for supports that were delivered by the right providers.



When someone makes a claim, they ask the NDIS to pay for a support.

What we will do next



It will take time to start using all of these ideas.

We will keep working with:



- participants



- providers



- other parts of the government.



We will share our new guideline about therapy supports.

This will include information about:



- what types of therapy the NDIS can pay for



- who can provide therapy in the NDIS.



The new prices for art and music therapy will start in **late November 2025**.

More information

For more information about this document, please contact us.



You can visit our website.

www.ndis.gov.au



You can call us.

1800 800 110



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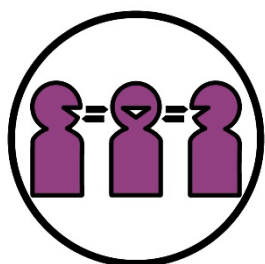
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www.ndis.gov.au

If you speak a language other than English, you can call:



Translating and Interpreting Service (TIS National)

131 450

If you have a speech or hearing impairment, you can call:



TTY

1800 555 677



Speak and Listen

1800 555 727



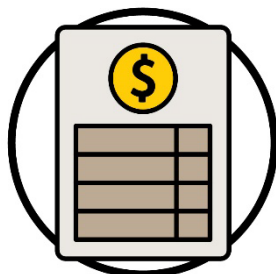
National Relay Service

133 677

www.accesshub.gov.au/about-the-nrs

Word list

This list explains what the **bold** words in this document mean.



Claim

When someone makes a claim, they ask the NDIS to pay for a support.



Counselling

Counselling is when someone talks with a professional about how they think and feel.



Data

Data includes information and facts that we collect to help us learn about something.



Developmental delay

A developmental delay is when a child takes longer than usual to learn things like walking or talking.



Evidence

Evidence is proof that something is true.



Experts

Experts are people who know a lot about something.



Guideline

A guideline is a document that helps people understand how they should do things.



NDIS plan

An NDIS plan has information about:

- a participant and their goals
- what supports they need.

NDIS Quality and Safeguards Commission (NDIS Commission)



The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



Participant

Participants are people with disability who take part in the NDIS.



Provider

Providers support people with disability by delivering a service.

Qualification

A qualification is proof that you have:

- learned a skill
- finished training to do a job.



Therapy



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

- you think and feel
- your body moves.



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