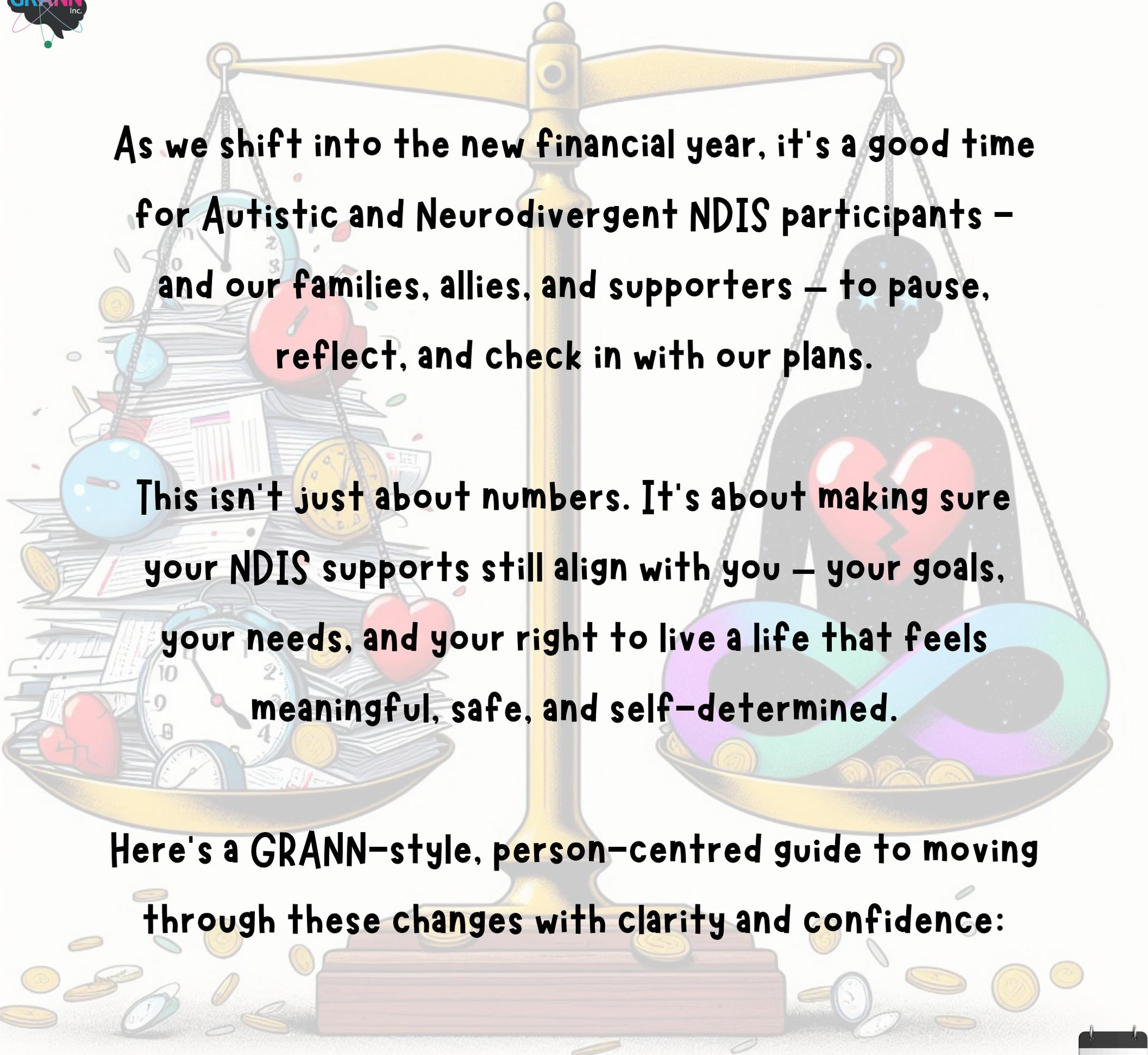


**Navigating NDIS Changes This July 1st
Neurodivergent-Centred Guidance**



A golden scale of justice is the central background element. The left pan is filled with icons representing financial and administrative aspects: a stack of papers, a clock, a calculator, a red heart, and several gold coins. The right pan is filled with icons representing personal and emotional aspects: a silhouette of a person with a broken red heart, a large infinity symbol, and gold coins. The scale is balanced, and the background is a light, textured grey.

As we shift into the new financial year, it's a good time for Autistic and Neurodivergent NDIS participants – and our families, allies, and supporters – to pause, reflect, and check in with our plans.

This isn't just about numbers. It's about making sure your NDIS supports still align with you – your goals, your needs, and your right to live a life that feels meaningful, safe, and self-determined.

Here's a GRANN-style, person-centred guide to moving through these changes with clarity and confidence:

1. Check Your NDIS Budget in Light of Price Updates

From 1 July 2025, the NDIA adjusts funding and pricing limits across many supports. These updates should automatically reflect in your plan (usually by mid-July) – for example, if support worker rates increased by 3.95%, your Core budget should increase by the same amount so you can keep the same level of support.

 **Neuro-affirming tip:** Even if prices go down (e.g. some therapy rates), your budget usually won't be cut mid-plan – which may actually give you access to more hours. Either way, log in to myplace, check with your plan manager, or have a chat with your Support Coordinator to see how your funding has shifted.

2. Review Service Agreements & Prices

Now's the time to gently check in with your providers. Ask about their updated prices and whether your service agreements need a refresh.

 Key things to look out for:

Providers must stay within NDIS price limits.

Some rates may go up (like support work); others may come down (like certain therapies).

You shouldn't be charged above-cap rates or have surprise out-of-pocket costs.

Travel and non-face-to-face supports (like therapy report writing) are now more clearly defined – check what's included.

 You are always within your rights to ask questions, renegotiate, or change providers if something doesn't sit right.



3. 🤝 Connect with Your Support Coordinator or LAC
Your Support Coordinator or Local Area Coordinator can be a vital ally right now. Book in a time to explore:

🌱 How do the changes impact my current supports and budget?

💡 Can I adjust my hours or access additional support now that pricing has changed?

⚖️ Do my supports still meet the NDIS "reasonable and necessary" criteria – and how do I prepare for future plan reviews?

🔧 Want to switch from agency to plan or self-management? You can – and if the NDIA raises concerns, you have the right to question and appeal.

☰ Worried about plan reassessments, new goals, or big life changes? Your coordinator can help you prepare.

Remember: it's your plan, and these changes should never leave you with fewer options or less autonomy.

4. 👁️👁️ Keep an Eye on Service Quality

If you notice any changes in the actual delivery of support – like fewer hours, shorter sessions, or difficulties booking someone – don't just assume it's unavoidable.

This might be a side effect of pricing updates, and it's okay to raise concerns.

Speak with your provider, your coordinator, or an advocate.

Your needs haven't changed just because prices did – and your right to quality, accessible support remains non-negotiable.

5. Make Use of Resources

You don't have to figure this all out alone. There are plain-language resources, Easy Read guides, and community-made explainers that can help you understand the new rules:

 NDIA website: Summary of legislation changes

 Disability Representative Organisations (DRO's):

Blogs and explainer videos

 Disability advocacy orgs: Support for

understanding your rights

GRANN is also here if you need help interpreting something or just want to talk it through.

6. 🧠 Stay True to Your Goals

Above all, the NDIS is supposed to serve you – not the other way around. If something in these changes disrupts your ability to live in alignment with your goals, identity, and support needs, you are allowed to speak up.

You are allowed to question it. You are allowed to ask for something different.

Examples:

If a price cut means your therapist might stop seeing you, that's not okay – seek support to find a solution.

If a service you relied on is no longer funded, there may be creative alternatives or appeals pathways.

If your plan manager is asking for more detail on purchases, know it's about protecting your plan – not about doubting your judgment.

7. ⚖️ Know Your Rights

• You have the right to request:

Internal reviews of decisions you disagree with

Transparent explanations for funding changes

Appeals through the Administrative Review Tribunal if needed

Debt waivers or clarification if you ever receive a repayment notice

Don't let system language intimidate you – your voice matters, and your lived experience is valid

evidence. You are not alone, and advocacy networks exist to walk beside you.

8.  Stick With Approved Supports – But Seek Clarity If Unsure

NDIA is now more focused on tightening what counts as "NDIS-funded." If you're not sure whether something is claimable – like technology, items for regulation, or services that fall outside clear definitions – check first.

Asking doesn't weaken your position; it strengthens your choices.

Misuse can lead to complications (especially for self-managers), so it's okay to get a second opinion from your plan manager, coordinator, or NDIA hotline.

9. 📄 A Note on Plan Managers

Plan Managers won't charge set-up fees anymore, but they're still funded by NDIS to support you.

Keep good communication flowing – send through invoices quickly, ask about claims you're unsure of, and know they're on your team.

If you're in a rural or remote area, email and phone can make things smoother. Your access matters just as much, regardless of geography.

✨ In Summary: You're Still the Expert on You

We know change can be exhausting – especially when it feels imposed. But this is your life, your plan, your goals. Your autonomy and your safety are not negotiable.

At GRANN, we believe in challenging systems that don't serve us – and in equipping our community with the tools to navigate them until they do.

So check in, reach out, question boldly, and remind yourself: the NDIS is meant to work for you. Let's keep it that way. ❤️