

GRANN
Inc.

*NDIS Updates,
Pricing Caps,
& Foundational Supports Delay*



Navigating Self-Advocacy Strategies

Navigating complex systems can be overwhelming, exhausting, and emotionally charged - especially when it impacts your daily access to care, community, and capacity.

Here at GRANN, we believe in meeting people where they are, and supporting one another through every change, delay, and challenge - with honesty, compassion, and solidarity.

Here's a brief update on what's happening now with the NDIS, and how you can take steps to protect your energy, strengthen your voice, and find connection through it all.



As of October 3, 2024, new legislative changes mean only supports tied to listed "impairments" will be eligible for NDIS funding. This technical change sounds small, but it's already impacting many people whose supports, conditions, or lived experiences don't fit neatly into pre-approved categories.

Additionally, the long-awaited Foundational Supports Strategy, meant to fill the gap for people not eligible for the NDIS, has been delayed past the intended July 1, 2025 rollout. This leaves thousands of people in limbo, including Autistic individuals, those with ADHD, complex trauma, psychosocial disability, or undiagnosed support needs.



From 1 July 2025, there will also be new NDIS pricing arrangements introduced by the NDIA which will significantly reduce how much providers can charge for therapy supports and limit reimbursement for travel to homes, schools, and community settings.

These changes include reduced price caps for allied health services, ongoing price freezes for essential therapy professionals (such as OTs, speech pathologists, social workers, and art/music therapists), and the removal of regional loadings in WA, SA, Tasmania, and the NT.



These changes are expected to force many small, independent, and Neuro-affirming providers - especially in rural and regional areas - to close or stop supporting NDIS clients.

This will likely lead to longer waitlists, reduced service options, and increased reliance on corporate, clinic-based services that may lack flexibility, cultural safety, and responsiveness.

Individuals and families will face greater barriers to accessing consistent, community-based, and developmentally appropriate supports.



In response, a growing collective of allied health professionals, disabled advocates and community members have launched a petition on Change.org demanding that these legislative changes be halted until proper protections are in place - including stopping forced removals from NDIS, safeguarding current participants, and halting the pricing caps on Allied Health professionals.

We add our voice to this call: No one should be forced off the NDIS into a system that does not yet exist or be left out of indexation.

 Sign and share the petitions here:

<https://chnq.it/J2HQwszkgS>

<https://chnq.it/Vv6hpX9Lhm>



Overcoming Diagnostic Barriers

Delays in specialist assessments can hinder access to supports. Ask about Allied Health assessments or look into early intervention options for children. Use templates and community-shared forms (e.g., scripts from Autistic advocacy networks) to guide your conversations and reinforce your needs.



Accessing a diagnosis, or even just being taken seriously, can be a long and emotionally exhausting journey. Many in our community face systemic delays, misdiagnosis, or dismissal, especially those who are multiply marginalised due to gender, race, class, language, or co-occurring conditions. We see you.

Here are some practical and community-informed ways to move forward, even when the system isn't designed with us in mind.



Diagnosis Isn't Everything - But Access Is

While a formal diagnosis can open doors, it's not always required to begin getting support. If you're navigating the NDIS or similar systems, know that: Some Allied Health professionals (like Occupational Therapists, Speech Pathologists, Psychologists, or Developmental Educators) can provide functional assessments that contribute to building an access case - even while you're still waiting for or questioning a formal diagnosis.

A good Support Coordinator or disability advocate can help gather supporting documentation and write up observations that centre your lived experience.



For Families and Young People

If you're advocating for a child, early intervention can often be accessed prior to a diagnosis if you: Use clear, strength-informed language with GPs and paediatricians, such as:

"We're seeking support for our child's communication, regulation, or developmental differences." Ask about the 'developmental concern' category for public health referrals.



Use the Tools That Exist (and Share New Ones)

You don't have to do this alone. Autistic-led and Neurodivergent-run organisations often provide: Template letters to request accommodations, assessments, or funding reviews.

Scripts for conversations with healthcare providers or educators.

Plain-language guides to understanding your rights in assessment and access.



Tips for NDIS Navigation & Self-Advocacy

✔ Clarify Your Supports: Understand which "impairments" are documented by the NDIA - this determines your eligibility.

Ensure you have your "impairment notice" to clarify what is officially acknowledged, confirming what conditions or diagnoses are on record - this directly affects eligibility for supports under the new rules.

If something is missing, follow up with reports, assessments, or letters from health professionals that speak to the functional impact of your disability or condition.



✓ Advocate Proactively: Join the Change.org movement - "Stop moving participants off the NDIS until protections are in place" - it's a powerful collective voice.

Reach out to your local Member of Parliament or disability advocacy groups and peak disability bodies to highlight the impact of funding delays, gaps in service and the urgency of foundational supports.

Group letters, community petitions, and social media campaigns help amplify collective needs.

You don't need to go it alone.



✔ Plan for Transition: If your support needs a review or you're approaching plan renewal, check that your existing supports meet the new eligibility criteria.

Request a replacement support request for any non-NDIS-listed service.

Keep everything! Copies of therapy plans, letters, and reports to show why your supports are "reasonable and necessary".

You can also ask your provider for updated letters that explain why the support is still necessary.

Documentation is protection.



Asking for Accommodations: Sample Scripts

Workplace: "I'm requesting flexible start times due to sensory processing needs. A staggered start helps me manage morning overwhelm and be more productive."

Education: "I need access to a sensory breaks area and a quiet workspace. These aren't just preferences, they help me stay regulated and engaged in class."

"I need access to a quiet area for sensory breaks and low-stimulation workspaces. These supports help me stay regulated and focused."



Healthcare: "Can we have a pre-appointment chat to cover any sensory triggers or communication adjustments? These help me feel safer and more able to engage fully." "Can we schedule a short phone call before my appointment to discuss sensory and communication preferences? This helps me feel safer and understood."

These are not special requests - they are basic accessibility supports. Asking for what you need is a form of care.



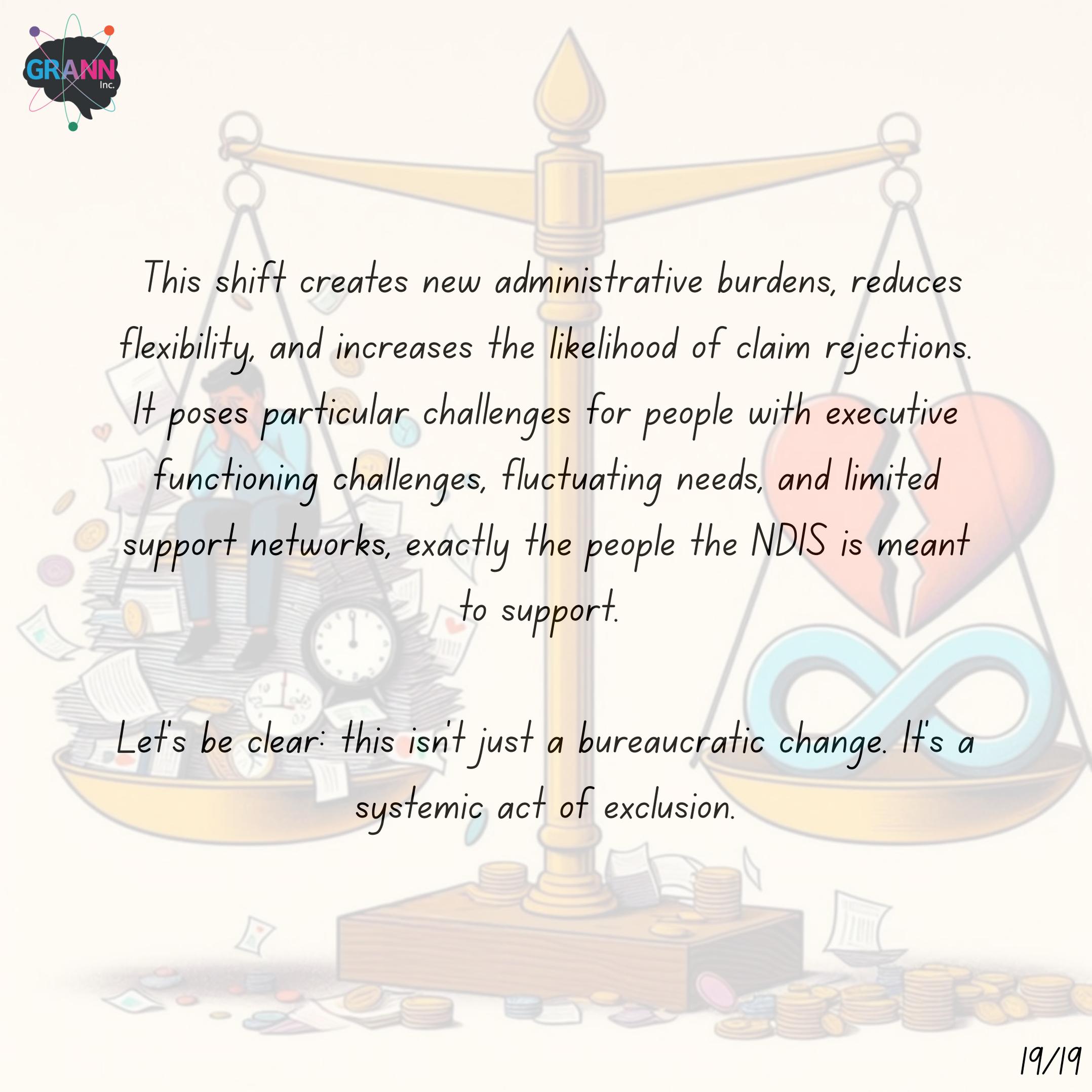
Trust Yourself

Your experiences are valid even if a piece of paper hasn't "confirmed" them. Whether you're undiagnosed, self-diagnosed, questioning, or somewhere in between - you are part of our community. And you are not alone. If you need help wording something, preparing documentation, or finding the right support - we're here. Reach out any time.

Together, we make the system more navigable, and more human.



Remember: We know many in our community face long delays, gatekeeping, and misdiagnosis - especially those who are multiply marginalised. If you're struggling to access formal diagnoses: Some allied health professionals and support coordinators can support you with evidence-building for plan access, even if diagnosis is still pending. For families: Explore early intervention pathways or GP referrals using the disability or developmental concern wording. Connect with peer-run organisations who share template letters, sample applications, and provider advocacy tips. Sometimes knowing what to say makes all the difference.

A large, faint illustration of a golden scale of justice serves as the background. The left pan is significantly lower than the right pan, indicating it is heavier. The left pan is filled with a chaotic pile of papers, a stack of coins, a clock face, and a person sitting amidst the clutter. The right pan is higher and contains a large, broken red heart and a blue infinity symbol. The base of the scale is a wooden block with more coins and papers scattered around it.

This shift creates new administrative burdens, reduces flexibility, and increases the likelihood of claim rejections. It poses particular challenges for people with executive functioning challenges, fluctuating needs, and limited support networks, exactly the people the NDIS is meant to support.

Let's be clear: this isn't just a bureaucratic change. It's a systemic act of exclusion.