

Exercise physiology and the NDIS

Jacinta Bonaventura
Accredited Exercise Physiologist
Neurospace

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ACCREDITED EXERCISE PHYSIOLOGIST



What has the NDIS meant for EP?

- ▶ Access to funding
 - ▶ Increase in clients where we can have a huge impact
 - ▶ Long term management where exercise is a possibility
- VS
- Short term rehab where hands on approach is prioritised
- ▶ Multidisciplinary team
 - ▶ EPs included
 - ▶ Support workers and allied health assistants
- ▶ Increase awareness and education of the profession

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How does an EP use NDIS funding?

- ▶ Intensive burst of therapy
- ▶ Community integration - public gym, work gym or hydrotherapy
- ▶ Home Exercise programs
- ▶ Training of family and support workers
- ▶ Exercise equipment prescription



What are the challenges of EP and NDIS?

- ▶ Difference between exercise physiology (EP) and physiotherapy (PT)
 - ▶ Physiotherapist is... university qualified to assess, diagnose, treat and prevent a wide range of health conditions and movement disorders.
 - ▶ Physio under Improved Daily Living code at \$175.47 per hour
 - ▶ Exercise physiologist is... university qualified to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities.
 - ▶ EP under the Health and Wellbeing code at \$145.63 per hour
 - ▶ NDIS planners are typically unaware of the differences



What are the challenges of EP and NDIS?

- ▶ Difference between exercise physiology (EP) and personal training

Exercise Physiologists	Personal Trainers
4 Year University Degree qualified and accredited with ESSA.	Certificate 4 may be completed in less than 6 weeks of training.
Members of the health/medical sector with Medicare Provider numbers	Members of the sport and recreation sector.
Work with persons at risk of developing, or with existing chronic and complex medical conditions and injuries (i.e. 'specific populations')	Work with persons of <u>low risk only</u> (i.e. "apparently healthy populations")



When should you request EP funding?

- ▶ Progressive neurological conditions - MS, PD, MND
- ▶ Stroke, traumatic or acquired brain injury
- ▶ Spinal cord injury
- ▶ Mental health - PTSD, Depression
- ▶ Pain management, fibromyalgia, arthritis/RA
- ▶ Autism, Aspergers, Developmental delay
- ▶ Chronic fatigue syndrome

- ▶ What exercise is safe to do?
- ▶ Exercise is medicine

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What are the challenges of EP and NDIS?

- ▶ Gym memberships are not considered reasonable and necessary
- ▶ People come with goals relating to health and wellbeing but no EP funding
- ▶ Increased unpaid administration/report writing time



Case studies

- ▶ What is possible under NDIS
 - ▶ Mr D - working (economic participation)
 - ▶ Ms S - train carers in hydro + gym program
 - ▶ Mr L - MTD speech and EP