

The National Disability Insurance Scheme

Helping people get the most out of life



How can a physiotherapist help me?

Physiotherapists help people of all age groups and with different conditions. They help people take part in the community and be more independent.

Physiotherapists are often experts in treating children, young people and adults with disability, heart and lung conditions, neurological and musculoskeletal conditions, and ageing and gender specific conditions.

Physiotherapists can help you, or the person you care for:

- get out of bed
- take a bath or shower, dress and eat
- move around the home and outside the home
- do daily jobs, or sports and hobbies
- manage pain and chronic conditions
- lose weight
- choose and learn to use equipment, like wheelchairs, walking frames or orthotics.

You may need a short burst of care from a physiotherapist, or care for a longer time to achieve your goals. Physiotherapists can put a plan together to help you now, and into the future.

Some health conditions need a number of experts to work together. Physiotherapists also work closely with other health workers. Together they can help you manage more complex needs.

Physiotherapy is very safe. It uses evidence and research, and physiotherapists must also meet the same strict legal requirements to work, like your GP and nurses.



How can I get physiotherapy in my NDIS plan?

Your NDIA planner will help you identify your goals, and help you find ways to achieve them. Physiotherapy might help you achieve your goals if you want to move better or manage your disability. Ask your NDIA planner for physiotherapy if you think you might need it.

You can also ask your physiotherapist to come to the planning meeting. Ask your physiotherapist before your planning meeting what to include in your plan if your physiotherapist can't come to the meeting. You can talk to a physiotherapist in your community to help you decide if physiotherapy is for you, or contact the Australian Physiotherapy Association (APA).

The APA can help you find a physiotherapist in your area who can help you achieve your goals.

Call the APA on **1300 306 622** or visit **[physiotherapy.asn.au](https://www.physiotherapy.asn.au)**.

