



Rested Minds

Trauma Therapy and Counselling

05th December 2024

Rested Minds
Trauma informed Practice
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**RESTED MINDS THERAPEUTIC POSITION WITHIN THE NDIS
Current and ongoing legislation changes 2024/2025**

Topics:

- (1) Provider NDIS compliance 'therapeutic supports'**
- (2) Professional Allied Health Registration(s)**
- (3) Billing Line Items 'other professional'**
- (4) Core for therapy Arts therapy (in and out list)**
- (5) Arts therapy**
- (6) In and out list**

To our valued collaborative partners, I have constructed a statement to explain our position within the NDIS current changes and how our business will continue to operate and under what guidelines.

It is a long document; however, I trust it will answer any questions you may have or be able to refer to in the future. Any questions that may be directly related to participants, please do not hesitate to reach out to me directly.

During this period, I have made myself more readily available to support Rested Minds practitioners and our broader community collaborators and most importantly the participants we are supporting under the NDIS. Please do not hesitate to reach out for anything you may need.

In addition: This information is readily available on our website
www.restedminds.com.au

(1) Provider compliance required to enter the NDIS – therapeutic supports

Rested Minds registered with the NDIA at it rolled out in Cairns June 2018.

To be able to support NDIS participants Rested Minds was audited under the NDIS Quality and Safeguards Commission and was required to satisfy and demonstrate the following compliance indicators to be able to provide therapeutic supports under registration group(s) '0128'.

The below requirements remain as our business structure.

Rested Minds deregistered with the NDIS during 2023 as 95% of our participants were plan managed and to meet an audit and requirements for 5% of our participants was not a viable business decision as advised by our accountant to minimise duplicating auditing business procedures and costs.

Not having access to the NDIA portal does not mean we are not compliant within our business structure as we continue to follow national business, health industry, and government standards annually.

NDIS Quality and Safeguard Commission Requirements	2018 to current
<p>Rights and Responsibilities Person-centred supports Outcome: Each participant accesses supports that promote, uphold and respect their legal and human rights and is enabled to exercise informed choice and control. The provision of supports promotes, upholds and respects individual rights to freedom of expression, self-determination and decision-making.</p>	<p>Achieved and ongoing</p>
<p>Governance and Operational Management (1) Each participant’s support is overseen by robust governance and operational management systems relevant (proportionate) to the size, and scale of the provider and the scope and complexity of supports delivered. (2) A defined structure is implemented by the governing body to meet a governing body’s financial, legislative, regulatory and contractual responsibilities, and to monitor and respond to quality and safeguarding matters associated with delivering supports to participants. (3) The skills and knowledge required for the governing body to govern effectively are identified, and relevant training is undertaken by members of the governing body to address any gaps. (4) The governing body ensures that strategic and business planning considers legislative requirements, organisational risks, other requirements related to operating under the NDIS (for example Agency requirements and guidance), participants’ and workers’ needs and the wider organisational environment. (6) The provider is managed by a suitably qualified and/or experienced persons with clearly defined responsibility, authority and accountability for the provision of supports. (8) Perceived and actual conflicts of interest are proactively managed and documented, including through development and maintenance of organisational policies.</p>	<p>Achieved and ongoing</p>
<p>Capacity Building Each participant receives supports that build the knowledge, skills and abilities of the family and other collaborating providers</p> <p>1. Skills descriptor means the specific knowledge and skills required to perform the work. 2. Support plan means a document developed in response to a request for supports by the Participant and an appropriately skilled professional within the provider organisation prior to the commencement of supports. 3. Individual values and beliefs Outcome: Each participant accesses supports that respect their culture, diversity, values and beliefs.</p>	<p>Achieved and ongoing</p>

<p>4. Privacy and Dignity Outcome: Each participant accesses supports that respect and protect their dignity and right to privacy.</p> <p>5. Continuity of Supports Outcome: Each participant has access to timely and appropriate support without interruption.</p>	
<p>6. Evidence-Informed Practice</p> <p>Each participant receives evidence-informed supports from providers with quality standards and validated practice.</p>	Achieved and ongoing
<p>7. Outcome Based Approach</p> <p>Each participant receives supports that are outcome-based and goal-focused.</p>	Achieved and ongoing

(2) Assessment Recommendation, Therapy or Training – Other Professional

The term "other professional" was initially not included in the NDIA's Pricing Arrangements and Price Limits update, but it was later amended to include it with a specific definition.

'OTHER PROFESSIONALS' not specifically listed disciplines in the price guide, but who the provider (Rested Minds) considers to be an appropriate professional to deliver therapeutic supports in line with the NDIS Quality and Safeguards Commission requirements for the Therapeutic supports registration group.

These registered professionals can bill under 'other professionals' for psychological therapeutic interventions due to their **"relevant expertise and experience to provide person centered support"**

Whether Rested Minds is registered or unregistered with the NDIS, our qualifications are in line with and continue to meet the requirements of the NDIS Commission regarding the Therapeutic Supports Registration Group.

Rested Minds bills under 'other therapy' due to our expertise in supporting complex (long term) disabilities.

NDIS 2024-2025 price guide statement.

Note: Therapists who do not meet the above definitions but who have been **accepted by an approved quality auditor of the NDIS Commission** as having the relevant qualifications, expertise and experience should use the "Other Professional" support item.

(3) Professional Registrations classified Allied Health.

Rested Minds currently employ the below professions:

- **Occupational Therapist** – A person who has a current Australian Health Practitioner Regulation Agency (AHPRA) Registration as an Occupational Therapist.
- **Social Worker** – A person who is a member of the Australian Association of Social Workers.
- **Other Professional (s)** – A person who is not one of the types of professionals listed above but **who the provider (Rested Minds) considers to be an appropriate professional to deliver therapeutic supports in line (regardless if registered or not) with the NDIS Quality and Safeguarding Commission's requirements for the Therapeutic Supports requirements.**

Rested Minds Allied Health practitioners are appropriate professionals to deliver support to the below participant group(s):

Acquired Brain Injury (ABI)

Autism

Intellectual Disability
Mental Health – psychosocial disability
Physical Disability

(4) Plan management and billing:

Re: Recent legislation changes to the NDIS effective 03rd October 2024

NDIS Pricing Arrangements and Price Limits 2024-25 Version 1.3 (published 1/10/2024)

**Capacity Building – Improved Daily Living
Assessment, Recommendations, Therapy or Training.**

15_056_0128_1_3 (0128 being our therapeutic registration code)

Core - therapy:

01_741_0128_1_3 (0128 being our therapeutic registration code)

Assessment, Recommendation, Therapy or Training – Other Professional

- Rested Minds utilises this line item only when transitional funds are required to continue service delivery when capacity building funds have been exhausted, and where available funds remain available in the plan. This line item is only billed under consultation with the participants support coordinator and the participant when required.
- **We understand that the above line item will cease June 30th, 2025.**

(5) Art Therapy:

Rested Minds employees **are not registered psychologists**, and not able to bill under this line item.

Rested Minds employees **do not** alone just provide **Counselling**, so do not bill under counselling.

(Please note that counsellors alone are not within guidelines to provide Assessment, Recommendation, Therapy or Training).

Rested Minds Employees **are not registered with AZACATA**, so do not bill under Art Therapist.

Rested Minds **‘other professionals’** work with a wide variety of evidence based therapeutic interventions and are highly skilled and experienced to work with psychosocial disability. **(Please note that ‘other professionals’ are within guidelines to provide Assessment, Recommendation, Therapy or Training).**

(6) NDIS ‘in and out list’ that is relevant to Rested Minds.

In list:

Evidence-based therapy supports provided to assist a participant to improve their functional skills to improve participation and independence in daily, practical activities in areas such as language and communication, interpersonal interactions and community living. This includes supporting review reports to support planning for disability needs as required.

- Assistance in coordinating or managing life stages, transition and supports, mentoring, and skill development.
- Development of daily life skills
- Disability- related health supports
- Therapy supports (utilising a wide variety of evidence-based interventions)

Out list: Supports related to mental health that are clinical in nature, including acute, ambulatory and continuing care, rehabilitation.

- Mental Health supports for acute mental Health are supported by Qld Health Adult and Child Mental Health teams. Some of our participants may move into acute care and then transition back into Rested Minds community care.

A long document, however, I trust it will answer any question you may have now and or in the future. Please reach out if you wish to further discuss any of the above information.

Yours sincerely
Melissa Andrews

Principal Practitioner
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