

Choosing a therapist

You might need to work with a therapist. This could be a:



Speech Pathologist

Occupational Therapist

Physiotherapist

Psychologist

You can get more information about the different types of therapists at the Therapy Choices website:

www.therapychoices.org.au/index.html

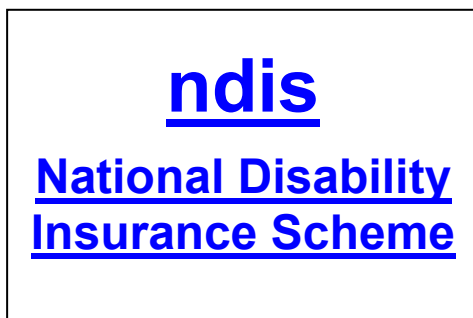
Therapy Choices

Finding the right therapist for you.

You have a choice about the therapist you want to work with.

You can ask the therapist these questions to help you decide if you want to work with them:

Ask questions



Are you registered with:

- NDIS?
- Medicare?
- Private health insurance?
- Australian Health Practitioner Regulation Agency (AHPRA)?



- Do you have experience working with people with my type of needs?
- How will you work with the team of people I work with?
- Will you talk to my doctor, teacher, family, carer or other therapists?

Ask questions



- How will you set goals with me?
- How will you check that I am reaching my goals?

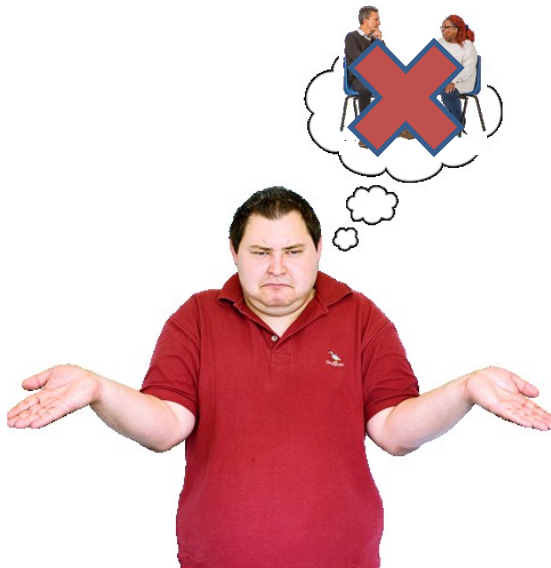


- How will you work with me?
- How will you know this type of work will help me reach my goals?
- Will you see me at home, work or school?
- How often will you see me?
- When will you finish working with me?
- Can you use an interpreter if I need it?



Ask questions

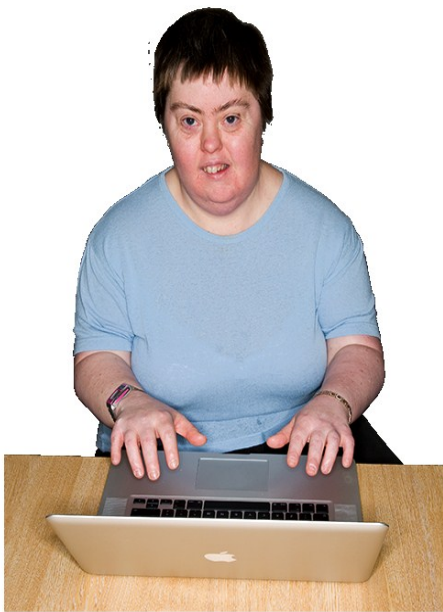
- How much will it cost?
- How can I pay?



You can change your mind and choose a different therapist at any time.

Finding a therapist

There are different ways to find a therapist. You can:



Look at the websites for each type of therapist:

- Occupational Therapist:
www.otaus.com.au
- Physiotherapist:
www.physiotherapy.asn.au
- Psychologist:
www.psychology.org.au/FindaPsychologist
- Speech Pathologist:
www.speechpathologyaustralia.org.au

Finding a therapist

ndis

**National Disability
Insurance Scheme**

Look at the National Disability Insurance Agency website:

www.ndis.gov.au/document/finding-and-engaging-providers/find-registered-service-providers.html



Look in the phone book or on the Yellow Pages website:

www.yellowpages.com.au

Paying for a therapist

There are different ways that you can pay to work with a therapist:

ndis

**National Disability
Insurance Scheme**

Use your National Disability Insurance Scheme (NDIS) package.

Medicare

Get some money back from Medicare if you get a plan from your doctor.



Get some money back from your private health insurance.