



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

Art therapy

Part 1





Australian Government

**Department of Health,
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.



We wrote this in an easy to read way.

We use pictures to explain some ideas.

Bold

We have some words in **bold**.

Not bold

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of an online **survey**.

Surveys have questions about your ideas.



We can answer any questions by email.

Email us disabilityevidence@health.gov.au



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

Contents

Who is this survey for	5
What to do	8
About your disability	10
Question 1 support	16
Question 2 disability group	22
Question 3 outcomes	27
Question 4 compare with other supports	33

Who is this survey for



We made a **survey**.



This survey is **only** for people with disability who



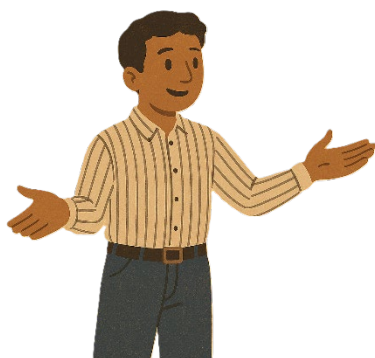
- Use **art therapy**.

Art therapy is when people make art to help them with their feelings.

It is done with an Art Therapist.



- Used art therapy but do **not** use it any more



- Use something else.



You can look at the other surveys on our website.

consultations.health.gov.au/evidence-advisory-committee-eac/december-2025

It is in Easy Read.



We have **2 parts** to this survey.



You need to do **part 1** first.

This is **part 1**.



You need to send both parts back to us by email.

You need to send it back before

11.59 at night

Tuesday 20 January 2026.

What to do



You need to download both parts of the survey.

You can

- Write your answers



- Type your answers.



You need to send your answers back to us by email.

disabilityevidence@health.gov.au



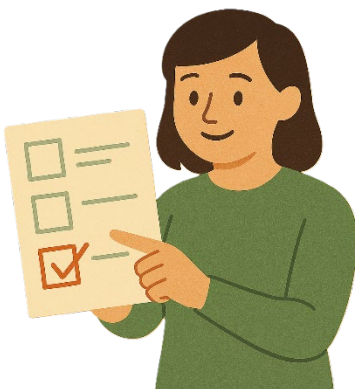
Each part will have some

- Information
- Questions.



There are **no** right or wrong answers.

Do your best.



You can choose what questions to answer.

You do **not** have to answer them all.

About your disability



What is your disability

You can pick as many you have



- Acquired Brain Injury

This is anything that damages your brain after you were born like

- Stroke
- Injury to your head
- Diseases.



- Amputations

This is when you have an operation to remove part of your body like your leg.

They only do this if they have to.



- Arthritis

This is pain or swelling in your joints like in your hands.

It can happen in

- 1 part of your body
- Many parts of your body.



- Autism



- Cerebral palsy

This is a physical disability that can change how you

- Move
- Stand
- Sit.



- Deaf or hard of hearing



- Dementia

This is when you have trouble

- Thinking
- Remembering
- Doing things for yourself.

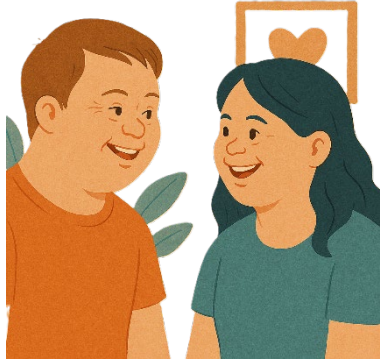


- Developmental Delay

This is when someone learns slower than other people their age.

They might need extra help with

- Talking
- Moving
- Their emotions.



- Down Syndrome



- Epilepsy

This is when someone has seizures.



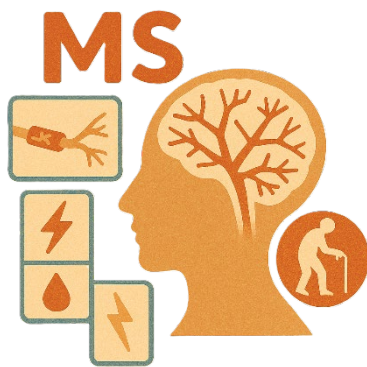
- Intellectual disability



- Language disorders

This is when someone has a hard time understanding or using language that is

- Spoken
- Written down
- Signed.



- Multiple sclerosis

This affects your

- Brain
- Spine
- Nerves

It is called **MS** for short.



- Psychosocial disability

This is a disability because of your mental health.



- Spinal cord injury

This is when you have damaged your spine.

This can change what you can do for yourself.



- Stroke

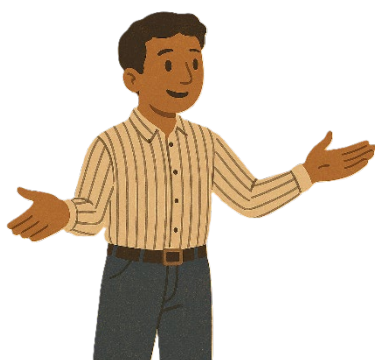
This is when the blood in your brain

- Is stopped for a time
- Can **not** get to where it needs to.

This can cause damage to your brain.



- Blind or have low vision



- Anything else

Please write in the box

Question 1 support



We want you to think about art therapy.



Art therapy helps people

- With their feelings



- Understand themselves better



- With their **anxiety**

Anxiety is a feeling.

It might look like feeling

- Worried
- Nervous.



Art therapy can use

- Drawing



- Painting



- Writing



- **Sculpting**

Sculpting is making shapes or things out of something.



- **Drama**

Drama tells a story by acting it out.



- Clay



- Sand



- Dance.



Art therapy is done by an art therapist.

They go to university to learn.



Art therapists have to be **registered**.

Registered means they are

- On a list
- Follow rules
- Show that you have the right skills.



Question 1

Do you think we have said everything about

- What art therapy is
- How art therapy is used.



Please tick only 1 box.

Yes



No

I want to change something.

Please write what you want to change in the box.

You can

- Add something
- Take something away.

Question 2 disability group

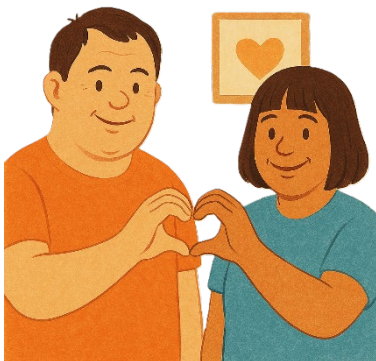


We want to think about all the different groups of people who might use art therapy.



We think they are people with

- Autism



- Intellectual disability



- **Cognitive disability**

A cognitive disability can affect how you

- Think
- Learn new things
- Make decisions
- Pay attention.



- **Neurological disability**

A neurological disability affects your

- Brain
- Spine
- Nerves.



- **Language disorders**



- **Sensory disability**

This can affect how you

- See
- Hear
- Speak.



- **Physical disability**

This can make it difficult to

- Move parts of your body
- Breathe

You might also have

- Pain
- Seizures.



- Psychosocial disability



Question 2

- Do you think we have said all the groups of people who might use art therapy.



Please tick only 1 box.

Yes



No

I want to change something.

Please write what you want to change in the box.

You can

- Add something
- Take something away.

Question 3 outcomes



Supports are used to get good outcomes.



Outcomes can

- Make peoples lives better



- Keep people safer.



Aims are things you want to do.

We think that art therapy aims to help with



- Things you need to do every day

This is called daily living skills



- Being able to finish tasks on your own



- Managing emotions



- **Quality of life**

Quality of life means being

- Happy
- Healthy.



- Taking part in the community



- Feeling less

- Stressed
- Anxiety
- Sad.



- Your brain working better to
 - Think
 - Learn
 - Remember
 - Pay attention.



- Feel good about yourself



- Having **confidence**

Confidence means knowing you can do something.



Question 3

Do you think we have said the most important outcomes for this support.



Please tick only 1 box.

Yes

You can write extra things if you want.

You can put the outcomes you think are the most important.



No

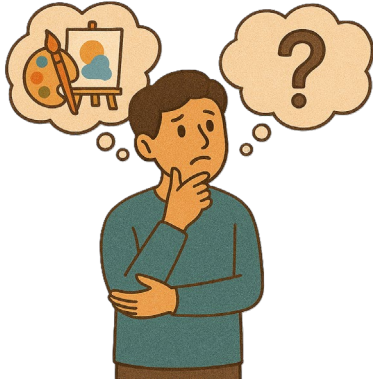
I want to change the list.

Please write what you want to change in the box.

You can

- Add something
- Take something away.

Question 4 compare with other supports



We need to **compare** how well art therapy works to other supports.



Compare means to look at 2 or more things.

You might look at what

- Is different
- Is the same
- Works best.

This will help us say if 1 support is best.



We want to compare with supports that have the same **goal**.

Goals are things you want to do.



Other supports we could compare art therapy with are

- **Speech pathology**

Speech pathology helps people

- Talk clearly
- Understand other people
- Eat and drink safely.



- **Occupational therapy**

Occupational therapy helps people with everyday skills like

- Looking after their body
- Learning
- Social skills.



- **Physiotherapy**

Physiotherapy helps people

- Move better
- Have less pain
- Be stronger.



- **Psychology**

Psychology helps people with how they

- Think
- Feel
- Act.



- **Art activities**



- Art classes



- Art lessons



- **Online therapy**

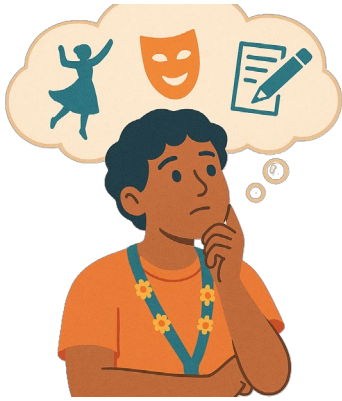
This is when you do therapy on your computer.



- **Music therapy**

Music therapy aims to help people

- Feel better
- Think clearer
- Have good relationships with people.



- Other types of art therapy like
 - Dance
 - Drama
 - Writing.

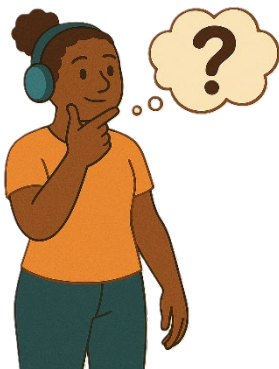


We think these supports will aim to help people with the same **outcomes**.

Outcomes are the things we see when our plans are working.



Have you tried different supports.



Question 4

Are these the best supports to compare to art therapy.



Please tick only 1 box.

Yes



No

I want to change something.

Please write what you want to change in the box.

You can

- Add something
- Take something away.



Thank you for doing **part 1**.

Please do **part 2** next.



You can get part 2 on our website.

consultations.health.gov.au/evidence-advisory-committee-eac/december-2025/

It is in Easy Read.



You can take a break if you need it.

Images in this Easy Read must **not** be used or copied without permission