



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

Functional electrical stimulation

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.

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Who is this survey for



We made a **survey**.



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



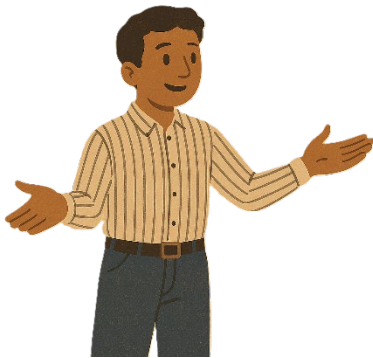
- Use **functional electrical stimulation**.

Functional electrical stimulation is a machine that moves peoples muscles.

It helps people who can **not** move their muscles the way they want.



- Used functional electrical stimulation 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



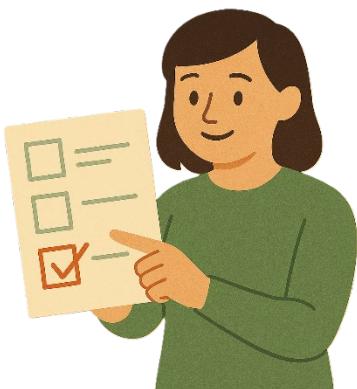
Each part will have some

- 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.

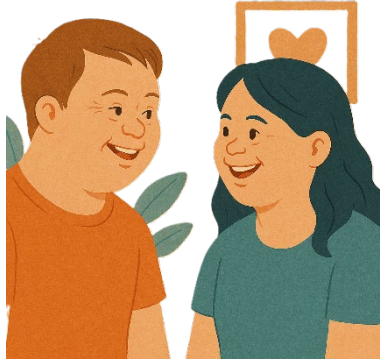


- Developmental Delay

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.



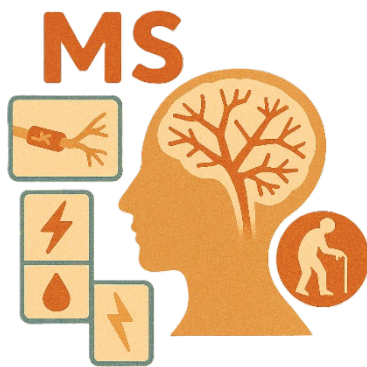
- Intellectual disability



- 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

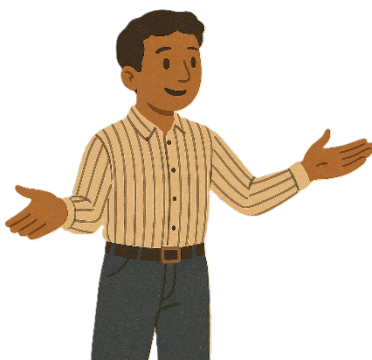
This is when the blood in your brain

- 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

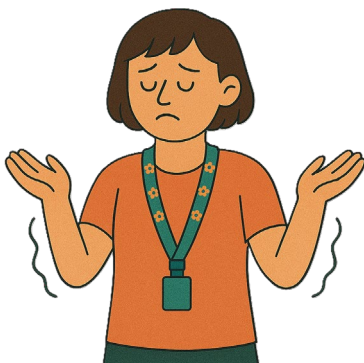


We want you to think about functional electrical stimulation.



Functional electrical stimulation sends small bits of electricity to

- Nerves
- Muscles.



It is used by people who have

- Weak muscles



- **Paralysed** muscles

Paralysed means you can **not** move a part of your body.

Sometimes you can **not** feel that part of your body.



Aims are things you want to do.

Functional electrical stimulation aims to change the way you

- Walk



- Move your hands



- Stand.



Functional electrical stimulation is usually done by a

- **Physiotherapist**

Physiotherapists help people

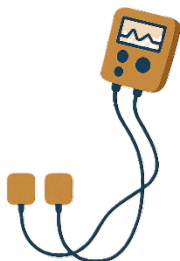
- Move better
- Have less pain
- Be stronger.



- **Occupational therapist**

Occupational therapists help people with everyday skills like

- Looking after their body
- Learning
- Social skills.



Functional electrical stimulation can have

- **Stimulators**

This is a special device that sends the small bit of electricity to your body.



- **Electrodes**

These are wires with sticky pads that sit on your muscles.

They help the stimulator send electricity to muscles.



- **Sensors or triggers**

Sensors or triggers are things that let the machine know how you are moving.

These are things like

- Heel switches
- Movement sensors
- Muscle sensors
- Caps on your head that help your brain talk to the stimulator.

This helps know what the small bits of electricity are doing.



- **Software**

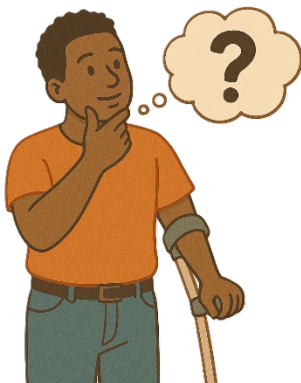
Software is what makes computers and phones work.

It is like a set of rules that tells the computer what to do.

It sends messages to the stimulator to change

- How strong the electricity is
- When the electricity is happening.

This means functional electrical stimulation can be changed for each person.



Question 1

Do you think we have said everything about

- What functional electrical stimulation is
- How functional electrical stimulation is used.



Please tick only 1 box.

Yes



No

I want to change something.

Please write what you want to change in the box.

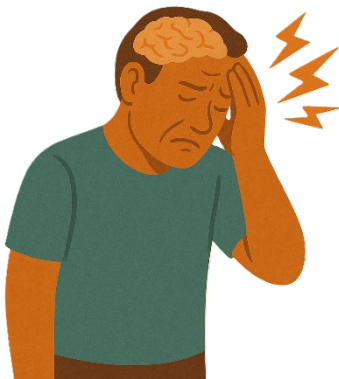
You can

- Add something
- Take something away.

Question 2 disability group



We want to think about all the different groups of people who might use functional electrical stimulation.



So far we think they are people living with

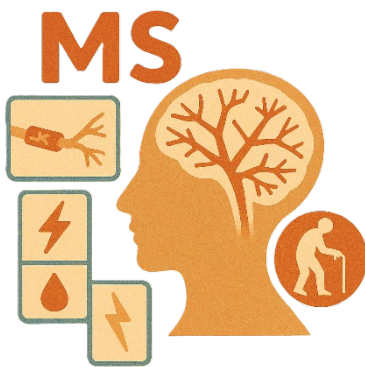
- Stroke



- Spinal cord injury



- Cerebral palsy



- Multiple Sclerosis.



It could be used by

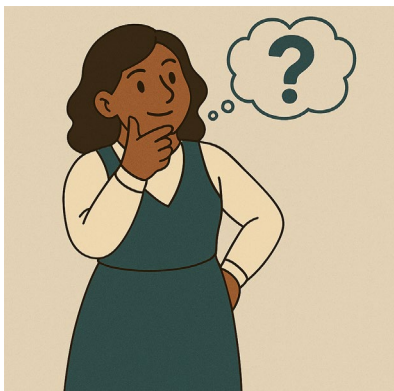
- Adults



- Children.



It could be used by people all over Australia.



Question 2

- Do you think we have said all the groups of people who might use functional electrical stimulation.



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.



We think that functional electrical stimulation aims to help with



- Being able to move your body the way you want to



- **Spasticity**

Spasticity is when the body feels stuck or tight.

This could be when

- Muscles do **not** move easily
- Muscles do not relax when you want them to.

This can make things harder like

- Walking
- Sitting
- Using your hands.



- Helping with the way you walk



- How well someone can stay **balanced**.

This means being able to be steady when you are walking or standing.

This helps you stay up and **not** fall over.



- Big body movements like
 - Walking
 - Jumping
 - Sitting and standing.



- Being able to move your arms and hands.



- **Quality of life**

Quality of life means being

- Happy
- Healthy.



- Taking part in the community



- Needing less **mobility aids**

Mobility aids are things that help you move around.

They can be things like

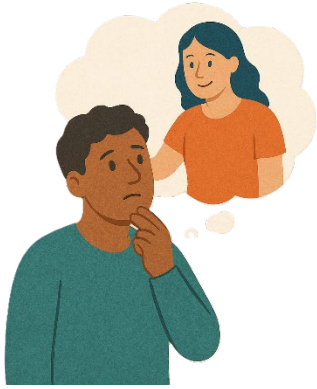
- Wheelchairs
- Walking sticks
- Walkers.



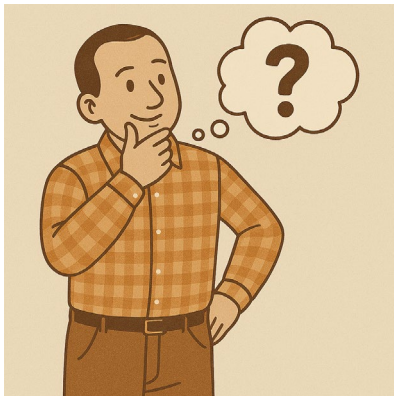
- How healthy your heart and body are



- Being able to do things for yourself



- Needing less support in the future.



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 functional electrical stimulation 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 functional electrical stimulation with are

- **Exercise physiology** that does **not** use functional electrical stimulation

Exercise physiology is doing certain types of movement to help people.

The exercise physiologist makes an exercise plan for you.

It is a plan for the exercises or movements you need to do.



- Physiotherapy



- Using mobility aids



- Doing tasks to help with moving muscles



- **Orthotics**

Orthotics are something you wear to help your body move without electricity

They can go on your

- Foot
- Leg
- Arm
- Back.



- Support workers.

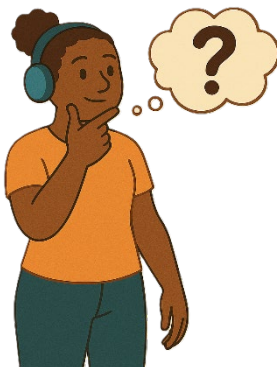


We think these supports will aim to help people with the same **outcomes**.

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 functional electrical stimulation.



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.

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