



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

Therapy suits

Part 1



Easy
Read





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

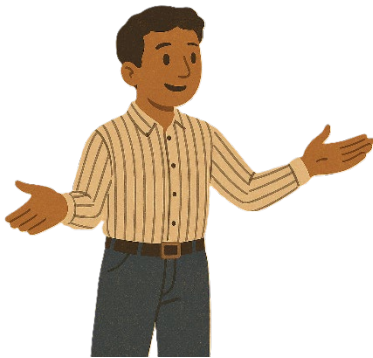


- Use **therapy suits**.

Therapy suits are special clothes that people wear to help their movement.



- Used therapy suits 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



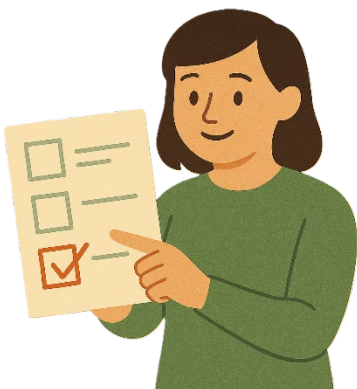
Each part will have some

- 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.

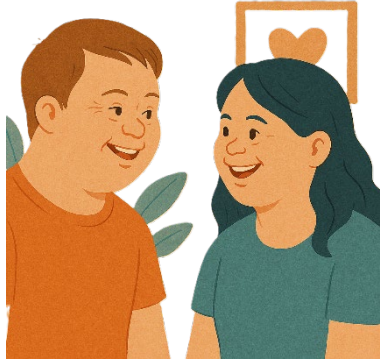


- Developmental Delay

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.



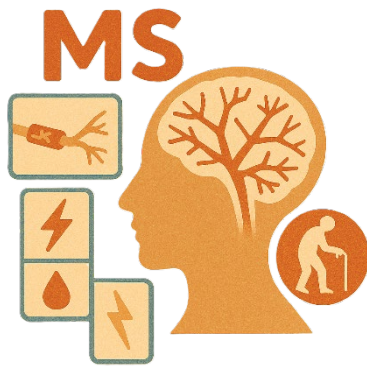
- Intellectual disability



- 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

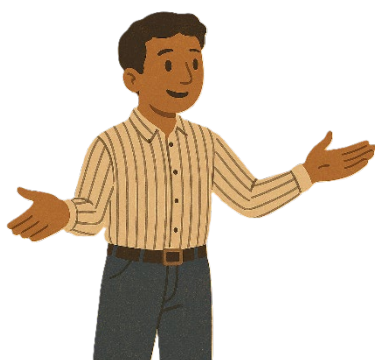
This is when the blood in your brain

- 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 therapy suits.



Therapy suits may help people with

- **Their posture**

Posture is the way you hold your

- Back
- Shoulders
- Head.



- Their movement



- How well their body works.



Therapy suits are made of stretchy fabric.

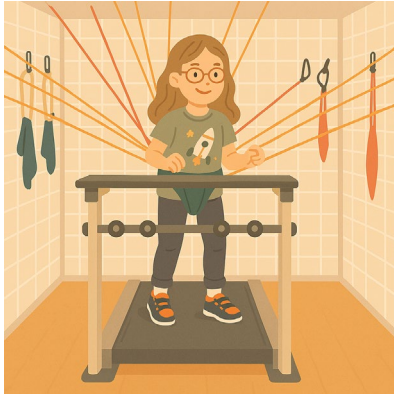


Sometimes therapy suits have

- Electrical stimulation



- Stretchy cords



- **Frames**

Frames are used to support you when you are in the therapy suit.

They can help you stay up.



We do **not** want you to think about

- **Lymphedema clothes**

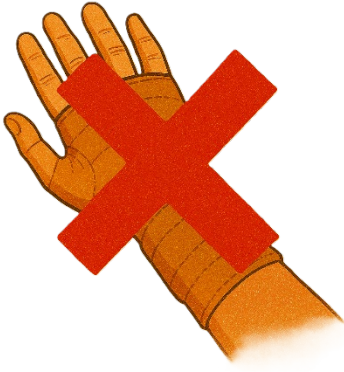
These are special clothes that keep fluid moving in your body.



- **Weighted blankets**

These are blankets that are heavy.

They help with giving extra pressure.



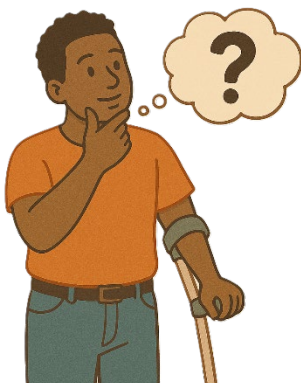
- **Burn compression clothes**

These are special clothes that you wear if you have a bad burn.



- **Dynamic taping**

This is using special tape that can help when people are doing exercise.



Question 1

Do you think we have said everything about

- What therapy suits are
- How therapy suits are 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

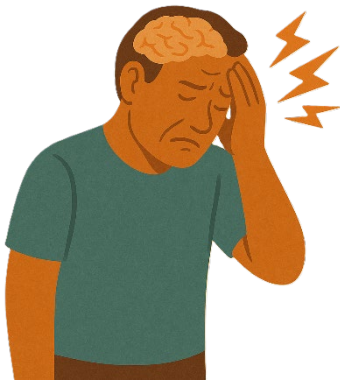


We want to think about all the different groups of people who might use therapy suits.

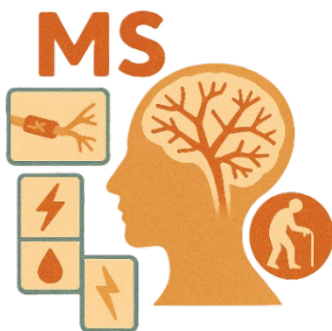


So far we think they are people with

- Cerebral palsy



- Stroke



- Multiple sclerosis



- Spinal cord injury



- Conditions with **spasticity**

Spasticity is when the body feels stuck or tight.

This could be when

- Muscles do **not** move easily
- It feels like the body is holding on too tight

This can make things harder like

- Walking
- Sitting
- Using your hands.



- Autism



- **Hypermobile Ehlers Danlos syndrome**

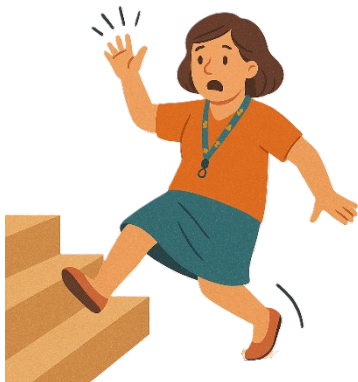
This can make your joints

- Loose
- Very **bendy**

Bendy means they can move more than other peoples can.

Your skin can also be

- Soft
- Stretchy.



- People who do **not** have good **balance**

This means being steady when you are standing or walking.

Good balance helps you **not** fall over.

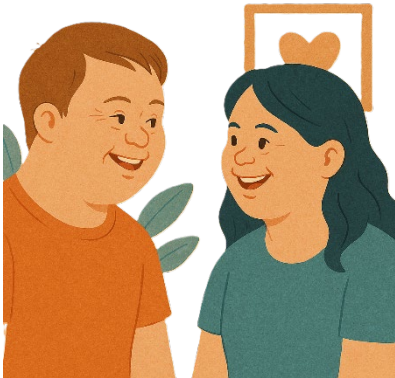


- People with **muscle tone disorders**

Muscle tone disorders can make your muscles too

- Tight
- Floppy.

It can make it hard to do things like move or sit.



- Down Syndrome.



Question 2

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



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 therapy suits aims to help with



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



- Spasticity



- Keeping your body up



- Knowing where your body is **without** looking

This is called **proprioception**.



- Being able to move around



- **Quality of life**

Quality of life means being

- Happy
- Healthy.

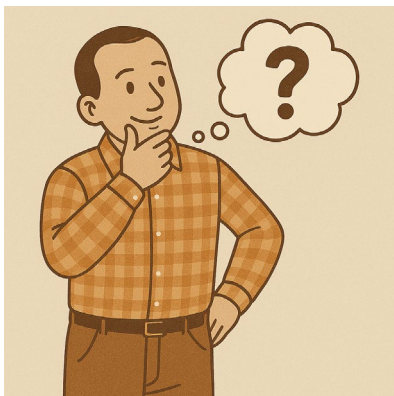


- Reaching your **goals**

Goals are things you want to do.



- How well you think you can move around.



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 therapy suits 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.



Other supports we could compare therapy suits with are

- **Physiotherapy without therapy suits**

Physiotherapy is done with a physiotherapist.

It helps people

- Move better
- Have less pain
- Be stronger.



- **Occupational therapy without therapy suits**

Occupational therapy helps people with everyday skills like

- Looking after their body
- Learning
- Social skills.



- **Orthotics that are not therapy suits**

Orthotics are something you wear to help your body move.

Many orthotics are **not** therapy suits because they do **not** go over your whole body.

They can go on your

- Foot
- Leg
- Arm
- Back.



- **Functional electrical stimulation devices that are not in therapy suits**

Functional electrical stimulation is a machine that uses electricity to move peoples muscles.

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



- Medicines to help with spasticity.

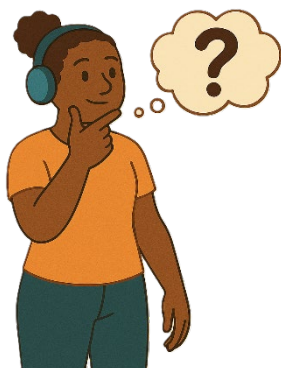


We think these supports will aim to help people with the same **outcomes**.

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 therapy suits.



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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