



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

People who do **not** use Active Passive
trainers anymore

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

Not bold

We have some words in **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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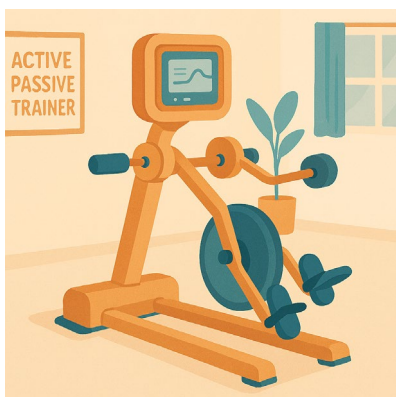
Who is this survey for



We made a **survey**.



This survey is **only** for people who do **not** use an **Active Passive** trainer anymore

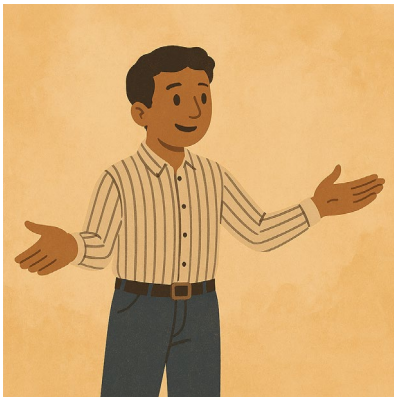


Active Passive trainers are machines that help make your body strong.



We have other surveys for people who

- Use an Active Passive trainer

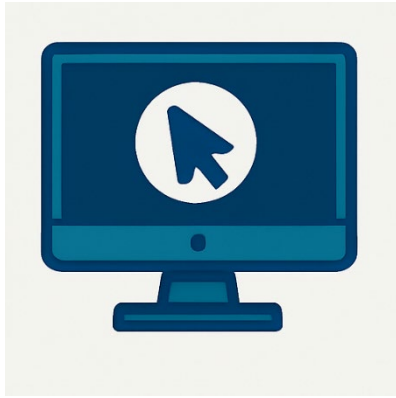


- Use something else



- Family or carers of people who
 - Use
 - Have used and do **not** anymore

Active Passive trainers



You can look at the other surveys on our website.

consultations.health.gov.au/evidence-advisory-committee-eac/september2025

It is in Easy Read.



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



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



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

You need to send it back before

11.59 at night

Sunday 9 November 2025.

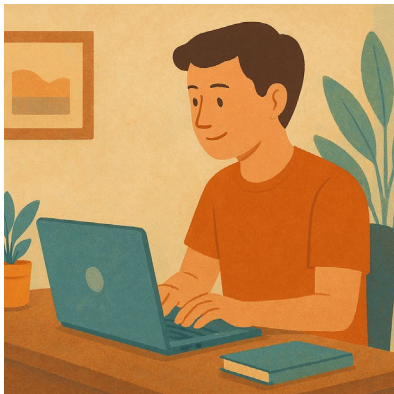
What to do



You need to download both parts of the survey.

You can

- Write your answers



- Type your answers.



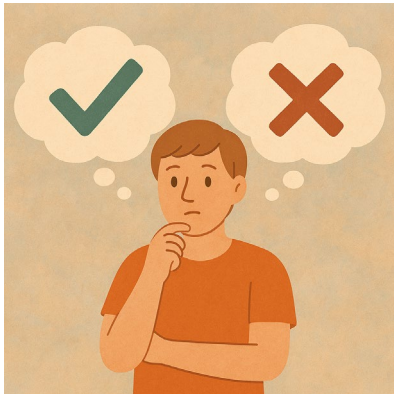
You need to send your answers back to us by email.

disabilityevidence@health.gov.au



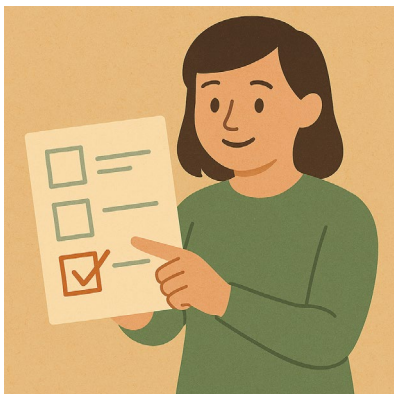
Each part will have some

- 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

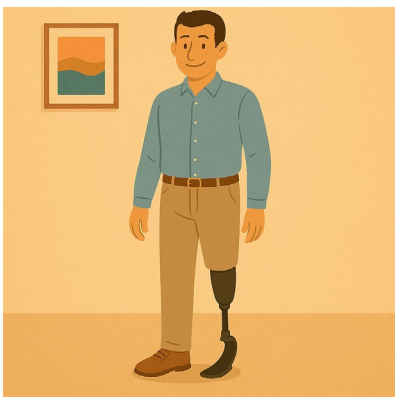
You can pick as many you have



- 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.



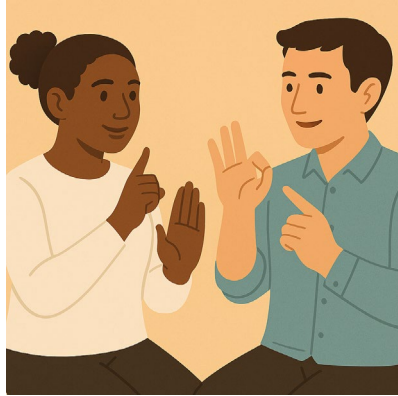
- Autism



- Cerebral palsy

This is a physical disability that can change how you

- Move
- Stand
- Sit.



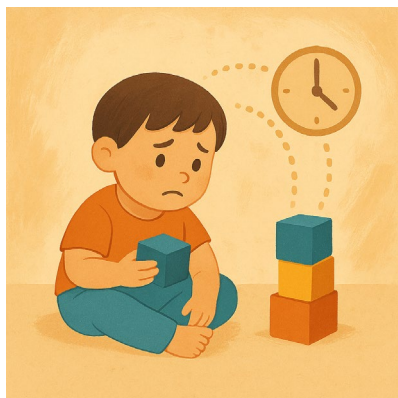
- Deaf or hard of hearing



- Dementia

This is when you have trouble

- Thinking
- Remembering
- Doing things for yourself.

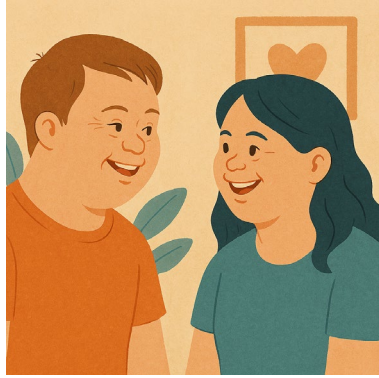


- Developmental Delay

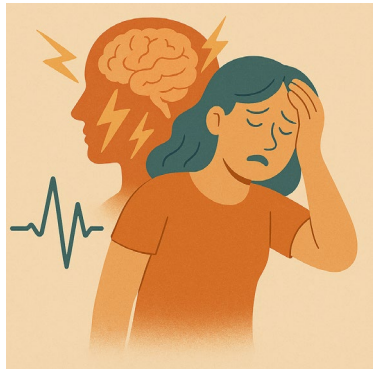
This is when someone learns slower than other people their age.

They might need extra help with

- Talking
- Moving
- Their emotions.

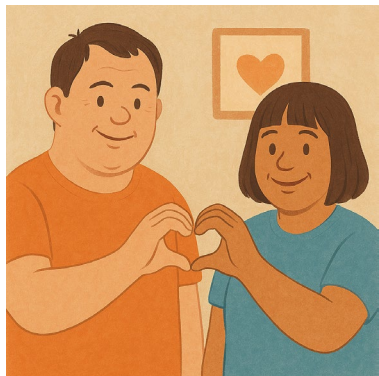


- Down Syndrome

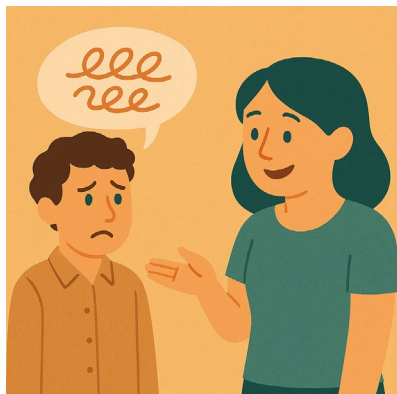


- Epilepsy

This is when someone has seizures.



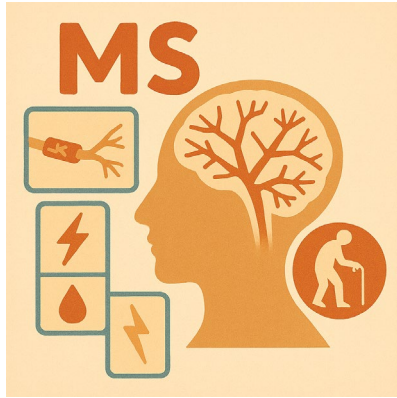
- Intellectual disability



- 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

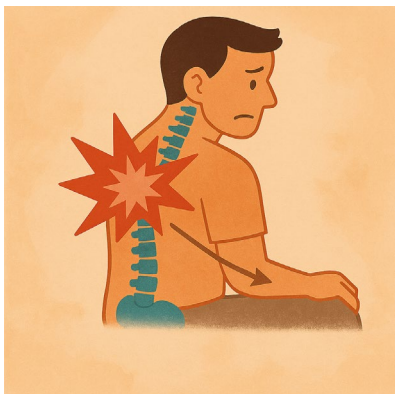
- Brain
- Spine
- Nerves

It is called **MS** for short.



- Psychosocial disability

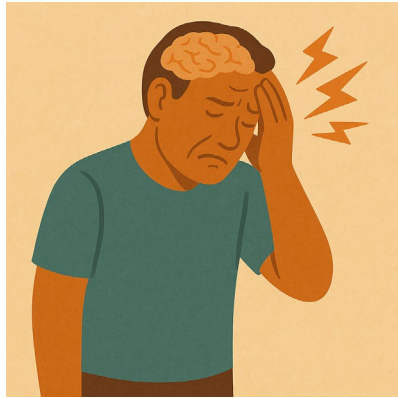
This is a disability because of your mental health.



- Spinal cord injury

This is when you have damaged your spine.

This can change what you can do for yourself.



- Stroke

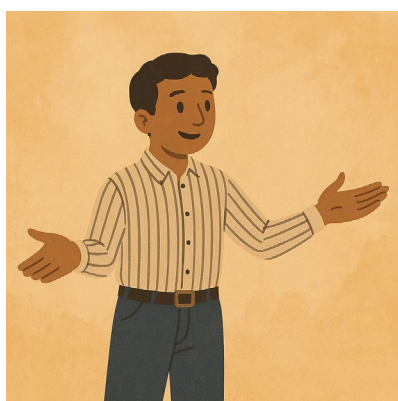
This is when the blood in your brain

- 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



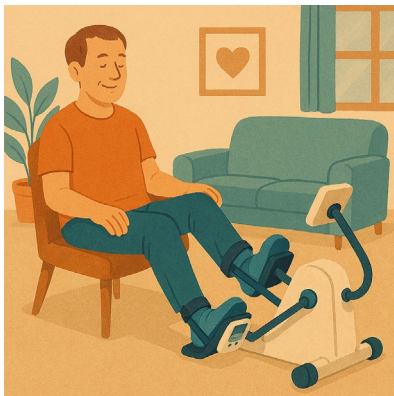
- Anything else

Please write in the box

Question 1 support



We want you to think about **Active Passive trainers**.



Active Passive trainers are machines that help people move their body.

It **aims** to be used for

- Exercise
- **Rehabilitation.**

Aims are things you want to do.

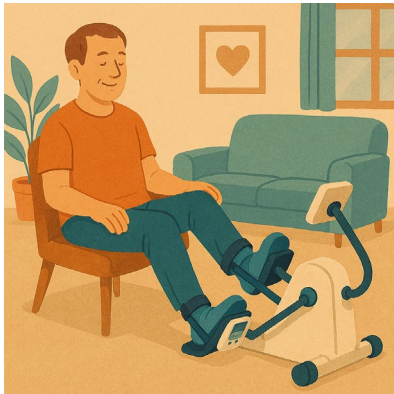


Rehabilitation can be things like training to help build up your muscles after you have been hurt.



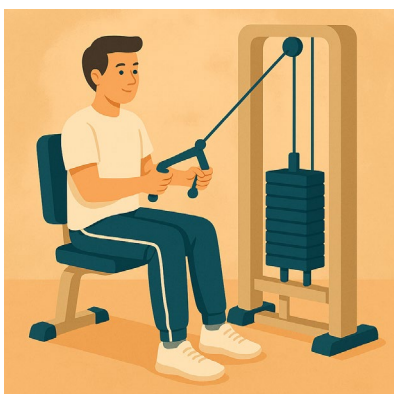
The machine has 2 ways they can work

- **Active**
- **Passive.**



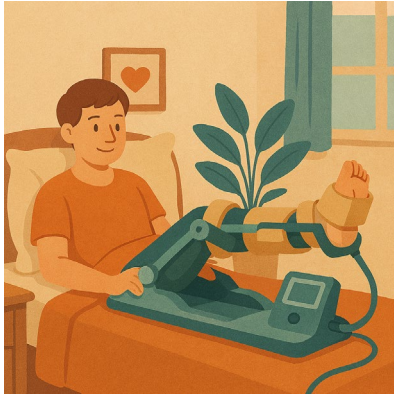
Active is when the person uses their muscles to move the machine.

This helps to work on someones muscles.



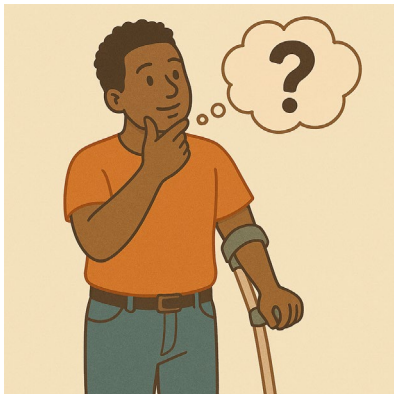
The machine makes it harder for the person to push against.

This is called **resistance**.



Passive is when the machine helps the person move their

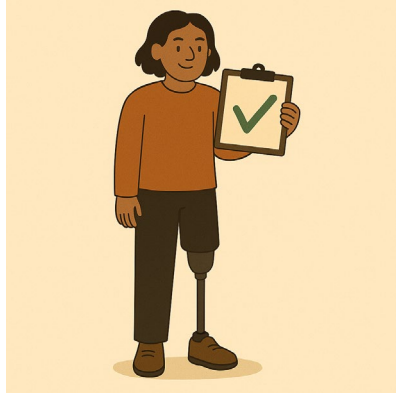
- Arms
- Legs.



Question 1

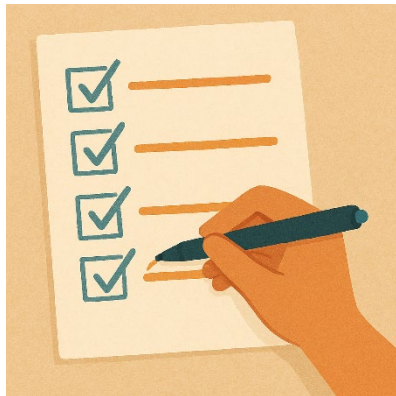
Do you think we have said everything about

- What Active Passive trainers are
- How it 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

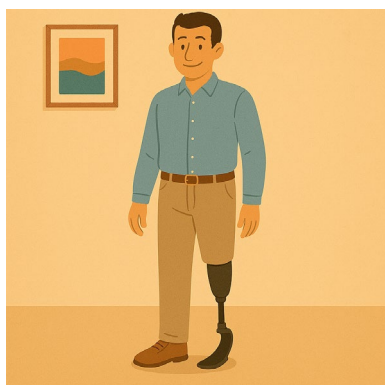


We want to think about all the different groups of people who might use Active Passive trainers.



So far we think they are

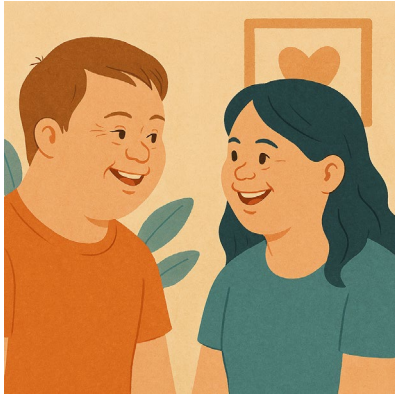
- People with acquired brain injury



- People with amputation



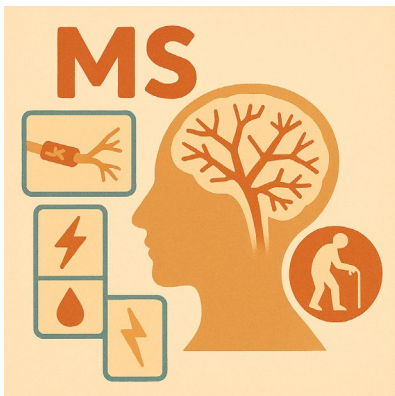
- People with cerebral palsy



- People with Down Syndrome



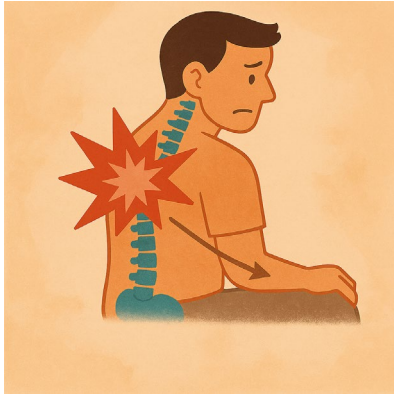
- People with intellectual disability



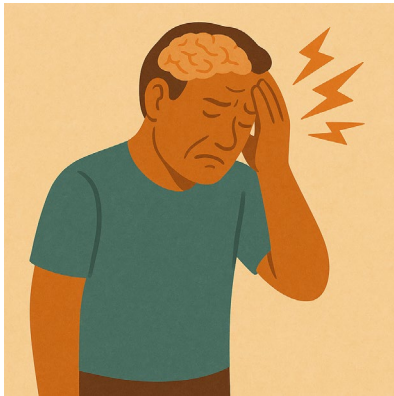
- People with MS



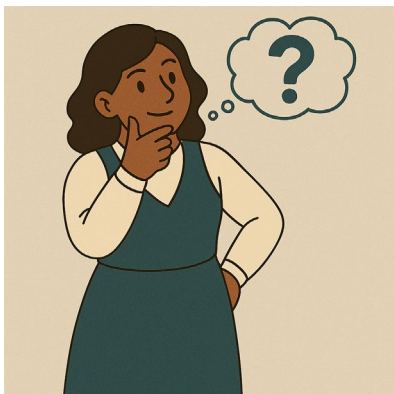
- People with Parkinsons disease



- People with spinal cord injury

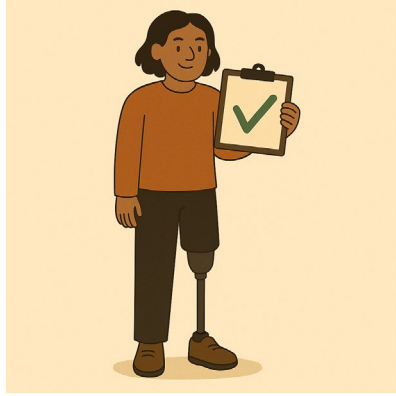


- People who have had a stroke



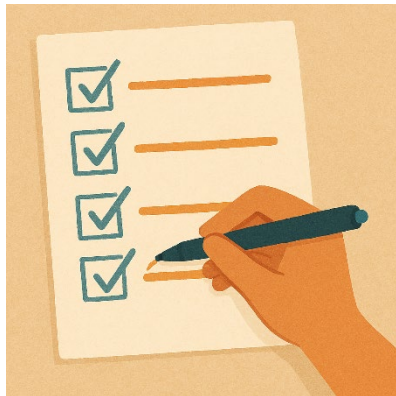
Question 2

- Do you think we have said all the groups of people who might use Active Passive trainers.



Please tick only 1 box.

Yes



No

I want to change something.

Please write what you want to add in the box.

You can

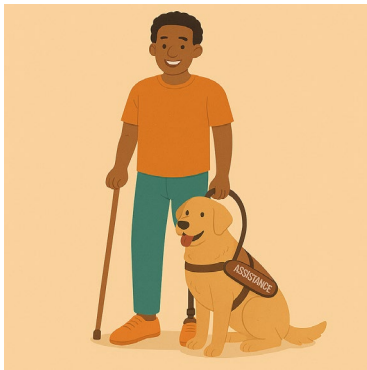
- Add something
- Take something away.

Question 3 outcomes



Supports are used to get good **outcomes**.

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

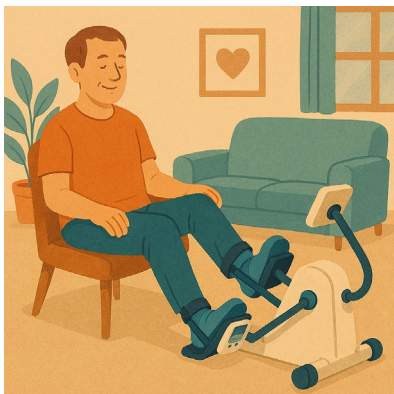


Outcomes can

- Make peoples lives better



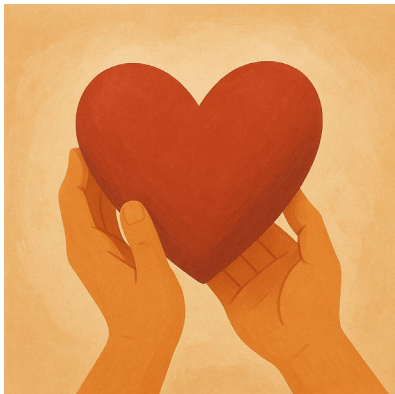
- Keep people safer.



We think that Active Passive trainers aim to help with



- Being able to do more exercise



- Your heart



- Being able to move around better

Like being able to

- Walk better
- Go further.



- Have stronger muscles



- Things they need to do every day
- This is called daily living skills



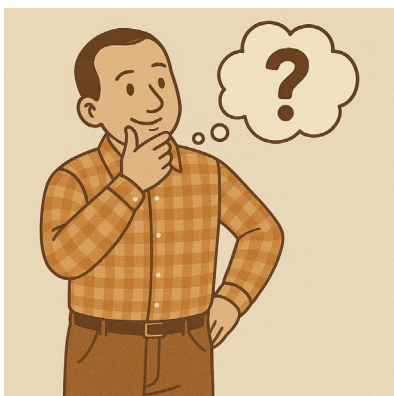
- **Quality of life**

Quality of life means being

- Happy
- Healthy.

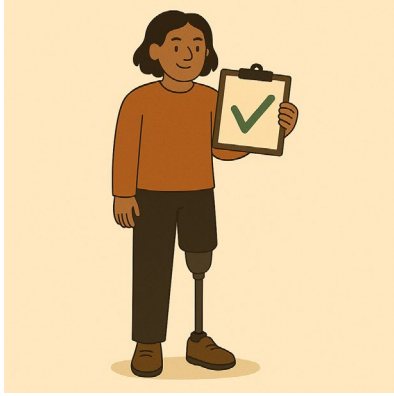


- People feeling good about their life



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

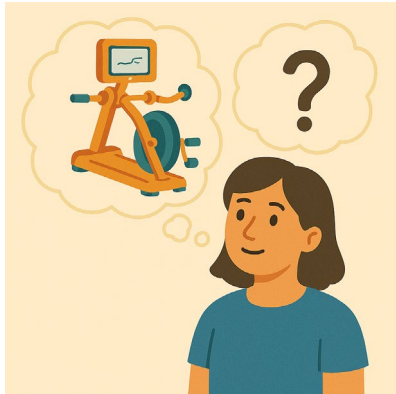
I want to change the list.

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 Active Passive trainers work 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.



Other supports we could compare Active Passive trainers with are

- Exercise you have done with someone

This could be at the

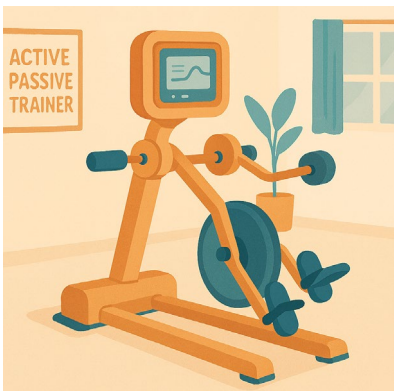
- Gym
- Clinic
- Home.



- Exercise you have done by yourself

This could be at the

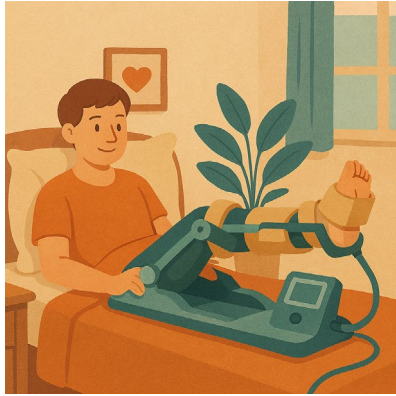
- Gym
- Home.



- Type of exercise machines you have used

Like

- Bike
- Arm moving machine
- Stepping machine.



- A continuous passive device

This is a device that moves the persons arms or legs for them.



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

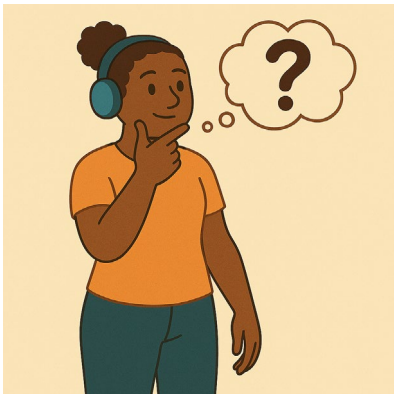
Outcomes are the things we see when our plans are working.



Have you tried different supports.

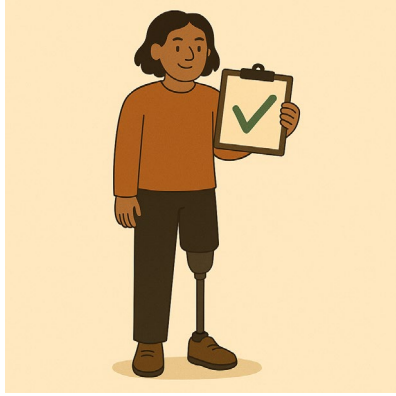


What supports would you use if you could **not** use an Active Passive trainer.



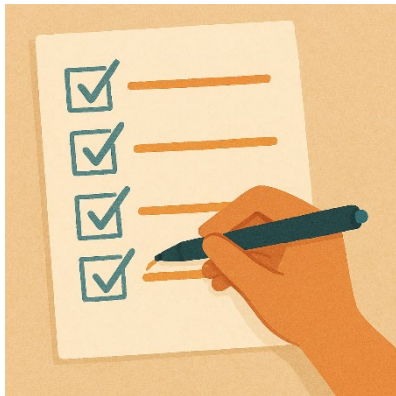
Question 4

Are these the best supports to compare to Active Passive trainers.



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 take a break if you need it.

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