



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

People who use Active Passive
trainers

Part 2





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
Question 1	10
Question 2	11
Question 3	15
Question 4	17
Question 5	20
Question 6	23

Who is this survey for



We made a **survey**.



This survey is **only** for people who use **Active Passive** trainers.

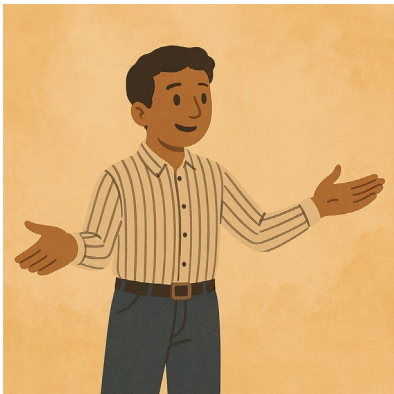


Active Passive trainers are machines that help make your body strong.



We have other surveys for people who

- Used Active Passive trainers but do **not** use them anymore

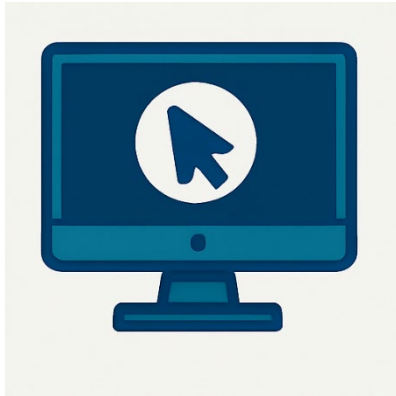


- Use something else



- 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.

This is **part 2**.



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.

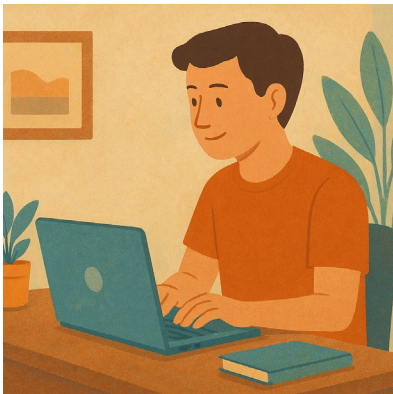
What to do



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.

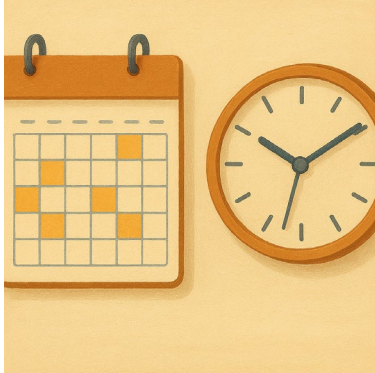
Do your best.



You can choose what questions to answer.

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

Question 1

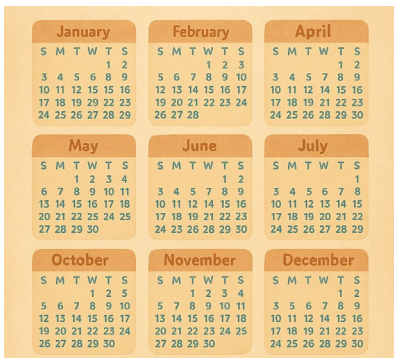


How long have you been using an Active Passive trainer.

Please tick 1 box.



- Less than 3 months

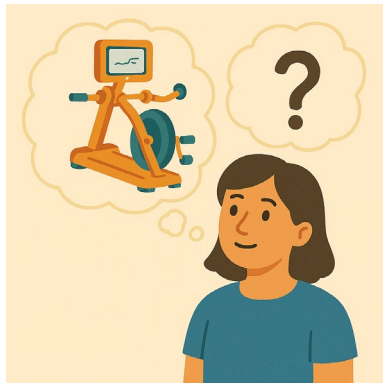


- 3 months to a year



- More than 1 year.

Question 2



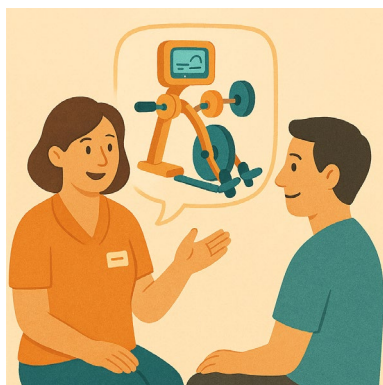
Do you think you will keep using an Active Passive trainer.

Why.



You could tell us about

- How well it works for you



- If someone said it would be a good idea for you to use 1



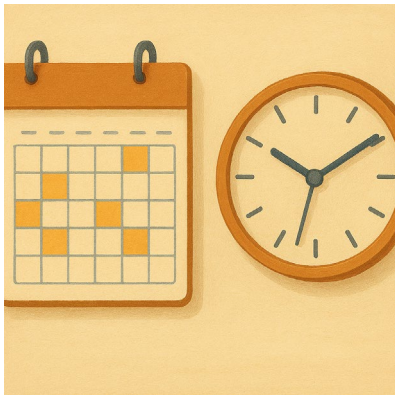
- Other supports you have tried



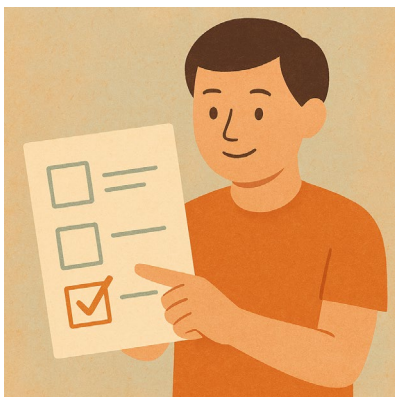
- How much it costs



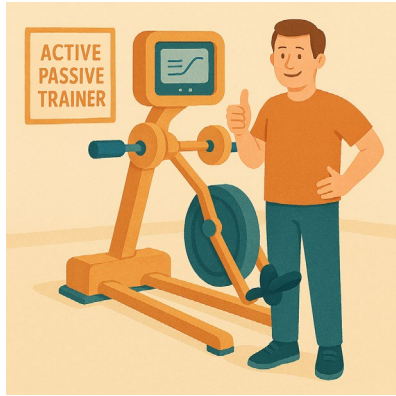
- If you can get the support



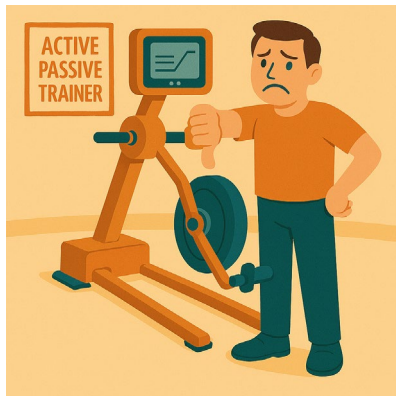
- How long the support is expected to last



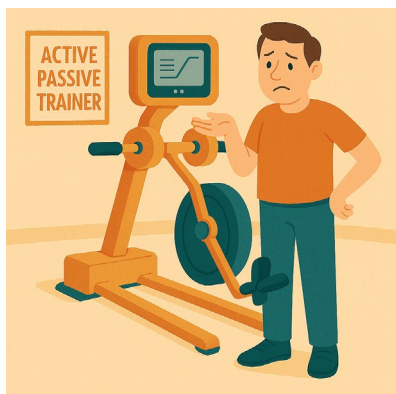
Please tick 1 box.



- I plan to keep using an Active Passive trainer



- I do **not** plan to keep using an Active Passive trainer

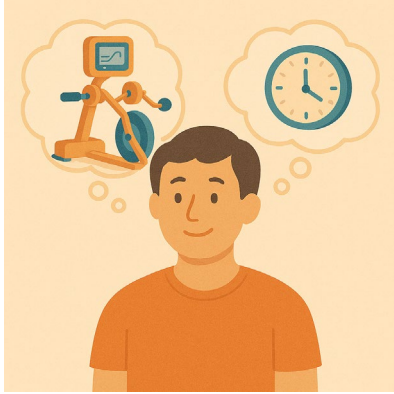


- I am not sure if I will keep using an Active Passive trainer.



Please write why in the box.

Question 3



How often do you use your Active Passive trainer.



You could tell us about

- How often you use it



- How many hours you use it every **fortnight**

Fortnight means 2 weeks.



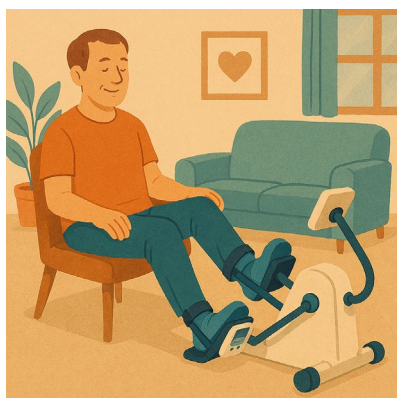
Please write your answer in the box

Question 4

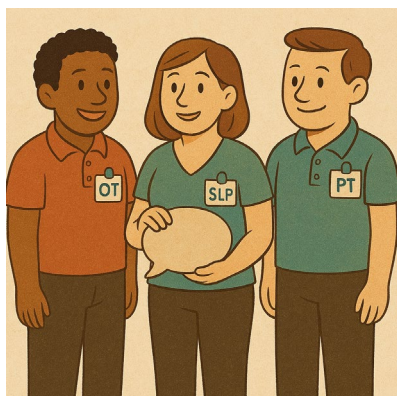


Who helps you use an Active Passive trainer.

Please tick all the boxes that fit



- I do it by myself



- A therapist or **allied health** worker

Allied health support people with their health.

They can be people like **occupational therapists**.

We call them **OT** for short.



Someone you pay to support you like a

- Carer
- Support worker



- Friend
- Family



- I do **not** know



- Someone else.

Please write who in the box

Question 5



Have you had any

- Problems
- Safety issues

Using an Active Passive trainer.



They could be things that lasted for

- A short time



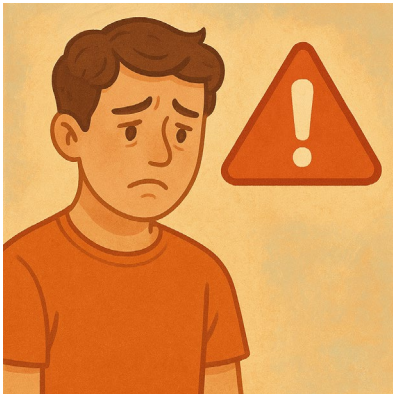
- A long time



Please tick 1 box.

No

I have not had any problems or safety issues.



Yes

I have had problems or safety issues

Please write what they are in the box.



If this question has made you feel

- Upset
- Worried

We have a list of people you can talk to.



consultations.health.gov.au/evidence-advisory-committee-eac/september2025/supporting_documents/help-and-support-easy-readpdf

It is in Easy Read.



If you have

- Pain
- Problems that do **not** go away

You need to get medical advice.

Question 6

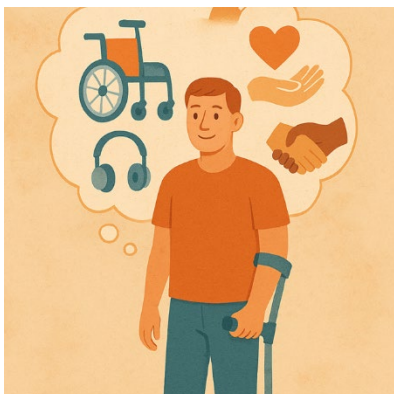


Is there anything else we need to know about Active Passive trainers.



This could be things like

- Being able to get an Active Passive trainer



- Other supports you could use



- How much it costs to use this support

You might

- Buy it
- Borrow it for a time



- Other supports that you use

Like allied health workers.



- Where you use it

Like at the

- Gym
- Clinic
- Home.



- How it fits into your exercise plan



- Your age



- Your **gender**

People say what gender they are.

They might be

- A man
- A woman
- A different gender
- No gender.



- Your **ethnicity**

Ethnicity is a group of people who shares

- Culture
- Language
- History.



- Who you live with



- Where you live

Like

- In the city
- A remote area.

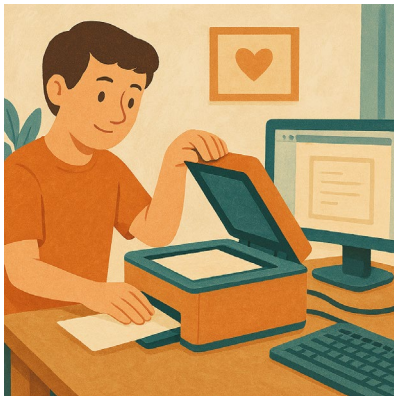


You can share anything you think will help us understand how you use your Active Passive Trainer.

Please write your answer in the box.



Thank you for doing our survey.



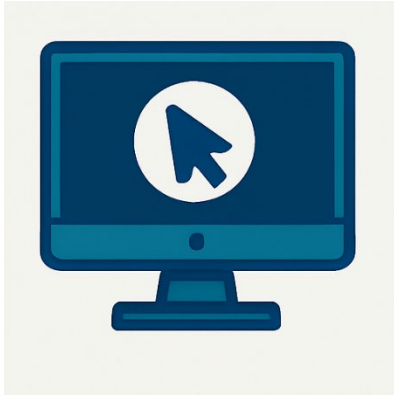
If you printed out the survey you need to

1. Scan it into your computer



2. Send it to us by email.

disabilityevidence@health.gov.au



If you wrote your answers on the computer
you need to

1. Send it to us by email.



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