



Australian Government

Department of Health, Disability and Ageing

# NDIS Evidence Advisory Committee Consultation

People who use something different to  
exercise physiology

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**

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](mailto: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.

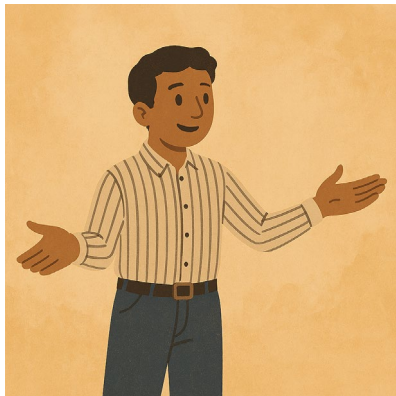
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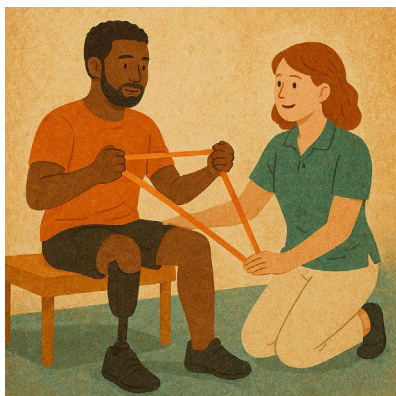
# Who is this survey for



We made a **survey**.



This survey is **only** for people who use something different to **exercise physiology**.



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

The exercise physiologist makes a prescription for you.

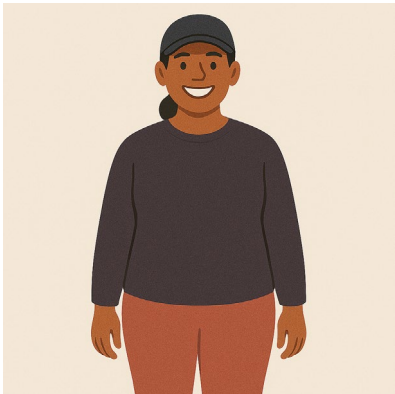
This is **different** from a medicine prescription.

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



We have other surveys for people who

- Use exercise physiology

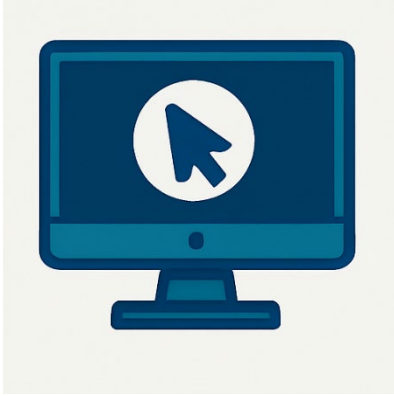


- Used exercise physiology but do **not** use it anymore



- Family or carers of people with disability who use exercise physiology.

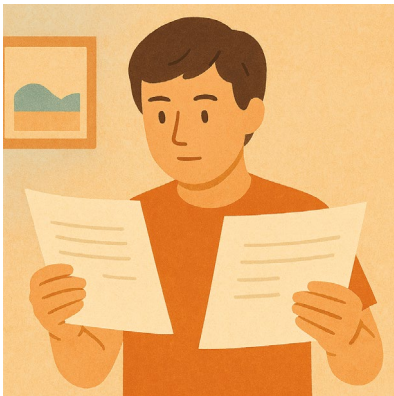




You can look at the other surveys on our website.

[consultations.health.gov.au/evidence-advisory-committee-eac/september2025](https://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.

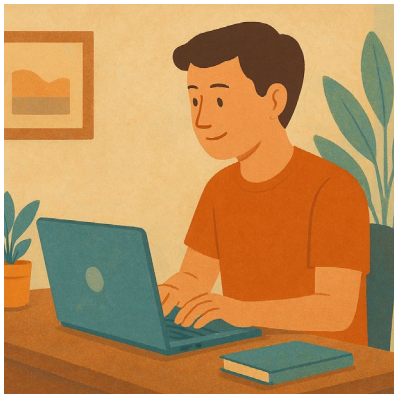
# What to do



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](mailto: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



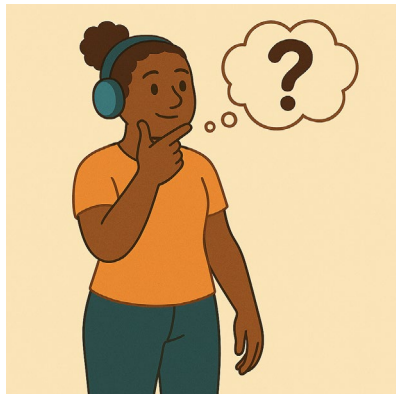
## Question 1

What do you use instead of exercise physiology.

Why.

Please write your answer in the box.

## Question 2

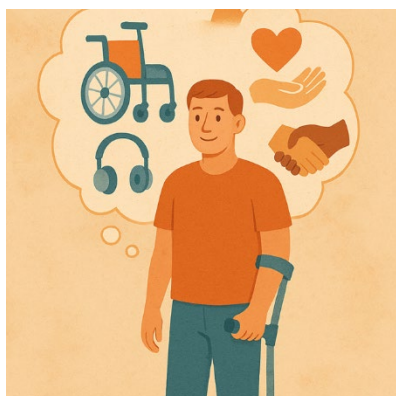


Is there anything else we need to know about exercise physiology.



This could be things like

- If you can get exercise physiology



- Other supports you could use



- Other allied health supports



- How much it costs to use this support



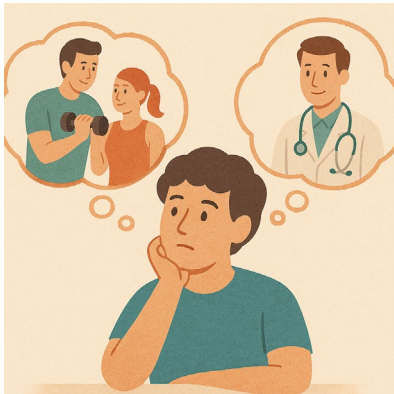
- Where people do exercise physiology

Like at

- Home
- Clinic
- Gym.



- How it fits into peoples exercise plan



- How it works with other supports

Like a personal trainer.



- 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.

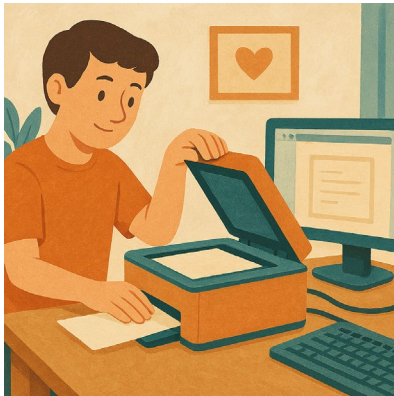


You can share anything you think will help us understand about exercise physiology.

Please write your answer in the box.



Thank you for doing our survey.



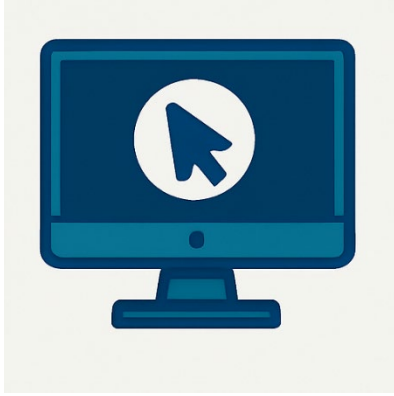
If you printed out the survey you need to

1. Scan it into your computer



2. Send it to us by email.

[disabilityevidence@health.gov.au](mailto:disabilityevidence@health.gov.au)



If you wrote your answers on the computer  
you need to

1. Send it to us by email.



You need to send your answers back to us  
before

11.59 at night

**Sunday** 9 November 2025.