



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

Family or carers of people who use
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



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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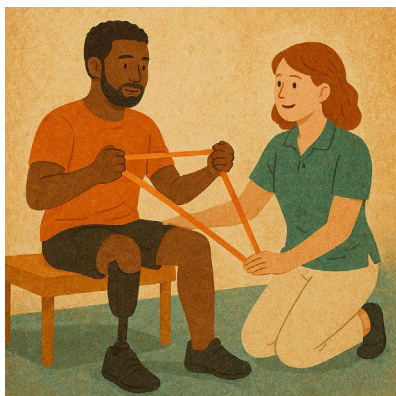
Who is this survey for



We made a **survey**.



This survey is **only** for family or carers of people with disability who use **exercise physiology**.



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

The exercise physiologist makes a prescription for you.

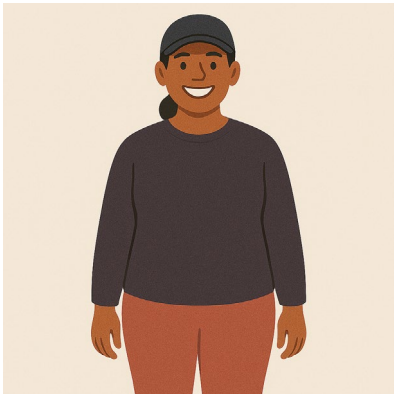
This is **different** from a medicine prescription.

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

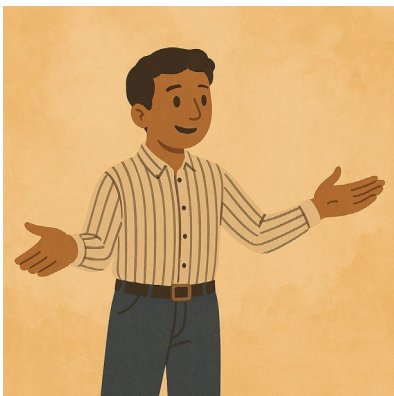


We have other surveys for people who

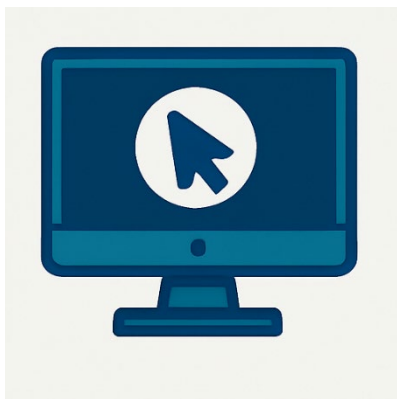
- Use exercise physiology



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



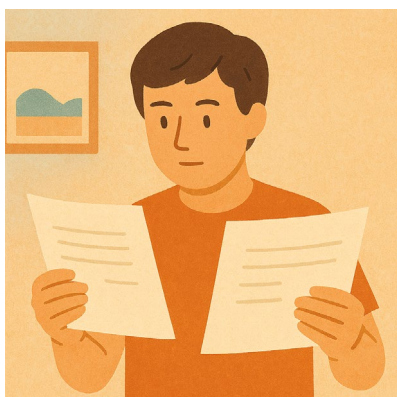
- Use something else



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.

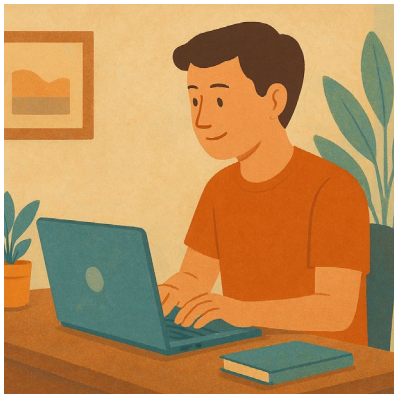
What to do



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.

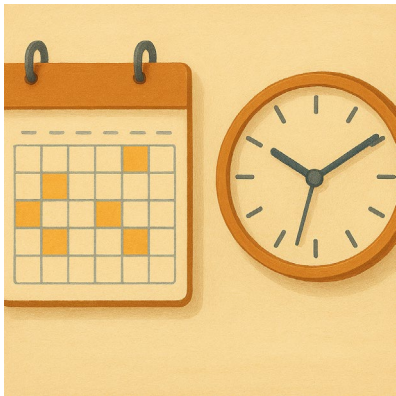
Do your best.



You can choose what questions to answer.

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

Question 1



Question 1

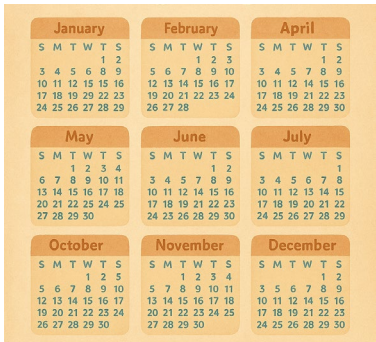
How long has your family member been using exercise physiology.

If they do **not** use it anymore how long did they use it.

Please tick 1 box.



- Less than 3 months



- 3 months to a year



- More than 1 year.

Question 2



Do you think your family member will keep using exercise physiology.

Why.



You could tell us

- How well it works for them



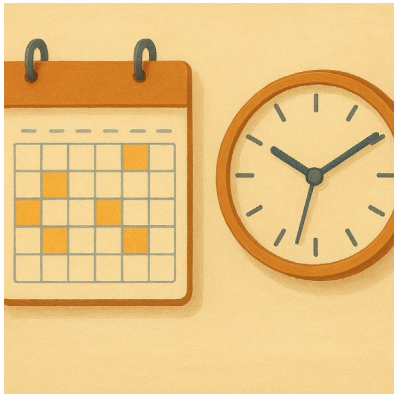
- Other supports they have tried



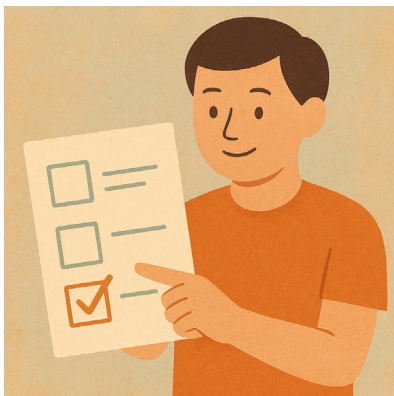
- How much it costs



- If they can get the support



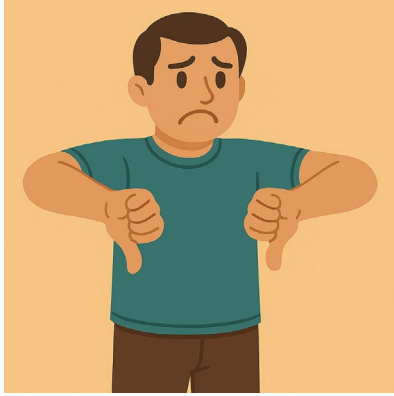
- How long the support is expected to last



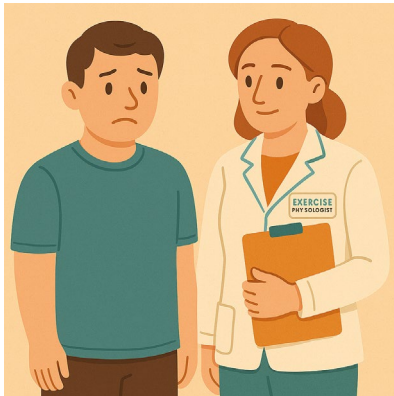
Please tick 1 box.



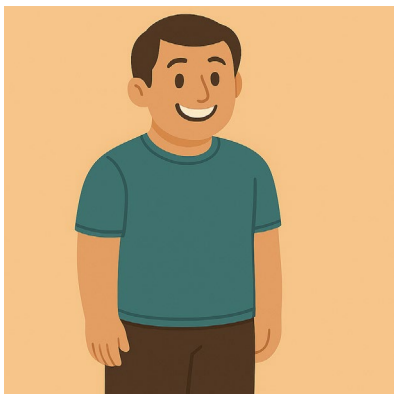
- I think they will keep using exercise physiology



- I do **not** think they will keep using exercise physiology



- I am not sure if they will keep using exercise physiology

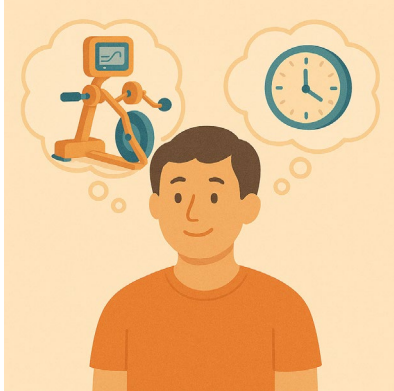


- They stopped using exercise physiology.



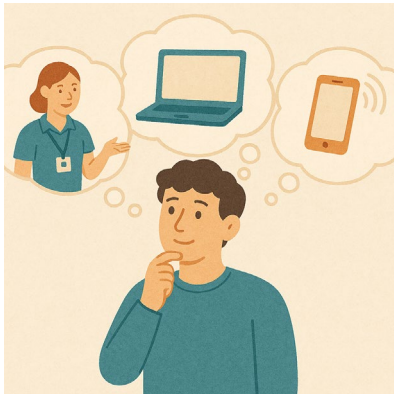
Please write why in the box.

Question 3



How often do they use exercise physiology.

We want you to think about the time they spend with their exercise physiologist.



You could tell us

- How they see them

Like

- In person
- Online
- On the phone



- How long they would spend with their exercise physiologist



How much support they get from other people to help them follow the plan their exercise physiologist made for them.

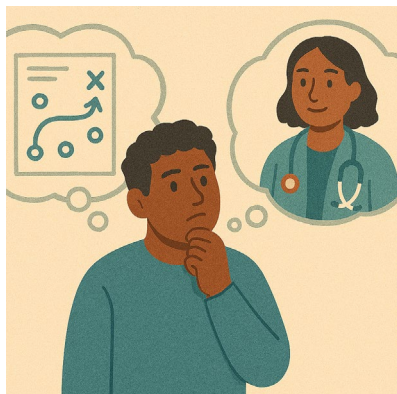
This could be

- Other supports
- Family
- Carers.



Please write your answer in the box

Question 4



How is their exercise physiology support done.

This can include following a plan they have made them.

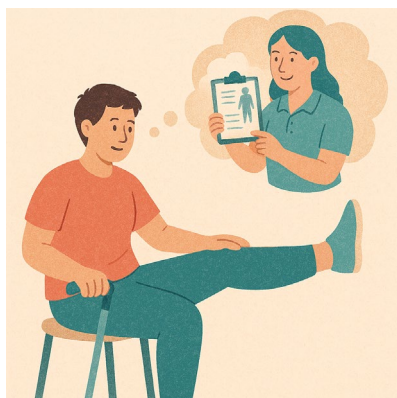
Please tick all the boxes that fit



- An exercise physiologist only

They

- Write a plan
- Support them to follow the plan.



- An exercise physiologist

They

- Write a plan
- They follow the plan by themselves.



- An exercise physiologist

They

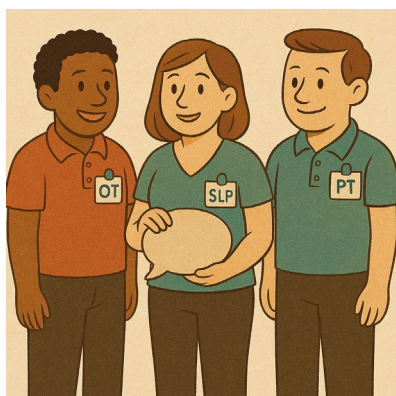
- Write a plan
- Their family or carer support them to follow the plan.



- An exercise physiologist

They

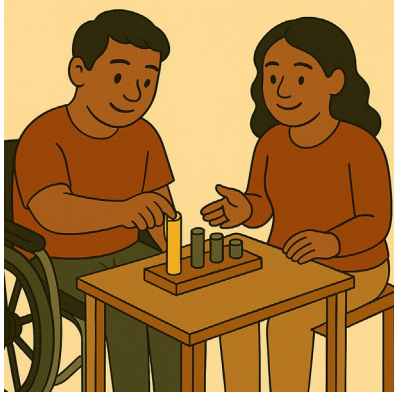
- Write a plan
- An **allied health worker** like a **therapy assistant** supports them to follow the plan.



Allied health workers support people with their health.

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

We call them **OT** for short.



Therapy is something to help you

- Feel better
- Grow stronger.

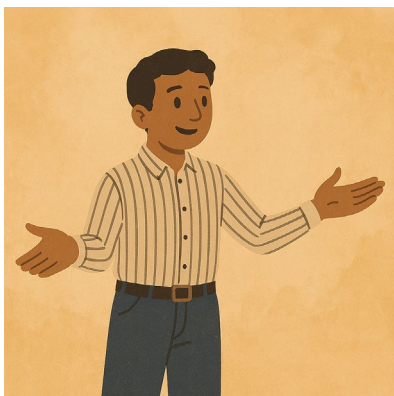
There are lots of different types of therapy.



- An exercise physiologist

They

- Write a plan
- A personal trainer supports them to follow the plan.



- I do **not** know



- Someone else.

Please write who in the box

Question 5



Have they had any

- Problems
- Safety issues

Using exercise physiology.



They could be things that lasted for

- A short time



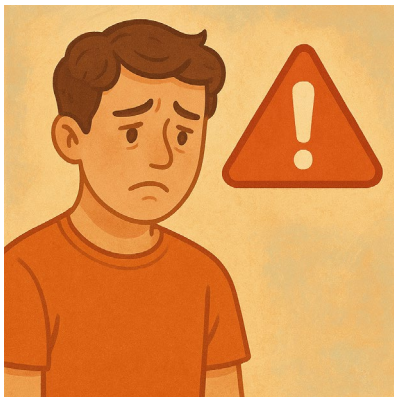
- A long time



Please tick 1 box.

No

They have **not** had any problems or safety issues.



Yes

They 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.

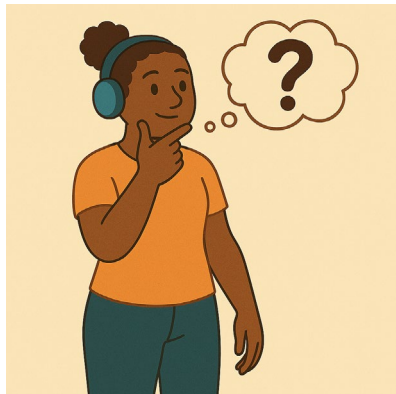


If your family member has

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

They need to get medical advice.

Question 6



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



This could be things like

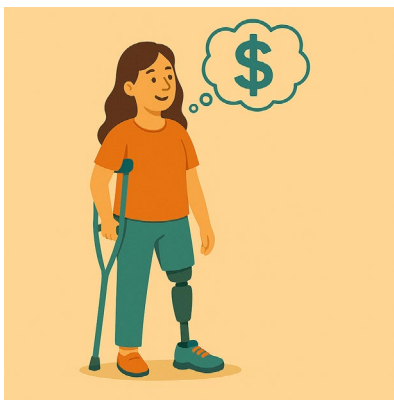
- If you can get exercise physiology



- Other supports they could use



- Other allied health supports



- How much it costs to use this support



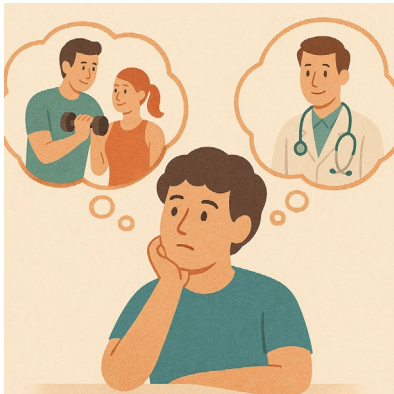
- Where people do exercise physiology

Like at

- Home
- Clinic
- Gym.



- How it fits into their exercise plan



- How it works with other supports

Like a personal trainer.



- Their age



- Their **gender**

People say what gender they are.

They might be

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



- Their **ethnicity**

Ethnicity is a group of people who shares

- Culture
- Language
- History.



- Who they live with



- Where they live

Like

- In the city
- A remote area.

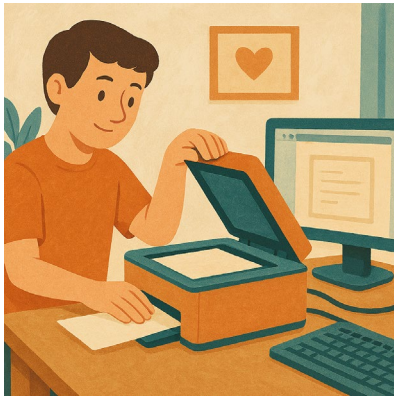


You can share anything you think will help us understand how they use exercise physiology.

Please write your answer in the box.



Thank you for doing our survey.



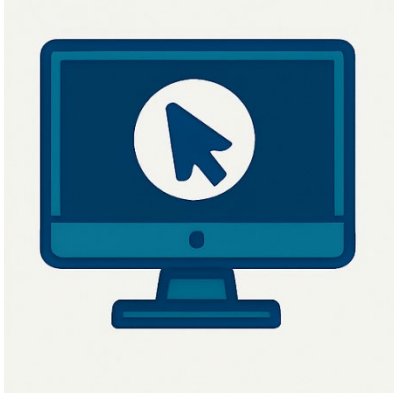
If you printed out the survey you need to

1. Scan it into your computer



2. Send it to us by email.

disabilityevidence@health.gov.au



If you wrote your answers on the computer
you need to

1. Send it to us by email.



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