



Australian Government

Department of Health, Disability and Ageing

NDIS Evidence Advisory Committee Consultation

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.

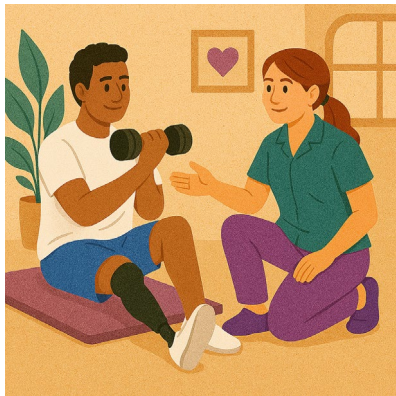
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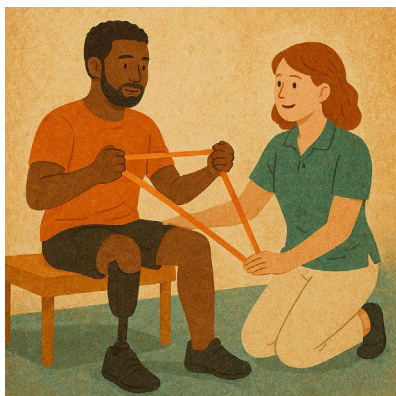
Who is this survey for



We made a **survey**.



This survey is **only** for 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.

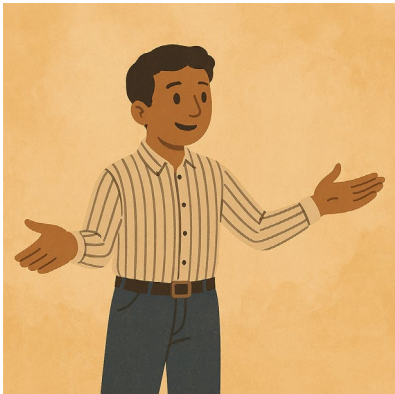
This is **different** from a medicine prescription.

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



We have other surveys for people who

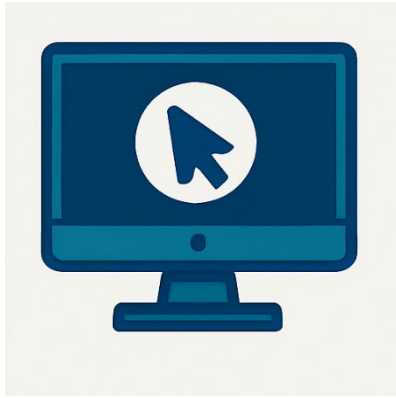
- Used exercise physiology but do **not** use it anymore



- Use something else



- 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

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.

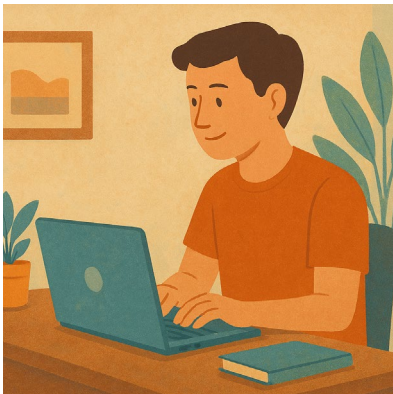
What to do



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.

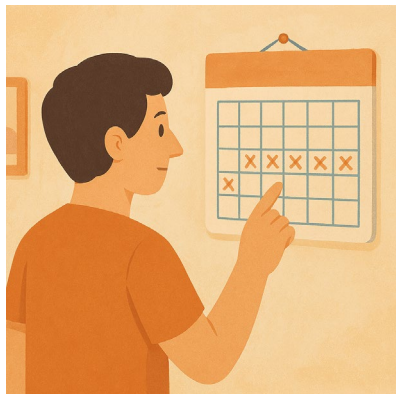
You do **not** have to answer them all.

Question 1

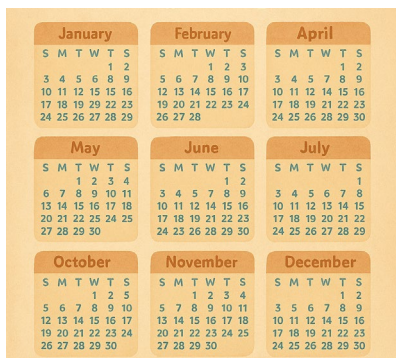


How long have you been using exercise physiology.

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 exercise physiology.

Why.



You could tell us about

- How well it works for you



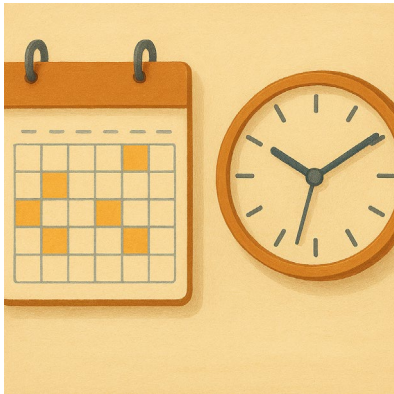
- Other supports you have tried



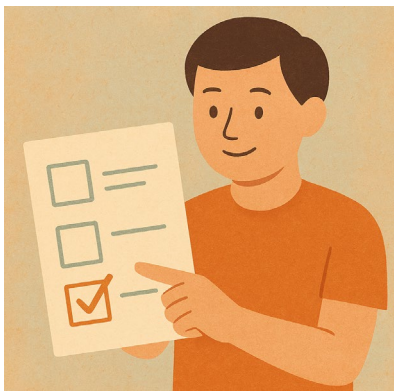
- How much it costs



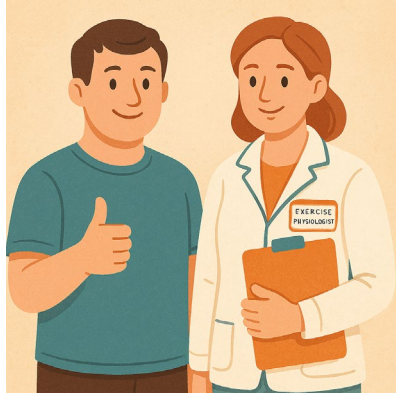
- If you can get the support



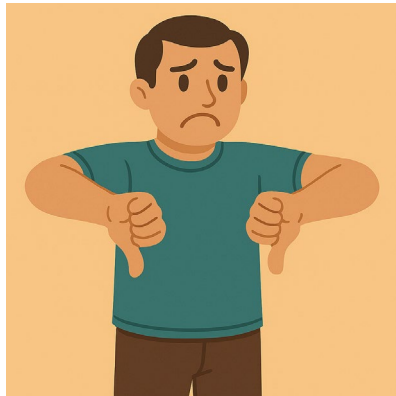
How long the support is expected to last



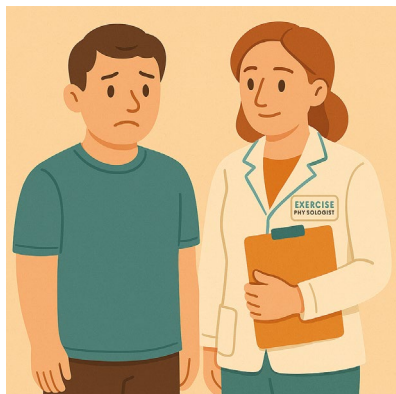
Please tick 1 box.



- I plan to keep using exercise physiology



- I do **not** plan to keep using exercise physiology



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



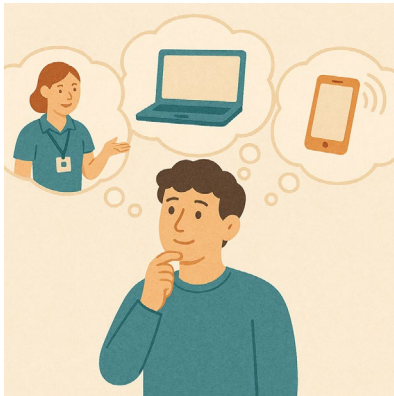
Please write why in the box.

Question 3



How often do you use exercise physiology.

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



You could tell us about

- How you see them

Like

- In person
- Online
- On the phone



- How long you would spend with your exercise physiologist



How much support you get from other people to help you follow the plan your exercise physiologist made for you.

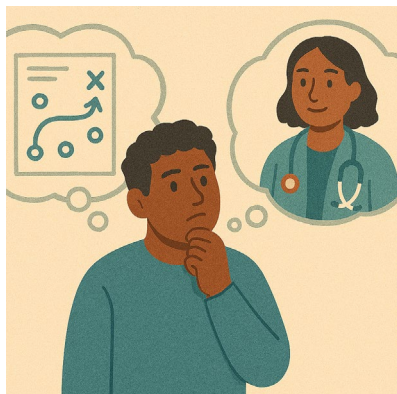
This could be

- Other supports
- Family
- Carers.



Please write your answer in the box

Question 4



How is your exercise physiology support done.

This can include following a plan they have made you.

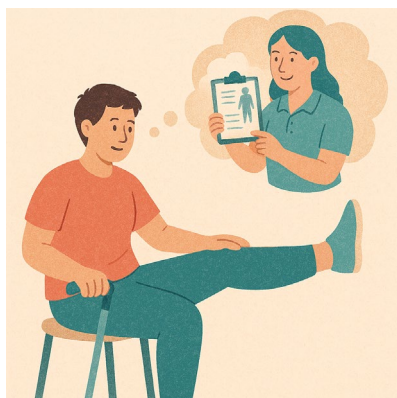
Please tick all the boxes that fit



- An exercise physiologist only

They

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



- An exercise physiologist

They

- Write a plan
- I follow the plan by myself.



- An exercise physiologist

They

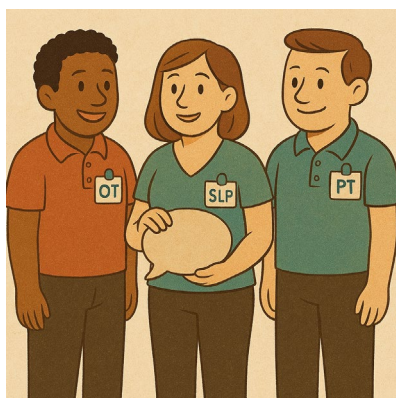
- Write a plan
- My family or carer support me to follow the plan.



- An exercise physiologist

They

- Write a plan
- An **allied health worker** like a **therapy** assistant supports me 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.

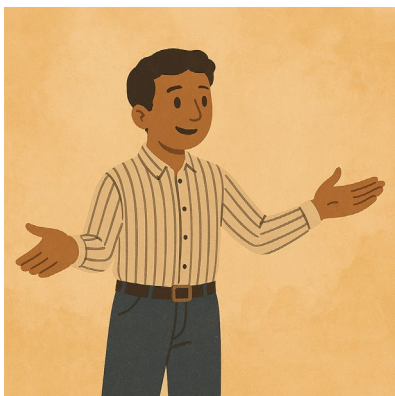
There are lots of different types of therapy.



- An exercise physiologist

They

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



- I do **not** know



- Someone else.

Please write who in the box

Question 5



Have you had any

- Problems
- Safety issues

Using exercise physiology.



They could be things that lasted for

- A short time



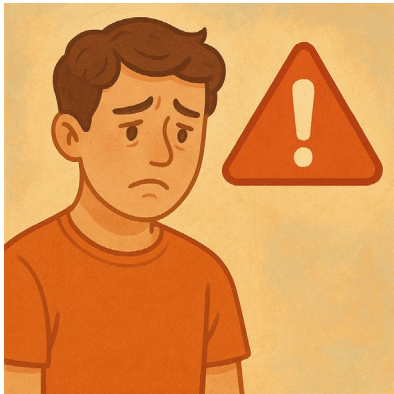
- A long time



Please tick 1 box.

No

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 exercise physiology.



This could be things like

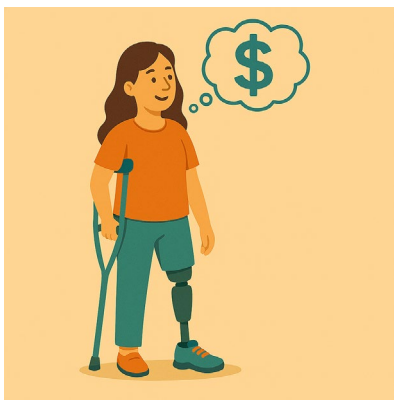
- If you can get exercise physiology



- Other supports you could use



- Other allied health supports



- How much it costs to use this support



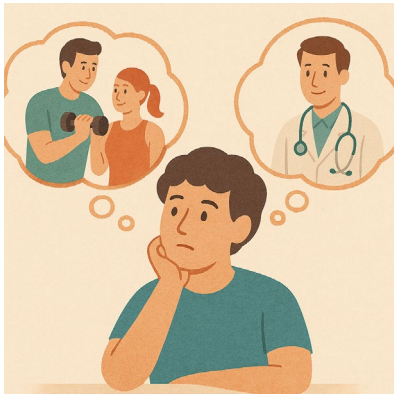
- Where people do exercise physiology

Like at

- Home
- Clinic
- Gym.



- How it fits into your 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.

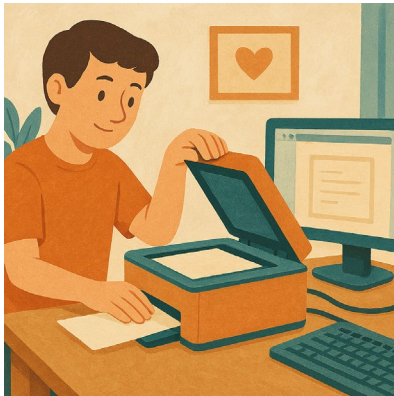


You can share anything you think will help us understand how you use exercise physiology.

Please write your answer in the box.



Thank you for doing our survey.



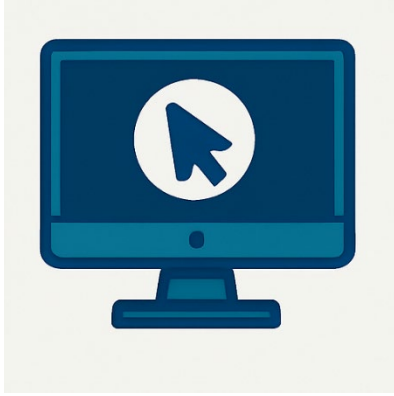
If you printed out the survey you need to

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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