

## **MEDIA RELEASE**

**7 December 2023**

### **All levels of government must work together to deliver NDIS reforms**

Peak psychology body the Australian Association of Psychologists says while the NDIS Review report contains many aspirational recommendations for a whole of system reform, the ultimate proof will be in its delivery.

AAPi Executive Director, Tegan Carrison, said all levels of government needed to work with health professionals, people with disability and their loved ones to ensure that no-one is left behind.

“We are experiencing a mental health crisis in this country with record levels of barriers in accessing the care people with disabilities need. Now is the time to take action,” she said.

“The report rightly outlines that a whole of system reform is needed. AAPi has been shouting from the rooftops with the relevant recommendations to assist the psychology sector.

“Families and individuals who are struggling today, need help today.”

AAPi supports the review’s recommendation for joint investment in ‘psychosocial supports outside the NDIS to assist people with severe and persistent mental ill-health currently unable to access supports’.

“However, for those with complex mental health conditions, 40 Medicare sessions per year are necessary to adequately support their needs. Cost remains a significant barrier for access to mental health treatment so rebates must be increased to improve this access,” Ms Carrison said.

A recent survey by AAPi on the NDIS showed that for those who were eligible to use Medicare rebates instead of NDIS funding, 70% were unable to afford the out-of-pocket costs.

“The public mental health system has no capacity to pick up this shortfall without substantial reform and investment, making investment in Medicare services a more cost effective and effective solution.”

You can find AAPi’s original submission to the NDIS review here (item no 25).

#### **About AAPi**

The AAPi is a not-for-profit peak body for psychologists that aims to preserve the rich

diversity of psychological practice in Australia. Formed in 2010 by a group of passionate grassroots psychologists, the AAPi’s primary goal is to address inequality in the profession and represent all psychologists and their clients equally to government and funding bodies.

Its primary mission is to lobby for equitable access for the Australian public to professional psychological services such as Medicare Better Access Scheme and the National Disability Insurance Scheme.

---

Ends