# Teenage Physical Activity

NDIS information for participants, families and support teams

Never Too Old to Play | Chirnside Park

## What this program is for

This small-group Exercise Physiology program is designed for teenagers who may have found movement, coordination, PE classes or team sport difficult and now avoid physical activity. The focus is on rebuilding movement confidence, coordination, strength and participation in a supportive environment.

### NDIS - when Exercise Physiology may be funded

Exercise physiology is recognised by the NDIS as a therapy support when it meets the NDIS funding criteria.

NDIS-funded therapy needs to be disability-related and linked to functional outcomes. It is not the same as general fitness, gym membership, personal training or a social group described as therapy.

For an eligible teenager, Exercise Physiology may be relevant when goals relate to functional movement, mobility, strength, balance, coordination, physical capacity, independence or participation at home, school or in the community.

Evidence may be needed to show why Exercise Physiology is appropriate for the participant's disability-related needs and goals.

### WHAT WE MAY WORK ON

Movement confidence after negative experiences with PE, sport or coordination-based activities.

Strength, balance, catching and throwing, coordination, reaction time, movement planning and general physical capacity.

Trying movement in a supportive small group where teenagers are not expected to perform at the same level or keep up with each other.

Building confidence to participate more comfortably in everyday physical activity, recreation and community life.

### IMPORTANT - NDIS funding is individual

Funding is not based on the teenager simply attending the group or having an NDIS plan.

The Exercise Physiology support needs to be appropriate for the participant's disability-related functional goals and included within their available NDIS funding arrangements.

Contact Robyn before booking if you would like to discuss goals, documentation or whether the program may align with the participant's plan.

### Current public group

**Thursday 4:30-5:30pm**

$22 casual | Small supportive group

Participation remains subject to clinical suitability. NDIS claiming arrangements depend on the participant's plan and funding management.

### A different movement environment

The aim is to create a community where teenagers can practise without being teased if they drop a ball, miss a target or find a balance task difficult. The focus is progress, confidence and participation - not sporting performance.

**Robyn Papworth - Accredited Exercise Physiologist (ESSA)**

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