

Access to Support Fact Sheet

ABOUT LIFE MATTERS PSYCHOLOGISTS

Life Matters Psychologists believes in helping people to thrive. Our mission is to provide timely and accessible care of the highest quality to kids, adults and organisations. We offer a range of health and wellbeing services including psychological assessment and counselling, educational and online therapy programs as well as corporate leadership and workplace services. Committed to quality in all that we do, we help people cultivate self-worth, build resilience and grow in mental wellness in order to thrive.

Life Matters Psychologists is committed to delivering best practice ethical standards in all areas of our business.

For the individual we provide the following psychological services:

- psychological assessment and counselling in many clinical areas;
- Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), Mindfulness, Eye Movement Desensitisation Reprocessing and other evidence-based therapies;
- psychological assessment and counselling for workers compensation related rehabilitation;
- Employee Assistance Programs (EAPs);
- Behaviour Assessment and Behaviour Management Plans;
- social and emotional development programs for children;
- online mental health assessments and cognitive assessments; and
- workshops in resilience, well-being, insomnia management, stress management and Building Effective Workplace Relationships.

Clients of Life Matters Psychologists fall into one of the following categories: NDIS Participant; private self-funded client; public-funded clients through certain Local Health Districts; Private health insurance clients; Clients covered by Work Cover; and DVA-funded clients. Life Matters Psychologists is committed to ensuring that all Clients including NDIS Participants have access to relevant and appropriate support.

NDIS SUPPORT

The NDIS funds a range of supports and services which may include education, employment, social participation, independence, living arrangements and health and wellbeing.

In order to be considered reasonable and necessary, a support or service:

- must be related to a Participant's disability;
- must not include day-to-day living costs not related to your disability support needs, such as groceries;

- should represent value for money;
- must be likely to be effective and work for the Participant; and
- should take into account support given to you by other government services, your family, carers, networks and the community.

REASONABLE AND NECESSARY REPORTS

A Participant's reasonable and necessary supports take into account any informal supports already available to the individual (informal arrangements that are part of family life or natural connections with friends and community services) as well as other formal supports, such as health and education.

These supports will help Participants to:

- pursue their goals, objectives and aspirations;
- increase their independence;
- increase their independence; and
- develop their capacity to actively take part in the community.

SERVICES

As a registered NDIS provider, Life Matters Psychologists provides opportunities for growth by promoting its services as part of the NDIS, by: • regularly reviewing and updating its website details to include NDIS registration status; • regularly interacting with relevant community groups and related health and support providers; • encourage word-of-mouth through existing Clients and networking; and • keep its details up-to-date within the myplace Provider Portal.

ACCESS TO SUPPORT

Life Matters Psychologists provides all Participants with support by: • issuing a Welcome Pack – of information documents; • advising of its public website; and • regularly communicating with all Participants to ensure their NDIS Plan is on target to meet their goals.

FURTHER CONTACT

If further contact is needed:

by mail: Life Matters Psychologists 29 Donald St Hamilton NSW 2303

by email: info@lifematters.com.au

by visiting our website: www.lifematters.com.au