

## 9 Week Online Autism Parental Stress Relief Program & Support Group

Inclusions	Costing
<b>Weekly Instructional Videos + Daily Lessons</b>  Distributed through membership site and email over 9 weeks.  Total hours of content :  Daily lessons - 40 days x 15min = 10hrs Weekly lesson - 1 hour per week x 8 = 8 hrs  <b>Total hours = 22hours of content delivered</b>	18 x \$50 per hour = \$900.00
<b>Fortnightly Live Online Webinars Delivered by Jackie Hall over 9 week program</b>  4 x 1.5 hour webinars delivered over 8 weeks = 6 hours	6 hours x \$50 per hour = \$300
*Conservative Estimations of use are calculated here: <b>Unlimited LIVE Online support via Facebook private Group to get questions answered 7 days per week by professional counsellors.</b>  *2 hours per week x 9 weeks = 18 hours	18 hours x \$50 per hour = \$800
This 9 week program also includes a <b>Lifetime Gold Membership</b> which includes the following: <ul style="list-style-type: none"> <li>• Access to 14 additional Online parenting programs</li> <li>• 5 x Parenting Ebooks Authored by Jackie Hall</li> <li>• Live Online Facebook support group. Unlimited Lifetime Access.</li> <li>• Bi-Monthly Live webinars for life</li> <li>• Access to any new programs launched for life</li> <li>• Access to any live online programs run by the PSC</li> </ul>	Normal program Fee for Life Gold Membership = \$970
Total Combined	<del>\$2970.00</del>
<b>Total Invoiceable amount (Inc.discount of 50.33% applied)</b>	
<b>\$1495.00</b>	

### Who is this program run by?

Qualified Counsellor and Parental Mental Health Specialist, Jackie Hall delivers an intensive 9 week program teaching parents how to reduce stress, depression and/or anxiety associated with parenting children on the autism spectrum.

To the left, are the inclusions and the costings outlined for this program\*

\*Note, these costings include estimations used to calculate the use of the live support component of the programs

Parental Stress Centre of Australia Pty Ltd

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## About This Program

This 9 week program alongside our suite of 14 other parenting programs can assist parents to help their child to reach certain goals, such as emotional regulation, communication, incorrect and distorted thinking, and improvement of overall mental health.

This program focuses on both the mental health of the parent, so that they are able to emotionally support their child, and it teaches parents techniques for helping a child with anxiety, depression, coping strategies and mindfulness techniques to deal with the stress of day to day living.

The program teaches parents to understand the purpose or function of their child's behaviour and create management plans to alleviate their child's stress and learn coping techniques for challenging situations.

This price of \$1495 includes the 9 week ASD program with support during the 9 weeks, as well as a lifetime membership as a gold member, giving access to another 14 parenting programs, ebooks and ongoing bi-monthly webinars and support through our gold member's facebook group 7 days a week forever.

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## Capacity Building - Improved Daily Living

Item Number	Item Name and Notes	Unit	NSW VIC QLD ACT	Price Limits		
				WA SA TAS NT	Remote	Very Remote
15_056_0128_1_3	<b>Assessment, Recommendation, Therapy or Training (including Assistive Technology) - Other Therapy</b> <ul style="list-style-type: none"> <li>Provision to a participant of Assessment, Recommendation, Therapy, or Training (including in assistive technology) supports.</li> <li>The support must be delivered by a suitably qualified allied health professional.</li> </ul>	Hour	\$193.99	\$193.99	\$271.59	\$290.99
15_062_0128_3_3	Dietitian Consultation And Diet Plan Development <ul style="list-style-type: none"> <li>Provision of advice to a participant on managing diet for health and well-being due to the impact of their disability</li> </ul>	Hour	\$193.99	\$193.99	\$271.59	\$290.99
15_200_0126_1_3	Exercise Physiology <ul style="list-style-type: none"> <li>Provision of advice to a participant regarding exercise required due to the impact of their disability to a participant.</li> </ul>	Hour	\$166.99	\$166.99	\$233.79	\$250.49
15_200_0128_1_3	Exercise Physiology <ul style="list-style-type: none"> <li>Provision of advice to a participant regarding exercise required due to the impact of their disability to a participant.</li> </ul>	Hour	\$166.99	\$166.99	\$233.79	\$250.49

## Hearing Supports

These support items provide for hearing services not covered under the MBS performed by a suitably qualified Audiologist or Audiometrist.

These support items can be delivered to individual participants subject to the rules set out in this *Price Guide*.

As well as direct service provision, these support items can be used to claim for

- **Non-Face-to-Face Support Provision**
- **Provider Travel**
- **Short Notice Cancellations**
- **NDIA Requested Reports.**

Providers of this support can also claim for the costs of:

- **Provider Travel - Non-Labour Costs** using support item 15\_799\_0119\_1\_3 or 15\_799\_0134\_1\_3, depending on their Registration Group.

These support items are subject to price limits.

Item Number	Item Name and Notes	Unit	NSW VIC QLD ACT	Price Limits		
				WA SA TAS NT	Remote	Very Remote
15_501_0119_1_3	Audiologist hearing services	Hour	\$193.99	\$193.99	\$271.59	\$290.99
15_502_0134_1_3	Audiologist hearing services	Hour	\$193.99	\$193.99	\$271.59	\$290.99
15_503_0134_1_3	Audiometrist hearing services	Hour	\$166.83	\$166.83	\$233.56	\$250.25

## Multidisciplinary Team Supports

This support item enables a coordinated multidisciplinary approach to be delivered to participants beyond the age covered by the Early Childhood Early Intervention approach. All team members

This support item can be delivered to individual participants subject to the rules set out in this *Price Guide*.

This support item is subject to quotation. It should only be used if it is a stated item in a plan.

Item Number	Item Name and Notes	Unit	Price Limits		
			National	Remote	Very Remote
15_046_0129_1_3	Specialised Driver Training	Each		N/A	

## Other Supports

These support items assist the development of, or increase, a participant's skills and or capacity for independence and community participation.

These support items can be delivered to individual participants subject to the rules set out in this *Price Guide*.

As well as direct service provision, this support item can be used to claim for

- **Non-Face-to-Face Support Provision**
- **Provider Travel**
- **Short Notice Cancellations**
- **NDIA Requested Reports.**

Providers of this support can also claim for the costs of

- **Provider Travel - Non-Labour Costs** using support item 15\_799\_0106\_1\_3 or 15\_799\_0117\_1\_3 or 15\_799\_0135\_1\_3, depending on their Registration Group.

These support items are subject to price limits.

Item Number	Item Name and Notes	Unit	Price Limits		
			National	Remote	Very Remote
15_035_0106_1_3	Assistance With Decision Making, Daily Planning and Budgeting <ul style="list-style-type: none"> <li>• Provision of time limited support to assist a person to develop and maintain daily budget, including assisting in planning purchases.</li> </ul>	Hour	\$54.30	\$76.02	\$81.45
15_037_0117_1_3	Skill Development And Training to increase independence, including Public Transport Training <ul style="list-style-type: none"> <li>• Individual training provided in the home for general life skills to increase independence.</li> </ul>	Hour	\$54.30	\$76.02	\$81.45
15_038_0117_1_3	<b>Training For Carers/Parents</b> <ul style="list-style-type: none"> <li>• <b>Training for carers in matters related to caring for a person with disability.</b></li> </ul>	Hour	\$61.76	\$86.46	\$92.64
15_047_0135_1_3	Selection and/or Manufacture of Customised or Wearable Technology	Hour	\$193.99	\$271.59	\$290.99

## Temporary COVID Supports

This support item has been temporarily created to support the increased need for online appointments (web, telehealth or application based approaches) given the suspension of face-to-face services due to the social distancing regulations. It can be used to purchase low cost smart devices. Further information can be found on page 33.

This support item can be delivered to individual participants subject to the rules set out in this *Price Guide*.