

9-week Online Autism Parental Stress Relief Program & Support Group

Inclusions	Costing
Weekly Instructional Videos + Daily Lessons 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 Total hours = 18 hours of content delivered	18 x \$50 per hour = \$900.00
Fortnightly Live Online Webinars Delivered by Jackie Hall over 9 week program 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: Unlimited LIVE Online support via Facebook private Group to get questions answered 7 days per week by professional counsellors. *2 hours per week x 9 weeks = 18 hours	18 hours x \$50 per hour = \$900
This 9 week program also includes a Lifetime Access to the Total Gold Support Program which includes the following: <ul style="list-style-type: none"> • Access to 14 additional Online parenting programs • 5 x Parenting Ebooks Authored by Jackie Hall • Live Online Facebook support group. Unlimited Lifetime Access. • Bi-Monthly Live webinars for life • Access to any new programs launched for life • Access to any live online programs run by the PSC 	Normal program Fee for Life Gold Membership = \$970
Total Combined	\$3070.00
Total Invoiceable amount (Inc.discount of 48.69% applied)	\$1495.00

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

PO Box 181
Landsborough Q 4550

Ph: 1300 948 608

Please note: If using the Core supports, the invoice will be issued under Line item #01_741_0128_1_3 - Allied Health Therapy Training & calculated at 7.7 hours x \$193.99 - totalling \$1493.72.

If using the Capacity Building - Improved Daily Living Section of the plan, the invoice will be issued under Line item #15_038_0117_1_3 - Parent Skills Training & calculated at 22.97 hours x \$56.09 - totalling \$1495.12

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 Autism 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.

Parental Stress Centre of Australia Pty Ltd
PO Box 181
Landsborough Q 4550

Ph: 1300 948 608

Item Number	Item Name and Notes	Unit	National	Remote	Very Remote
01_626_0114_1_1	Delivery Of Health Supports by an Nurse Practitioner - Saturday	Hour	\$219.00	\$306.60	\$328.50
01_627_0114_1_1	Delivery Of Health Supports by an Nurse Practitioner - Sunday	Hour	\$251.81	\$352.53	\$377.72
01_628_0114_1_1	Delivery Of Health Supports by an Nurse Practitioner - Public Holiday	Hour	\$284.61	\$398.45	\$426.92

Therapy-related health supports

These **Disability-Related Health Supports** provide care, other than nursing care, to respond to the disability-related health needs of a participant where that care is not the usual responsibility of the health system. They have been temporarily duplicated into the *Assistance with Daily Life* Support Category so that participants can have greater access to these supports if they need them. See pages 102 and 103 for further information on these support items.

These support items can be delivered to individual participants subject to the rules set out in this *NDIS Pricing Arrangements and Price Limits*.

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 01_799_0118_1_1 or support item 01_799_0128_1_1, depending on their Registration Group.

These support items are subject to price limits as set out in the following Table. Different price limits apply depending on the type of allied health professional who delivers the support.

Item Number	Item Name and Notes	Unit	NSW VIC QLD ACT	WA SA TAS NT	Remote	Very Remote
01_700_0118_1_3	Capacity Building Supports For Early Childhood Interventions - Psychology • Must be delivered by a Psychologist.	Hour	\$214.41	\$234.83	\$328.76	\$352.25
01_720_0118_1_3	Capacity Building Supports For Early Childhood Interventions - Physiotherapy • Must be delivered by a Physiotherapist.	Hour	\$193.99	\$224.62	\$314.47	\$336.93
01_740_0118_1_3	Capacity Building Supports For Early Childhood Interventions - Other Therapy • Must be delivered by a suitably qualified allied health professional or early childhood educator.	Hour	\$193.99	\$193.99	\$271.59	\$290.99
01_701_0128_1_3	Assessment, Recommendation, Therapy and/or Training (including Assistive Technology) - Psychology • Must be delivered by a Psychologist.	Hour	\$214.41	\$234.83	\$328.76	\$352.25
01_721_0128_1_3	Assessment, Recommendation, Therapy and/or Training (including Assistive Technology) - Physiotherapy • Must be delivered by a Physiotherapist.	Hour	\$193.99	\$224.62	\$314.47	\$336.93

Item Number	Item Name and Notes	Unit	NSW VIC QLD ACT	WA SA TAS NT	Remote	Very Remote
01_741_0128_1_3	Assessment, Recommendation, Therapy and/or Training (including Assistive Technology) - Other Therapy <ul style="list-style-type: none"> Must be delivered by a suitably qualified allied health professional. 	Hour	\$193.99	\$193.99	\$271.59	\$290.99
01_760_0128_3_3	Dietitian Consultation And Diet Plan Development <ul style="list-style-type: none"> Provision of advice to a participant on managing diet for health and well-being due to the impact of their disability 	Hour	\$193.99	\$193.99	\$271.59	\$290.99

Temporary COVID 19 Supports

Supported Independent Living

In response to the COVID-19 pandemic, two support items have been temporarily introduced to assist participants who are living in supported independent living arrangements where additional supports are required by the participant because of the pandemic. They are claimable for a participant living in a supported independent living arrangement who:

- has been diagnosed with COVID-19 (until they are no longer infectious – as a guide, the National Management Guidelines state that this is generally for a period of up to 14 days); or
- is in areas outlined in the **Addenda to the NDIS Pricing Arrangements and Price Limits**:
 - is required by government or medical authorities to self-isolate or quarantine; or
 - is required on the advice of a medical practitioner to self-isolate or quarantine because they are displaying symptoms of COVID-19 or are suspected to have come into contact with a person suspected of having contracted COVID-19; or
 - is in isolation or quarantine while waiting for the results of a COVID-19 test or because of measures taken by government or medical authorities in response to the COVID-19 pandemic.

These support items can be delivered to individual participants subject to the rules set out in this *NDIS Pricing Arrangements and Price Limits*.

These support items are being introduced temporarily. They can only be claimed during the periods specified in the **Addenda to the NDIS Pricing Arrangements and Price Limits**.

These support items are subject to price limits as set out in the following Table.

Item Number	Item Name and Notes	Unit	National	Remote	Very Remote
01_795_0115_1_1	COVID-19 SIL Cleaning Services <ul style="list-style-type: none"> Temporary support for eligible participants living in supported independent living arrangements and who require cleaning services to help prevent the spread of the disease. This support item can be used for a one-off professional deep cleaning of a residence of an eligible participant. The item is only claimable once per eligible participant. 	Each	\$300.00	\$420.00	\$450.00

Item Number	Item Name and Notes	Unit	National	Remote	Very Remote
15_427_0114_1_3	Delivery Of Health Supports by an Nurse Practitioner - Sunday	Hour	\$251.81	\$352.53	\$377.72
15_428_0114_1_3	Delivery Of Health Supports by an Nurse Practitioner - Public Holiday	Hour	\$284.61	\$398.45	\$426.92

Specialised Driver Training Support

This support item provides driving lessons required due to the impact of a participant's disability. This item should be in response to an assessment by a specialist Driver Trained Occupational Therapist.

This support item can be delivered to individual participants subject to the rules set out this *NDIS Pricing Arrangements and Price Limits*.

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	National	Remote	Very Remote
15_046_0129_1_3	Specialised Driver Training	Each	N/A	N/A	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 this *NDIS Pricing Arrangements and Price Limits*.

As well as direct service provision, these 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 their Registration Group.

These support items are subject to the price limits set out in the following Table.

Item Number	Item Name and Notes	Unit	National	Remote	Very Remote
15_035_0106_1_3	Assistance With Decision Making, Daily Planning and Budgeting <ul style="list-style-type: none"> Provision of time limited support to assist a person to develop and maintain daily budget, including assisting in planning purchases. 	Hour	\$57.10	\$79.94	\$85.65
15_037_0117_1_3	Skill Development And Training to increase independence, including Public Transport Training <ul style="list-style-type: none"> Individual training provided in the home for general life skills to increase independence. 	Hour	\$57.10	\$79.94	\$85.65
15_038_0117_1_3	Training For Carers/Parents <ul style="list-style-type: none"> Training for carers in matters related to caring for a person with disability. 	Hour	\$65.09	\$91.13	\$97.64
15_047_0135_1_3	Selection and/or Manufacture of Customised or Wearable Technology	Hour	\$193.99	\$271.59	\$290.99