

Course breakdown for NDIS billing:

Qualified Counsellor and Parental Mental Health Specialist, Jackie Hall delivers an intensive 9-week program teaching emotional regulation and behavioural strategies to help autistic children of all ages. Although a program to help the child, we believe it is also critical to address the parents stress, depression and/or anxiety so they are better equipped to teach these strategies to their child. Below 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.

<p>Weekly Instructional Videos + Daily Lessons Distributed through membership site and email over 9 weeks. Daily lessons - 40 days x 15min = 10hrs Weekly lesson - 1 hour per week x 8 = 8 hrs Total hours = 18 hours of content delivered</p>	<p>18 x \$50 per hour = \$900</p>
<p>Fortnightly Live Online Webinars Delivered by Jackie Hall over 9 week program 4 x 1.5 hour webinars delivered over 9 weeks = 6 hours</p>	<p>6 x \$50 per hour = \$300</p>
<p>*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</p>	<p>18 x \$50 per hour = \$900</p>
<p>This 9 week program is a part of our lifetime access to the Total Gold Support Program which includes the following: • Access to 14 additional Online parenting programs • 5 x Parenting Ebooks Authored by Jackie Hall • Live Online Facebook support group. Unlimited Lifetime Access. • Monthly Live webinars for life</p>	<p>Normal program Fee for Life Gold Membership = \$970</p>
<p>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 \$65.09 - totalling \$1495.12</p>	<p>Total Value \$3,070 Total Invoiced \$1,495</p>

Why a child's plan can be used...

As a part of our lifetime support program, this 9-week program (alongside our suite of 14 other 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 teaches parents how to identify stressful thinking lenses in both themselves and their children, and how to upgrade this thinking. It teaches 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 helps parents to understand the purpose or function of their child's behaviour so they can create management plans to alleviate their child's stress and learn coping techniques for challenging situations.

This fee of \$1,495 includes the 9-week autism program with support during the 9 weeks, as well as our lifetime Gold Support, giving access to another 14 programs, five ebooks and ongoing monthly webinars, and support through our Gold Support Facebook Group 7 days a week - forever.

The NDIS fully supports programs such as these that upskill the parents or carers, enabling them to have a long-term positive effect on the participants wellbeing.

Capacity Building Improved Daily Living

Line item 15_038_0117_1_3 will be used highlighted on page 98 of the pricing guidelines.

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

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	\$62.17	\$87.04	\$93.26
15_037_0117_1_3	Skill Development And Training including Public Transport Training <ul style="list-style-type: none"> • Individual training provided in the home for general life skills to increase independence. 	Hour	\$62.17	\$87.04	\$93.26
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	\$70.87	\$99.22	\$106.31
15_047_0135_1_3	Selection and/or Manufacture of Customised or Wearable Technology	Hour	\$193.99	\$271.59	\$290.99



We would genuinely love to speak with you.

Whether you would like to chat about getting us put in your NDIS Plan, a particular family's circumstances or becoming an active referral partner.

Phone: 1300 948 608

Email: info@parentalstress.com.au

Web: www.parentalstresscentre.com

Here's who you'll speak to...

Kristy Collis

Business Support Manager

Is your first port of call for anything related to getting parents on the programs or questions around the NDIS. She is here to make the process as simple as possible for everyone, as long as she's had her morning coffee.

Katrina Gilliland or Laura Holt

Membership and Administration

Team work makes the dream work and these two work so well together it's like they could be the same person! Once signed on Katrina or Laura will be in touch to explain the onboarding process, help with invoice or ndis queries, tech help and anything else admin related.

Jackie Hall

Founder and lead counsellor at the PSC

Jackie is ridiculously passionate about helping people through our programs but a little averse to answering phones, you're always better to get her on email.