

autism parent/carer training and support

For carers of children from 3 years
to young adults

100% Flexible
to fit with your
busy family life

Changing Families' Lives Through Lasting Parent Support

Whether a family is just starting their autism journey or has long sought neurodivergent-affirming guidance, this training meets them where they are.

The Parental Stress Centre delivers autism-specific parent and carer training that complements — not replaces — the work of OTs, psychologists, and other allied health professionals. While those clinicians provide essential assessments and therapy, we provide the in-between support — helping parents apply strategies at home, adapt them to their child's needs, and troubleshoot challenges in real time with online professional counselling.

This practical, ongoing guidance strengthens the carryover of therapy strategies, improves family functioning, and reduces the likelihood of escalation or crisis. Parents build the skills, confidence, and resilience to address meltdowns, anxiety, and aggression, while fostering stronger family connections.

The NDIS is only invoiced for the first 2-3 weeks of delivered training, but families continue to access resources, group sessions, and professional counselling for 12 months or lifetime at no additional cost — **sustaining progress and reducing long-term reliance on services.**

*"My life, our family has changed 100%.
Where there was resentment there is now love
and understanding. Rather than wanting to
escape my family, I want to be a part of it
again." — Lisa M., mother of an autistic
daughter & neurodivergent husband*

check
out our
website
[Here](#)

your mental health

- Parent mental health first
- Avoiding the Conflict Cycle
- Co-regulation tools
- Ongoing parenting support

understanding autism

- Understand behaviour
- Masking awareness
- Sensory needs
- Executive function
- Neuro-affirming lens

overcoming barriers

- Meltdowns/Shutdowns
- Anxiety & PDA
- School avoidance (can't)
- Aggressive behaviours
- Emotional Regulation
- De-escalation strategies

skills and connection

- Teaching new skills
- Social confidence
- Improve relationships
- Communication and connection
- Self-advocacy
- Child-centred goal setting

Program Outline and support options

Tailored support with pricing to fit every family's journey.

Claiming the program through your Child's NDIS

Our autism-specific parent and carer training is claimable under Parent/Carer Training line item 15_038_0117_1_3 in the updated NDIS Price Guide (effective 1 July 2025).

As an ACA-registered counsellor, we meet the provider requirements in the NDIS Pricing Arrangements to deliver this line item. This training is disability-specific, evidence-based, and aligns with plan goals in emotional regulation, relationships, and social skills — making it suitable for both Early Childhood Intervention and broader Capacity Building plans.

If you are plan-managed or self-managed and have Capacity Building funds linked to these goals, speak with your plan manager or LAC to confirm if this training can be claimed under your child's plan.



PROGRAM + COMMUNITY CONNECTION & PROFESSIONAL SUPPORT 12 MONTH ACCESS	PROGRAM ONLY + PERSONALISED SUPPORT + COMMUNITY CONNECTION LIFETIME ACCESS
\$352	\$700
<ul style="list-style-type: none"> ✓ 21 hours of parent/carers education ✓ Bite Sized Daily tools ✓ Monthly Group Counselling Sessions for 12 months ✓ Access to Private Support Forum for 12 months ✓ Interactive 111 page Workbook 	<ul style="list-style-type: none"> ✓ Lifetime Access: 21 Hours parent/carers education ✓ Lifetime Access: Bite Sized Daily tools ✓ Ongoing: Monthly Group Counselling Sessions ✓ Ongoing: Private Counselling Email Support ✓ Interactive 111 page PDF Workbook ✓ Ongoing: access to Private support forum ✓ Lifetime Access: Additional 14 PSC parenting online programs ✓ Bonus: 5 Parenting E-books written by Jackie Hall

How it works

- 1 Check your funding** – Confirm with your LAC or plan manager that your plan includes Capacity Building funds for Parent/Carer Training (line item 15_038_0117_1_3).
- 2 Enrol** - Fill in our form from our website to register to begin the training.
- 3 Start your training** – Access your first weeks of content immediately. A monthly group call is scheduled during this time, and once this first block is delivered, we'll issue your invoice.
- 4 Invoice after delivery** - Around 2–4 weeks after you start, once your first block of training and the scheduled group call have been delivered, we'll issue an NDIS-compliant invoice in arrears.
- 5 Claim payment through NDIS** - If plan-managed, your invoice will be sent directly to your plan manager. If you're self-managed, simply upload it to the NDIS portal for payment and then pay us direct.
- 6 Unlock complimentary supports** - Once your invoice has been paid, you'll also gain complimentary access to additional training resources, monthly group calls, and counselling support at no extra cost.

TAX INVOICE

Parent Name

Invoice Date

8 Sep 2025

Invoice Number

INV-9852

Reference

NDIS #:123456 NDIS
Participant: Test Testing

ABN

60 603 122 336

Parental Stress Centre Pty
Ltd

PO Box 181
LANDSBOROUGH QLD

4550

www.parentalstresscentre.
com

E:
info@parentalstress.com.au

P: 1300 948 608

ACA: 13844

Description	Quantity	Unit Price	GST	Amount AUD
Line Item #15_038_0117_1_3 - Disability-Specific Parent/Carer Training Week 1 - 18th Aug to 24th Aug, 2025	2.25	80.00	GST Free	180.00
Line Item #15_038_0117_1_3 - Disability-Specific Parent/Carer Training Week 2 - 25th August - 31st August, 2025	2.50	80.00	GST Free	200.00
Line Item #15_038_0117_1_3 - Disability-Specific Parent/Carer Training Week 3 - 1st September - 8th September, 2025 (includes group zoom training call - 2 hours)	4.00	80.00	GST Free	320.00
Teaching carers to support participant with Emotional Regulation, Relationship building, Executive functioning and daily living skills, and building ongoing psychological wellbeing provided by ACA Registered Counsellor	1.00	0.00	GST Free	0.00
Complimentary Inclusions: 16.5 hours of further Autism-specific Parent/Carer Training 111 Page - Autism Training Digital Workbook Ongoing Lifetime access to Monthly Group training (2hours per month) Ongoing Lifetime access to Personalised Email Counselling (as needed) Ongoing Lifetime access to Private Group forum and professional counselling support (as needed) Lifetime Access to all 15 Parenting Programs	1.00	0.00	GST Free	0.00
TOTAL AUD				700.00

Due Date: 8 Sep 2025

Bank Deposit details:

BSB: 064 226

Account number: 1006 2452

Account name: Parental Stress Centre Pty Ltd

Service Agreement

Autism Parent/Carer Training

This agreement is made between:

as a representative of Registered NDIS Client:

under NDIS #: _____,
and

The Parental Stress Centre Pty Ltd
ABN: 60 603 122 336

Before signing, the Client confirms they have checked with their Plan Manager or Local Area Coordinator (LAC) whether this program can be claimed under the above-mentioned Registered NDIS Client's plan.

The Client agrees to:

a) Receive immediate access to the first three weeks of training content and one live group training call upon registration.

b) An NDIS-compliant invoice will be emailed around 3–4 weeks after registration, once these services have been delivered. The client will email the invoice to their plan manager, or (if self-managed), upload the invoice to the NDIS Portal.

c) After the invoice is paid, the Client will receive complimentary access to the extended inclusions (remainder of Autism Training, additional training, counselling, lifetime access). These inclusions are provided at no extra cost and are not part of the billable NDIS service.

This agreement continues until the services in the Table of Services are delivered. Any extra access or resources are complimentary and not part of the billable NDIS service.

Service Provider's Responsibilities

The Service Provider will:

- Provide services that meet the Client's needs, with courtesy and respect.
- Consult the Client on any decisions about how services are provided.
- Follow the arrangements in the Table of Services.
- Listen to feedback, resolve problems quickly, and protect the Client's privacy.
- Maintain required insurances and clear service records.
- Issue invoices showing services provided, costs, and payment details.
- Notify the Client of any changes to contact details.

Client's Responsibilities

The Client will:

- Pay for the program upfront at the time of registration.
- If eligible, arrange for the NDIS to reimburse themselves (through their Plan Manager or, if self-managed, by uploading the invoice to the NDIS portal).
- Work with the Service Provider to ensure services meet their needs.
- Treat the Service Provider with courtesy and respect.
- Raise any problems with the Service Provider promptly.

Service Agreement

Autism Parent/Carer Training

Contact Details

The Client can be contacted on:

Phone Number - Day Time	
Mobile Phone Number	
Email	
Address	

The Service Provider can be contacted on:

Contact Name	Jackie Hall - Director of the Parental Stress Centre
Phone Number - Day Time	1300 960 508
ABN	603 122 756
Email	info@parentalstresscentre.com.au

Agreement Signatures

The Client and the Service Provider agree to the terms set out above.

Signature of Client _____ Date: _____

[If signed by a Nominee:]

I confirm that this agreement has been explained to the person receiving the services and that they agree to this.

Signature on behalf of Service Provider Jackie Hall Date: _____

Table of Services & Pricing Details

Autism Parent/Carer Training

Table of Services

Service	Description of Service	Price and Payment Information	How the services will be provided
Immediate Access to the Autism-Specific Parent Training Package 3	<p>Online training program delivering a total of 21 hours of parent/carers education.</p> <p>For NDIS claiming purposes, only 8.75 hours are billed: 6.75 hours of pre-recorded online training + 2 hours of live group Zoom training.</p> <p>The remaining hours are provided at no cost. Content focuses on neuro-affirming strategies to support an autistic child's emotional regulation, communication, and daily living skills.</p>	<p>One-time fee: \$700 (Billed in arrears. GST not applicable).</p> <p>For NDIS claiming purposes, 8.75 hours are billed @ \$80 per hour under Capacity Building - Improved Daily Living, Line item #15_038_0117 1-7.</p> <p>The Client initially receives 3 weeks of training content plus the group Zoom. Remaining inclusions are unlocked after invoice payment and are complimentary (not part of NDIS billing).</p>	<p>Clients do not pay upfront. An NDIS-compliant invoice will be emailed in arrears, after the Client has received 3 weeks of content and one scheduled live group call has been delivered. Complimentary resources and ongoing supports are unlocked after payment and are not part of the NDIS claim.</p>

Complimentary Inclusions

(Provided at no additional cost — not part of NDIS billing)

- Additional 12.25 hours of Autism-specific pre-recorded training and resources.
- Lifetime access to the Autism Parenting Program content.
- Lifetime access to all 14 additional PSC online parenting programs.
- Ongoing monthly webinars facilitated by qualified counsellors.
- Ongoing personalised email counselling (as needed).
- Ongoing access to private support forum.
- Access to 5 parenting e-books by Jackie Hall.
- 111-page Autism Training Digital Workbook (interactive PDF).

About this Training program



What it is

This autism-specific parent/carers training package is an evidence-based, neuro-affirming education and support service designed to build the skills, confidence, and capacity of families to support their autistic child.

Delivered by qualified counsellors, it equips parents with practical strategies to improve their child's emotional regulation, communication, and daily living skills, while also supporting the mental health and resilience of the parent/carers.

How it works with other supports

This training complements — rather than replaces — the work of allied health professionals such as occupational therapists, psychologists, and speech pathologists.

While those clinicians provide targeted assessments and therapy, we provide the in-between support — helping parents apply strategies at home, adapt them to their child's unique needs, and troubleshoot challenges in real time through ongoing professional guidance.

This practical carryover strengthens the effectiveness of other therapies, improves family functioning, reduces the likelihood of escalation or crisis, **and decreases long-term reliance on funded services by building lasting skills and confidence within the family.**

Why it matters

By building lasting skills and confidence within the family, this training reduces long-term reliance on funded services. Families continue to receive professional guidance through complimentary webinars, counselling, and resources, ensuring strategies can be revisited as your child's needs evolve.



Billing & NDIS Claiming

Clients do not pay upfront. An NDIS-compliant invoice (covering the billed training hours) will be emailed in arrears, approximately 3–4 weeks after registration, once the first three weeks of training content and the scheduled live group training session have been delivered.

If plan-managed, the invoice will be sent directly to the Plan Manager for processing. If self-managed, parents are responsible for uploading the invoice to the NDIS portal for payment. Complimentary resources and ongoing supports are provided at no extra cost and are not part of the NDIS claim.

Taken from National Disability Insurance Scheme Pricing Arrangements and Price Limits 2025-26 - Version 1.0

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 or to groups (see Claiming for Group-Based Supports) subject to the rules set out the *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 Cancellation – 7 days**
- **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 01_799_0135_1_1 or 15_799_0135_1_3, depending on 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	\$70.23	\$98.32	\$105.35
15_037_0117_1_3	Skill Development <u>And</u> Training including Public Transport Training <ul style="list-style-type: none"> • Individual training provided in the home or in the community for general life skills to increase independence. 	Hour	\$70.23	\$98.32	\$105.35
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	\$80.06	\$112.08	\$120.09
15_047_0135_1_3	Selection and/or Manufacture of Customised or Wearable Technology	Hour	\$193.99	\$271.59	\$290.99

How Our Training Aligns with NDIS Criteria:

Supporting Individual Needs and Participation

This autism-specific parent/carer training package is designed to support differences in emotional regulation, communication, and social participation commonly experienced by Autistic children. We equip parents and carers with strategies that address barriers to participation and build on the child's strengths. By creating a foundation for a regulated emotional state, families are better able to help their child engage meaningfully in therapeutic supports such as occupational therapy, psychology, and speech therapy, maximising the benefits of those interventions.

Pursuing Goals and Aspirations

This training aligns with participant goals by improving family relationships, enhancing social participation, and supporting emotional regulation. Parents and carers learn neuro-affirming strategies to understand and respond to their child's needs, creating a home environment that fosters progress towards the participant's long-term goals and aspirations.

Supporting Work, Social, and Community Participation

Our training promotes participation by equipping parents with approaches that help their child build skills for positive relationships, communication, and daily living. Improved emotional regulation and family understanding create opportunities for greater involvement in school, community activities, and — as the child grows — potential pathways to employment and independent living.

Value for Money

For a **one-time billed fee of \$700.00** (8.75 NDIS-funded hours), families receive 6.75 hours of pre-recorded lessons and a 2-hour scheduled live group training session, plus complimentary professional supports at no extra cost. These include monthly group webinars with qualified counsellors, personalised email counselling (as needed), and extended access to additional parenting resources. By building parent/carer capacity and confidence, this training reduces the need for ongoing funded services, sustaining progress long after the billed hours have been delivered.

Effectiveness and Evidence-Informed

This training is informed by evidence-based practice, best practice in neurodivergent-affirming care, and early childhood intervention principles. We work alongside allied health professionals to ensure our strategies are practical, effective, and complementary to existing supports. We also collaborate closely with parents — many of whom are autistic themselves — whose lived experiences shape the program, ensuring it reflects the realities, strengths, and challenges of family life.

Collaboration with Supports and Complementing Informal Supports

This training complements both professional and informal supports by helping parents integrate therapeutic strategies into everyday routines. It promotes consistent approaches across home, school, and community settings, increasing the impact of formal therapies. By bridging the gap between professional sessions, **we help sustain progress, prevent setbacks, and reduce long-term reliance on funded services.**

How Our Training Aligns with NDIS Criteria:

Eligibility as an NDIS Support:

As an allied health provider, our training is eligible to be included in both Early Childhood Intervention (ECI) and NDIS plans. We meet the requirements for disability-specific parent and carer training, as outlined in the NDIS Pricing Arrangements and Price Limits (effective 1 July 2025, page 99), **line item #15_038_0117_1_3**.

Training Costs:

Total Billed Fee: \$700.00 (8.75 NDIS-funded hours x \$80 per hour).

Cost Breakdown: This fee covers 6.75 hours of online training content and one scheduled 2-hour live group training session, billed in arrears under line item 15_038_0117_1_3.

Complimentary Supports: Once the initial invoice is paid, families also receive extended access to additional training resources, monthly group calls, and counselling support at no extra cost. These inclusions are not part of the NDIS claim.

Training Content:

Our program is structured in easy-to-follow video modules that are evidence-based, along with neuro-affirming practical strategies for managing challenges such as anxiety (including PDA), emotional regulation, school avoidance, aggressive behaviours, meltdowns, and shutdowns. We equip parents with the skills to enhance their child's ability to engage with social interactions, community participation, and emotional regulation, as well as providing valuable insights to help other therapists advance those skills further.