

Alternative Options to Access a Dietitian

If you're a NDIS participant and are struggling to access dietetic services due to limited funding, here are alternative pathways you can explore:

1. Request a Plan Variation, Reassessment, or Internal Review of Decision

If your current NDIS plan doesn't meet your needs or your circumstances change, you can request a plan variation, plan reassessment, or internal review of decision.

Plan Variation or Reassessment

Plan variations are small changes without replacing your plan (e.g. reallocating funds). Plan reassessments involve a full review of your plan, creating a new plan with a new end date (e.g. to advocate for increased funding due to a significant change in circumstances). To request a change in plan (a plan variation or reassessment), complete the change of details or change of situation form found online or contact NDIS directly.

☎ 1800 800 110

✉ enquiries@ndis.gov.au

🔗 <https://www.ndis.gov.au/participants/using-your-plan/changing-your-plan/change-circumstances#change-of-details-or-change-of-situation>

Internal Review of Decision

If you are not happy with the decision NDIS made after a plan reassessment, you can request an internal review. This must be requested within 3 months from the day after you receive the original decision in writing. You can access guidelines and instructions on how to submit this request online or contact NDIS directly for further information.

☎ 1800 800 110

✉ enquiries@ndis.gov.au

🔗 <https://www.ndis.gov.au/applying-access-ndis/how-apply/receiving-your-access-decision/internal-review-decision>

Let your dietitian know if you are requesting any changes to your plan with NDIS so they can write a detailed report for you to act as supporting evidence and guide funding allocations.

2. NDIS Access & Advocacy Services

Some providers offer free support for accessing NDIS or navigating funding challenges. Contact them directly for more information:

United Supports

📍 Tuggerah

☎ (02) 4338 0086

✉ info@unitedsupports.com.au

🔗 <https://unitedsupports.com.au/>

Inspire Disability Network

📍 Warner's Bay

☎ 0421 758 620

✉ admin@inspiredn.com.au

🔗 <https://inspiredn.com.au/>

3. Private Fees

If you are able, you can access our dietitians privately by paying out-of-pocket.

Contact us to find out more about our current private fees for appointments and other services.

Optimum Intake

☎ 0499 008 451

✉ admin@optimumintake.com.au

4. Private Health Insurance

If you have extras cover, check with your insurer to see if dietitian services are included.

Coverage varies depending on your policy—contact your insurer for details and provide the following item numbers:

- 500 – Initial consultation
- 600 – Standard consultation

5. Medicare Rebates for Chronic Conditions

If eligible, your GP can refer you for up to 5 Medicare rebates for allied health per year, under a Chronic Condition Management Plan (CCMP). Eligibility and referral are at the discretion of your GP.

Important: Optimum Intake do not bulk bill, therefore there will be an out-of-pocket expense for your session. Contact us to find out more about our fees.

6. Medicare Rebates for Complex Neurodevelopmental Disorders and Eligible Disabilities (up to age 25)

Medicare-funded services are available for individuals under the age of 25 with Complex Neurodevelopmental Disorders or an eligible disability. Eligibility and referral are at the discretion of your Paediatrician or Psychiatrist for Complex Neurodevelopmental Disorders and GP or specialist for eligible disabilities.

Important: Optimum Intake do not bulk bill, therefore there will be an out-of-pocket expense for your session. Contact us to find out more about our fees.

7. My Aged Care (Ages 65+)

Individuals that are 65 years or older may be eligible for government-funded aged care support. This may allow you access to our dietitian services via Commonwealth Home Support Packages (CHSP) or Home Care Packages.

Your GP or another health professional can refer you for an assessment to see if you are eligible. Alternatively, you or a family member/friend can apply for an assessment online. If you would like further information or support, please contact My Aged Care directly.

My Aged Care

 1800 200 422

 <https://www.myagedcare.gov.au/assessment/apply-online>

7. Contact Your Local Member of Parliament (MP)

Share your experience and funding challenges.

Writing a letter can help raise awareness and advocate for change.

Find your MP

 https://www.aph.gov.au/Senators_and_Members

Other helpful resources

 <https://everyaustraliancounts.com.au/meet-your-mp/>

8. Present to your local hospital

If you require urgent support from a dietitian, and you do not have NDIS funding for a dietitian and are unable to access dietitian services through any of the above suggested options, you can present to your local hospital.

Please inform the hospital that you have no support and need support.