

SEPTEMBER 2025

CAPACITY CONNECTIONS NEWSLETTER

THIS MONTH

- School Holidays 29th September - 10th October
- Holiday Therapy Activities
- Rhyme Time at the Library - Fridays at 10.30am
- Djilba Wildflower Festival 20th - 24th of September



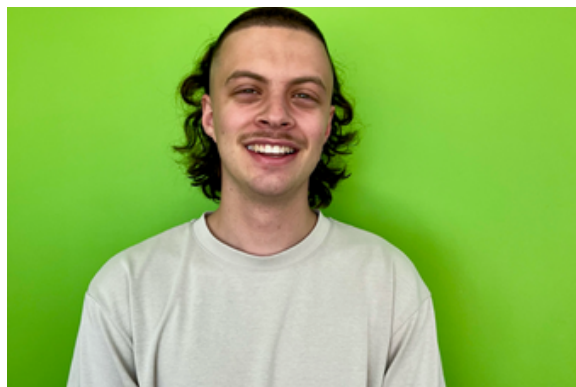
NDIS News

We explore the latest NDIS changes in our blog on our website. Have a look and if you have questions, we are here to answer them, anytime.



Realise Ability News

We are looking for the newest member of our admin team. If you know someone who can think outside the box, is a team player, has attention to detail and likes having fun at work, get them to give us a call.



Spotlight on Micah

Micah is one of our therapy assistants. He is a great favourite among our teenage males. Micah has worked at Realise Ability for four years!! He has a passion for community services, mental health and youth.

Micah is studying his Certificate 4 in Allied Health Assistant. He is also known as \$lazy (check him out on Spotify). Micah's favourite things to do in therapy sessions are basketball and go on adventures

THERAPY FOCUS

The Beach

The beach is a wonderful therapy space for children—fun, natural, and full of opportunities to build skills. Walking and running on sand strengthens muscles and balance, while jumping waves builds coordination. Digging, scooping, and pouring sand develops fine motor skills and hand strength. Collecting shells or making patterns in the sand supports attention, creativity, and sensory exploration. Playing ball or Frisbee encourages teamwork, turn-taking, and social communication. Even calming activities, like lying back to listen to the waves, help with regulation and mindfulness. Therapy doesn't have to feel like work—the beach turns practice into play.



Quote of the month

We rise to great heights by a winding staircase of small steps.

FRANCIS BACON

NDIS Changes

The NDIS is going through major reforms over the next 18 months. At Realise Ability, we want to be transparent: many of these changes are not ideal for children and therapy providers, but we'll work closely with families to make the process as smooth as possible.

Key Changes to Know:

- Stricter rules on therapy funding – Only supports that clearly link to functional goals will be covered. Some activities (like tutoring or general programs) may no longer be funded.
- Plan budgets in “funding periods” – Families may need to spread therapy sessions more carefully across the year.
- Provider registration rules – Some smaller clinics may leave the NDIS, which could affect therapy availability.
- Thriving Kids program (coming soon) – Children under 8 with mild to moderate developmental delay or autism may eventually receive supports through this new program instead of NDIS.
- More evidence needed – Therapy reports will play a bigger role at plan reviews, so progress will need to be documented clearly.

How We're Supporting Families:

- Helping prepare strong therapy reports ahead of reviews.
- Working with you to plan sessions around funding periods.
- Keeping you updated about what the changes mean for your child.
- Supporting families through any transition to new programs.

👉 While these reforms may be challenging, Realise Ability is committed to making therapy as consistent and effective as possible for your child.

Check out the full blog online on our website