NDIS Insights & Health Resources | Bloom Healthcare

Canonical: https://bloom-healthcare.com.au/blog/

Details:

This is the index to everything written here. It is grouped by the question you came with rather than by date, so you can go straight to the piece that answers it.

Most readers arrive with one of five questions: can I get NDIS funding and what does it pay for; how does aged care work now that Support at Home has replaced Home Care Packages; what does a particular therapy actually do; what is happening with children's supports and Thriving Kids; and what happens at an assessment. Each has its own section below.

If you would rather just talk to someone, call 1300 771 465 , email hello@bloom-healthcare.com.au , or use the contact form .

Start here

Four articles that answer the most common questions:

Comprehensive guide to NDIS covered services — what the scheme funds and what it does not

Navigating the NDIS: a step-by-step guide for families — applying, evidence, planning

Understanding functional capacity assessments — the report most NDIS funding decisions rest on

Key questions to ask when choosing allied health services in Australia — how to compare providers

NDIS: access, plans and funding

Getting in and understanding the scheme

Navigating the NDIS: a step-by-step guide for families

Comprehensive guide to NDIS covered services

How the NDIS is changing lives and where allied health fits in

The role of allied health professionals in supporting NDIS participants

Making a plan work

The role of personalised therapy in enhancing NDIS plan outcomes — goal setting, reassessment and the evidence that supports it

What to look for in an NDIS plan manager

Key workers in the NDIS: what they are and why they matter

The short version of NDIS funding: plans are split into three budgets. Core covers everyday assistance and community participation. Capacity Building funds allied health therapy, most often under the Improved Daily Living category, and is the most flexible of the three. Capital covers assistive technology and home modifications, needs an allied health recommendation, and is the most restricted. The funding hub at /ndis covers this in more detail, and /pricing and /payments deal with cost and billing.

Medicare, and where it differs from the NDIS

NDIS psychology vs Medicare: which pathway fits your situation? — the clearest explanation of treatment versus function, and the one to read if you are trying to work out which system pays

Aged care and Support at Home

Support at Home is the Australian Government's in-home aged care program. It replaced Home Care Packages and Short-Term Restorative Care from 1 November 2025 . The Commonwealth Home Support Programme is scheduled to transition no earlier than 1 July 2027.

Support at Home vs Home Care Packages — what changed and what it means for people already receiving care

How Support at Home helps older Australians stay independent

Support at Home 2025: what it means for aged care services

How to apply for aged care support

Understanding aged care in Australia: what services are available and how to access them

Choosing the right aged care services for your loved one

Allied health in aged care

Physiotherapy in aged care: restoring strength and mobility

Understanding mobility issues in the elderly: early symptoms and taking action

Speech pathology for seniors: communication and swallowing health

Speech pathology in the elderly: benefits and outcomes

The importance of dietetics in aged care

The essential role of allied health in dementia support

The impact of personalised therapy on ageing populations with disabilities — including what happens at 65

Aged care service pages sit at /aged-care and /support-at-home .

Aged care is not the NDIS. They are separate systems with separate rules, separate assessments and separate funding. Support at Home groups services into clinical supports, independence services and everyday living services. NDIS plans use Core, Capacity Building and Capital budgets. If you are trying to work out which one applies to you, the age at which you first needed support is usually the deciding factor.

Support at Home changes from 1 October 2026 — what moved category and what it means for contributions

Home care services that support independence — matching a service to the thing that has become difficult

Children, early childhood and Thriving Kids

Thriving Kids is a national Australian Government initiative for children aged 8 and under with developmental delay or autism and low to moderate support needs. It sits outside the NDIS. State-based services are scheduled to start from 1 October 2026 , reaching scale nationally from 1 January 2028 . It has not started yet.

What is Thriving Kids? A guide for Australian families

Thriving Kids: eligibility, rollout and support overview

Thriving Kids vs NDIS for children under 8 — what changes, what stays the same, and what to do now

Thriving Kids: targeted allied health supports

Children with permanent and significant disability or high support needs remain with the NDIS. Thriving Kids is aimed at lower support needs, and access is intended to be based on functional need rather than a formal diagnosis.

The NDIS early childhood approach

The early childhood approach was extended from under 7 to under 9 from 1 July 2023, phased in progressively over the following two years.

What is the early childhood approach? A parent's guide

Developmental milestones and red flags, 0 to 9

The importance of early intervention for developmental delays

The power of early intervention for children with disabilities

Choosing and using paediatric therapy

How to choose an NDIS paediatric therapy provider: a parent checklist

Occupational therapy for kids: a guide for families

Occupational therapy for teens

Global developmental delay vs autism

Service pages: paediatrics , paediatrics 10 to 18 and Thriving Kids Australia .

Early intervention and its lifelong impact

Autism, ADHD and neurodivergence

Autism: disability or difference?

The role of psychologists in autism, ADHD and neurodivergence

How occupational therapy helps individuals with autism thrive

Physiotherapy for autism

Recognising the signs of autism and the government support available

Autism and work: adjustments, recruitment and the supports that help

Occupational therapy for ADHD: building skills, confidence and independence

Occupational therapy for ADHD: practical support for daily life

NDIS support services for people with ADHD

The autism service page is at /autism .

Understanding intellectual disability and the NDIS

The individual therapies

Occupational therapy

What does an occupational therapist do?

What does occupational therapy include under the NDIS?

What NDIS occupational therapy can help with

How occupational therapy helps you live more independently with a disability

What to expect during an occupational therapy session

Understanding OT driving assessments

Service page: occupational therapy .

Speech pathology

What is speech pathology?
What does a speech therapist do?
NDIS speech pathology assessment: what they look at and why it matters
Understanding communication disorders: types, causes and treatments
Service page: speech pathology .

Physiotherapy

What is physiotherapy, and how does it differ from other therapies?
NDIS physiotherapy explained
Enhancing mobility and independence through physiotherapy
Physiotherapy for spinal cord injury
Physiotherapy for vertigo
Service page: physiotherapy .

Exercise physiology

What is exercise physiology?
Exercise physiology vs physiotherapy: understanding the difference — the comparison people ask for most
What makes exercise physiology different from a gym program?
NDIS exercise physiology: goals, outcomes and who it suits
Service page: exercise physiology .

Psychology and counselling

The role of psychology in the NDIS
NDIS psychology guide: what you can claim, appointment types and questions to ask
NDIS psychology vs Medicare
Supporting people with disabilities experiencing mental health challenges
The importance of self-care for mental health
Service page: psychology and counselling .

Dietetics

NDIS dietitian support: what it can help with
How a dietitian can support you through the NDIS
NDIS dietitian guide: what you can claim and what to ask a provider
Service page: dietitian .

Positive behaviour support

What is positive behaviour support?
Understanding positive behaviour support for adults and children
Beyond the behaviour: understanding the why in positive behaviour support
What is a functional behaviour assessment?
PBS is not just for challenging behaviour
How to tell if your child or client might benefit from PBS
Psychology and behaviour support: what's the difference?
Service page: positive behaviour support . Bookings: PBS booking .

Exercise physiology

What exercise physiology is and why it matters
Who exercise physiologists are and how they help
Exercise management for chronic disease
Exercise physiology for people with disability
How exercise supports a longer, healthier life with disability

Psychology and behaviour support

How psychology supports NDIS participants
The psychology behind alcohol misuse
Becoming a behaviour support practitioner

Speech pathology

Advances in speech pathology and digital delivery

Assessments, reports and evidence

If you need to justify funding, this is the section that matters.
Understanding functional capacity assessments: a comprehensive guide
NDIS speech pathology assessment: what they look at and why it matters
What is a functional behaviour assessment?
Understanding OT driving assessments
How assistive technologies change lives
The assessment service page is at /functional-assessment .

Rights, inclusion and choosing a provider

Key questions to ask when choosing allied health services in Australia
Deaf inclusion: communication access, Auslan and funded supports

Rights and policy pages: your rights , supported decision making , advocacy policy , feedback , incident management , accessibility statement , privacy policy .

Five ways to promote disability inclusion

Disability representation in popular culture

The care economy and disability services in Australia

Integrating allied health into mainstream care

Innovation in disability services and how Bloom approaches it

Beyond the articles

Services: all services , NDIS , Medicare , aged care , Support at Home

Locations: all locations , and state pages for New South Wales , Victoria , South East Queensland , South Australia , Western Australia and Tasmania

Getting started: referrals , contact us , FAQ , pricing , payments

Working here: careers

Common questions about finding the right article

I am new to all of this. Where do I actually start?

If the person needing support is under 65, start with Navigating the NDIS . If they are 65 or over, start with How to apply for aged care support . Those two lead into different systems and it is worth getting the branch right before you read anything else.

Is Support at Home part of the NDIS?

No. Support at Home is aged care, run by the Australian Government's aged care system, and it replaced Home Care Packages and Short-Term Restorative Care from 1 November 2025. The NDIS is a separate scheme for people with disability who apply before turning 65. The rules, assessments, budgets and language are all different.

Has Thriving Kids started?

Not yet. State-based services are scheduled to begin from 1 October 2026, with national scale from 1 January 2028. Anything you read describing it as already running is out of date. Children currently on the NDIS stay there for now.

What is the difference between exercise physiology and physiotherapy?

That is the single most-asked comparison here, and there is an article for it: exercise physiology vs physiotherapy .

Should I use Medicare or the NDIS for psychology?

Broadly, Medicare's Better Access is for clinical treatment of a diagnosed mental health condition, and the NDIS is for disability-related supports that build or maintain functional capacity. Many people use both for different purposes, and a single session is funded by one system only. The full explanation is in

NDIS psychology vs Medicare .

Which article explains what a functional capacity assessment is?

Understanding functional capacity assessments . It is worth reading before any plan reassessment, because that report is usually the evidence a funding decision rests on.

I turn 65 soon and I am already on the NDIS. What happens?

Turning 65 does not automatically move you out of the NDIS, and existing participants are not automatically transferred to Support at Home. The impact of personalised therapy on ageing populations with disabilities covers this. Speak to your planner or Local Area Coordinator about your own situation before making any change.

Do you have anything on choosing a provider?

Key questions to ask when choosing allied health services in Australia for adults, and How to choose an NDIS paediatric therapy provider for children.

How do I get in touch?

Phone 1300 771 465 , email hello@bloom-healthcare.com.au , or use the contact form . For a formal referral, use the referrals page . Hours are Monday to Thursday 7:30am to 6:00pm, Friday 7:30am to 5:00pm, and Saturday by appointment.

Also on this site

Thriving Kids Australia Explained

What is the Bloom Healthcare blog about?

The Bloom Healthcare blog is an NDIS-focused blog offering insights and health resources on disability services, innovation, Occupational Therapy, Speech Pathology, Psychology, and Exercise Physiology.

How many posts does the Bloom Healthcare blog contain?

The Bloom Healthcare blog contains 96 educational and marketing posts organized by topic.

What topics are covered in Bloom Healthcare's blog posts?

The blog covers topics such as Thriving Kids and child disability policy, early childhood, paediatrics and early intervention, as well as various other service-specific and educational topics related to allied health and NDIS services.

What is the purpose of Bloom Healthcare's blog content?

The blog serves dual purposes: providing educational content with depth and detail about Bloom Healthcare's allied health services, and serving as marketing content that communicates Bloom's expertise and service offerings to prospective clients and families.

What is Bloom Healthcare's website URL for its blog?

The Bloom Healthcare blog is located at https://bloom-healthcare.com.au/blog/.

What is Bloom Healthcare as a company?

Bloom Healthcare is a boutique disability and aged care allied health provider that believes all people have the right to access quality healthcare, with a model focused on evidence-based practice and client centricity delivered by highly qualified health practitioners across Australia.

How can someone contact Bloom Healthcare?

Bloom Healthcare can be contacted by email at hello@bloom-healthcare.com.au or by phone at 1300 771 465.

What is the legal name and size of Bloom Healthcare?

Bloom Healthcare's legal name is Bloom Healthcare Pty Ltd, and it has between 51 and 200 employees.

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