

## Topic 1 - Reasonable & Necessary

### **What is NDIS "Reasonable and Necessary"?**

In the context of the National Disability Insurance Scheme (NDIS), "reasonable and necessary" refers to the criteria that must be met for a service or support to be funded by the scheme. To be considered "reasonable and necessary," a service or support must:

1. Be related to the participant's disability and assist them to achieve their goals and aspirations.
2. Be the most appropriate and least restrictive option available, taking into account the person's needs, circumstances, and resources.
3. Represent value for money, taking into account the cost of the service and the expected outcomes.

It's important to note that "reasonable and necessary" is not a guarantee that the NDIS will fund a particular service or support. The NDIA (National Disability Insurance Agency) are the ones that make the decision about what is reasonable and necessary for the participant, and what is not, based on the participant's individual plan and budget.

### **How do I know if something is "Reasonable and Necessary"?**

To determine whether a service or support is "reasonable and necessary" under the National Disability Insurance Scheme (NDIS), it's important to consider the following factors:

1. How the service or support relates to your disability and how it will assist you to achieve your goals and aspirations.
2. Whether the service or support is the most appropriate and least restrictive option available, taking into account your needs, circumstances, and resources.
3. Whether the service or support represents value for money, taking into account the cost of the service and the expected outcomes.

You can also discuss this with your plan manager, NDIS planner or LAC (Local Area Coordinator) as they are the ones that will help you to identify your needs and goals and connect you with the services that can best help you to achieve them. They may also be able to provide information and advice on what services and supports have been approved as reasonable and necessary for other NDIS participants with similar needs.

It's also important to note that NDIS has the guide lines and policies that are followed by their staffs and service providers, to make sure that the service or support that you receive is reasonable and necessary for your individual circumstances.

## **How do I evidence if a product, support and service is "Reasonable & Necessary"?**

To evidence that a support or service is "reasonable and necessary" under the National Disability Insurance Scheme (NDIS), you may need to provide certain information and documentation. This may include:

1. A description of the service or support you are requesting and how it relates to your disability and goals.
2. Information about why the service or support is the most appropriate and least restrictive option available, taking into account your needs, circumstances, and resources.
3. Supporting documentation, such as assessments or reports from health professionals, which confirm the need for the service or support.
4. A cost estimate for the service or support, including any associated costs such as travel or equipment.
5. Outcomes, goals and any other relevant information that demonstrate the value of the service or support for you.

## **How can occupational therapist show that a product, support or service is "Reasonable and Necessary"?**

An occupational therapist can show that a product, support, or service is "reasonable and necessary" under the National Disability Insurance Scheme (NDIS) by providing information and documentation that demonstrates how the service or support will help the person with disability to achieve their goals and aspirations. This may include:

1. An assessment of the person's needs, abilities and goals, which identifies the specific products, supports or services that are required.
2. Information about why the product, support or service is the most appropriate and least restrictive option available, taking into account the person's needs, circumstances, and resources.
3. A detailed explanation of how the product, support or service will be used, including the expected outcomes and benefits.
4. Supporting documentation, such as assessments or reports from other professionals, which confirm the need for the product, support or service.
5. A cost estimate for the product, support or service, including any associated costs such as travel or equipment.
6. Evidence-based justification, which explain why the product, support or service has been chosen over other alternatives, and how it aligns with the person's goals and objectives.

Occupational Therapists can also provide training and guidance to the person with disability, their family, and carers on how to use the product, support or service effectively, and how to maintain it. It's important to note that the NDIA (National Disability Insurance Agency) has the final decision on what is considered reasonable and necessary, based on the information and evidence provided by the occupational therapist and other relevant professional.

## **What if the NDIS finds that my request is not "Reasonable and Necessary"?**

If the National Disability Insurance Scheme (NDIS) determines that a request for a product, support or service is not "reasonable and necessary," you will be informed of the decision and the reasons for it. You have the right to request for a review of the decision if you disagree with it.

If the request is denied, it's important to understand the reasons why the NDIA (National Disability Insurance Agency) made that decision. This information can be used to make adjustments to the request, or to identify other supports or services that may be more appropriate and that align with the person's goals and objectives.

If you disagree with the NDIA's decision, you can ask for a review of the decision. The review process can be done in two different ways, an internal review and an external review. An internal review will be done by the NDIA, while an external review will be done by an independent body.

It's important to be aware that there are time limits for requesting a review, and you should act promptly if you wish to pursue this option.

It's also important to remember that NDIS plan is reviewed every year, so if the request is not approved this time, it can be re-evaluated in the next plan review.

It's advisable to seek guidance from a professional or an advocate, who can help you to understand the process and how to best present your case.

## **How do I find out why my request was declined by the NDIS?**

If your request for a product, support or service has been declined by the National Disability Insurance Scheme (NDIS), you can access information about the decision by following these steps:

1. Contact your plan manager, NDIS planner or LAC (Local Area Coordinator) and ask for a written explanation of the decision. They should be able to provide you with the reasons for the decision, including the relevant criteria and policies that have been considered.
2. Request for a copy of your NDIS plan, which should include information about the supports and services that have been approved, as well as the budget allocated for each support.
3. Review the NDIS Act, NDIS rules, policies, and guidelines, which can be found on the NDIS website. This will help you to understand the criteria and policies that the NDIA (National Disability Insurance Agency) must consider when making a decision about what is considered reasonable and necessary.
4. If you disagree with the NDIA's decision, you can ask for a review of the decision. The review process can be done in two different ways, an internal review and an external review. An internal review will be done by the NDIA, while an external review will be done by an independent body.
5. Seek guidance from a professional or an advocate, who can help you to understand the process and how to best present your case. They can also help you to understand the NDIS Act, rules, policies, and guidelines, and how they apply to your situation.

It's important to be aware that there are time limits for requesting a review, and you should act promptly if you wish to pursue this option.