



one
Central Health



Let's Spring Into September

It's officially the start of Spring, which means there are only 4 months left of the year! We trust you have the momentum to finish with a spring in your step.

CLINIC ANNOUNCEMENT

Just a quick heads-up; you may, in the coming months, see One Central health team members in and around the clinic involved in filming activities.



Filming in progress!

Content Coming Soon

We're filming new content for our clinical team, but rest assured, this will NOT include clients or client sessions without prior consent.

CONTINUITY OF THERAPY

With the September break at the end of this month, we want to emphasise the importance of continuing your usual therapy sessions throughout the holidays.



- Keep the momentum going
- Minimise the risk of dysregulation
- Apply learnt strategies outside of school term
- Achieve noticeably improved outcomes

- ✓ Breaks can sometimes lead to regression
- ✓ Maintains consistent & structured routines
- ✓ Leverage the opportunity to address 'holiday specific' issues.
- ✓ Solidifies your progress



Although we won't be having our usual Holiday Groups this time around, we are already in the planning stages for the fast approaching Christmas holidays.

🎄 **Stay tuned for details!** 🎄

NDIS NEWS AND VIEWS

Sweeping changes to the National Disability Insurance Scheme (NDIS) are now official. Here's a quick timeline of the changes:

April 2026

- NDIA gains stronger fraud and compliance powers
- Records must be kept for longer: participants must keep records for 3 years, plan nominees for 5 years and providers for 7 years.
- Budgets can only be reassessed if you experience a significant and ongoing change in needs (stronger evidence will also be required)

October 2026

- The Launch of foundational supports (like Thriving Kids) for children under 9 years of age
- Social and community participation budgets will start being reduced by 50% upon plan renewal.
- Capacity building - daily activity budgets will start being reduced by 10% upon plan renewal

December 2026

- The new '90-day' rule for claiming invoices will apply.

February 2027

- Changes to plan renewals will begin - this will replace continuations/ roll overs.
- New criteria for 'reasonable & necessary' supports will apply

April 2027

- 'New-framework' planning & support needs assessment will start (supports will be determined by your 'need', and not your diagnosis).

In the meantime.....

- Continue using your plan as normal
- Other changes may come into play that might affect your providers. Should this be the case, you will be notified if you are impacted

SERVICES SPOTLIGHT

POSITIVE BEHAVIOUR SUPPORT (PBS)

Positive Behaviour Support (PBS) is a framework designed to improve an individual's quality of life by understanding the underlying reasons for challenging behaviours and teaching safe, more effective ways to meet their needs.



Rather than stopping or punishing a behaviour, PBS treats it as a form of communication, looking at the physical and social environment to create proactive strategies, teach new skills, and reduce the need for restrictive practices.

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Please take a minute to
leave us a review on

Google

Thank you for your support!



Please focus on your experience with our admin team, our processes, the clinic environment and our professionalism, and not individual clinicians or your specific outcomes.

THANK YOU!

FEEDBACK

FEATURED BLOGS

Anatomy of a Breakdown



The Anatomy of a Meltdown:
When Your Child's System Crashes

The Chemistry Behind Scrolling



The Brain Chemistry of Scrolling:
Why Your 'FEED' Feeds Your Habit.

IMPORTANT CALENDAR EVENTS



Happy Father's Day from all of us!

We would like to wish all our fathers, grandfathers and other 'father figures' in our lives an enjoyable day on September the 6th!

We thank you for everything you do.

On 10 Sept - make time to ask RUOK?

Here are some tips for going about it:

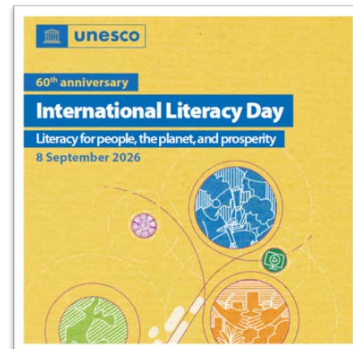
1. Ask
2. Listen
3. Encourage Action
4. Check in



28 September 2026



08 September 2026



21 September 2026



23 September 2026



AND JUST FOR FUN.....



01/09/2026

05/09/2026

21/09/2026

THANK YOU FOR YOUR SUPPORT

Call us: Mon - Fri; 9am to 5pm

Clinic Open Hours: mon - Fri; 9am - 5pm

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