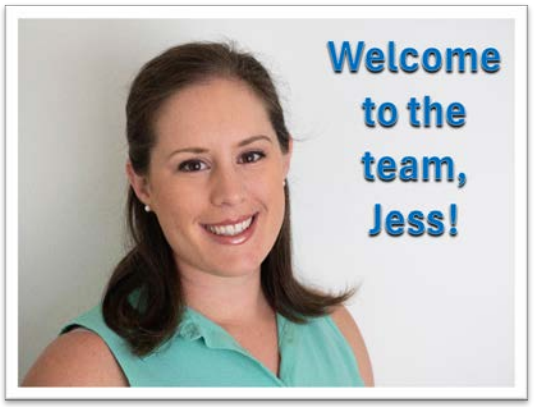
It's October - How Outrageous!

With only a few months left of 2026, the end-posts are in sight. Let the countdown begin!

CLINIC ANNOUNCEMENTS

Two important items for your attention.



We're pleased to introduce

Jess Goulding

With a Master's Degree from Curtin and extensive experience with disabilities, Jess joins us ready to share her passions and interests with clients

Christmas is coming!

Yes - it's already *that* time!

Our closing dates over the Christmas holiday period for 2026 are:
Last day in clinic: 23 Dec 2026
First day in clinic: 04 Jan 2027

NDIS NEWS AND VIEWS

In line with the NDIS Reforms underway, some important changes are starting to roll out this month of **October 2026:**

- **Thriving kids**

Kids aged 8 and under with developmental delay and or autism with low to moderate support needs, will progressively follow this pathway instead of the NDIS, as local state health and community networks start to grow.

- **Budget Reductions**

Social & Community Participation will start reducing by about 50%, whilst Improved Daily Living will start reducing by about 10%.

- **High Support Needs**

A new variation pathway opens for 24-hour care needs for those participant's requiring ongoing support.

In the meantime.....

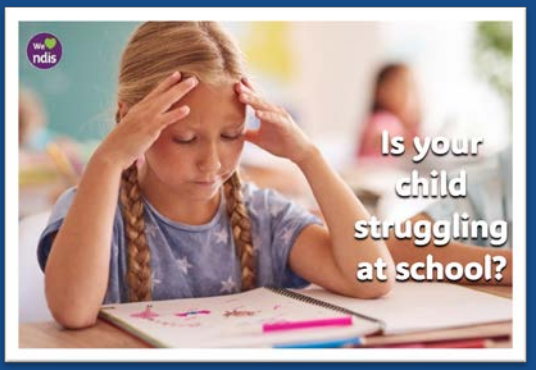
- Continue using your plan as normal
- Other changes may come into play that might affect your providers. Should this be the case, you will be notified if you are impacted

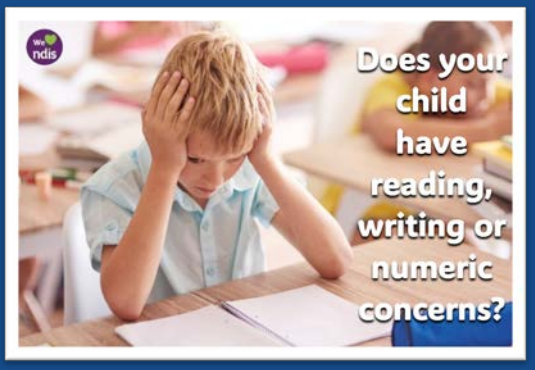
---

SERVICES SPOTLIGHT

SPECIFIC LEARNING DISORDERS (SLDs)

We provide Learning Assessments for a variety of Specific Learning Disorders (SLDs).
If you are concerned that your child might have a learning disorder, put your mind at ease by having them assessed.





Our learning assessments look for each of these Specific Learning Disorders:

- **Dyslexia**
- **Dysgraphia**
- **Dyscalculia**

Call us for details if you're concerned your child is struggling to keep up.

NON-SPONSORED PSA

Have you heard of the Valued Lives Foundation?

Valued Lives is a **not-for-profit** organisation (and a registered charity too)

located in WA, providing capacity building supports through both The Disabilities Services Commission (DSC) and the NDIA. They are dedicated to enabling people to live valued lives across communities, developing skills, confidence and connections for people with disabilities as well as their families.

Their work focusses on **key life transitions**, including school-to-school, school-to-work and the move toward independent living.

NFP and Registered Charity!

Valued Lives

(Non-sponsored information sharing)

If you'd like to learn more about the supports this organisation can provide, see their website on the link below.

Valued Lives

WHY NOT JOIN US ON SOCIALS?

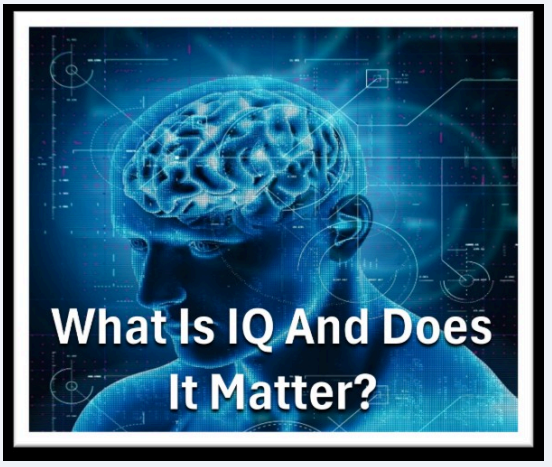
Social media is where we share clinic news, blogs, important updates, uplifting articles and general information that we find useful, and hope you do too.

If you're not already on board, we hope you join us soon!

FEATURED BLOGS

Understanding Cognitive Fatigue

Is "IQ" Even That Important?



IMPORTANT CALENDAR EVENTS

World Mental Health day

Takes place every year on 10 October each year, to raise global awareness about mental health issues, reduce stigma, and mobilize support for mental health care

WA Mental Health Week

Let's take back control of our wellbeing and build a mentally healthy future for WA! Explore the tools, habits and supports we can control and the ways we can build (or support) better mental health.

AND JUST FOR FUN.....

Intn'l music day

01/10/2026

Intn'l Coffee Day

01/10/2026

Halloween

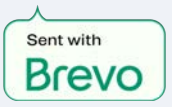
31/10/2026

THANK YOU FOR YOUR SUPPORT

Call us: Mon - Fri; 9am to 5pm
Clinic Open Hours: mon - Fri; 9am - 5pm
Email Enquiries: admin@onecentralhealth.com.au
Mailing address: 24/257 Balcatta Road, Balcatta, WA, 6021.

One Central Health

Copyright (C) 2026 One Central Health. All rights reserved.

This email was sent to {{contact.EMAIL}}
You are receiving this email because you are a current client of One Central Health or have recently completed an assessment with us. Here is where we keep you updated with news and events you may be interested in.

Unsubscribe