

NDIS Progress Report

Reporting Period: 1 September 2025 — 1 March 2026

0. Executive Summary

the participant has demonstrated reliable and clinically significant improvement across both depression (PHQ-9: 18→8) and anxiety (GAD-7: 15→6) measures over the reporting period. Functional capacity has improved across self-care, social interaction, and self-management domains. Continued NDIS-funded psychological support is recommended to consolidate gains and prevent relapse.

1. Participant Information

Participant Name	Sample Participant	NDIS Number	4XX XXX XXX
Date of Birth	15 May 1990	Plan Period	1 Jul 2025 — 30 Jun 2026
Primary Disability	Psychosocial disability (MDD, GAD)	Living Arrangement	Supported accommodation
Referral Source	GP referral via NDIS plan	Support Coordinator	J. Example (Example SC)
Plan Manager	My Plan Manager	Session Frequency	Fortnightly

Therapy Modalities: Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT)

Focus Areas: Depression management, anxiety reduction, daily functioning improvement

2. Outcome Evidence

Patient Health Questionnaire (PHQ-9) — Depression

	Score	Max	Severity	Date
Baseline	18	27	Moderately Severe	15 Sep 2025
Current	8	27	Mild	28 Feb 2026

↓ 10 points (55.6% improvement) — Reliable Change: Yes (RCI threshold: 5.2)

Participant has shown reliable and clinically significant improvement in depressive symptoms, moving from moderately severe to mild range.

← Auto-calculated from PHQ-9 assessment data. Score change, percentage, and severity classification determined automatically from validated scoring rules.

Generalised Anxiety Disorder Assessment (GAD-7) — Anxiety

	Score	Max	Severity	Date
Baseline	15	21	Severe	15 Sep 2025
Current	6	21	Mild	28 Feb 2026

↓ 9 points (60% improvement) — Reliable Change: Yes (RCI threshold: 4.0)

Participant has shown reliable and clinically significant improvement in anxiety symptoms, moving from severe to mild range.

← RCI thresholds calibrated from published psychometric norms (Jacobson & Truax, 1991). Determines whether score changes represent genuine clinical improvement vs. measurement error.

3. Functional Impact Across NDIS Domains

NDIS Domain	Functional Impact Description
Communication	the participant can now express needs and engage in conversations with minimal prompting. Previously required significant support to communicate with service providers via phone.
Social Interaction	Has resumed attending a weekly community group and maintains regular contact with two close friends. Previously isolated and unable to leave home for social activities.
Learning	Executive functioning has improved — the participant can now follow multi-step instructions and retain session content between appointments. Previously struggled with concentration and memory.
Mobility	No psychosocial barriers to mobility. The participant uses public transport independently.
Self-Care	Personal hygiene and nutrition have improved significantly. The participant now prepares meals 4-5 times per week (previously 1-2 times). Medication adherence is consistent.
Self-Management	The participant independently manages appointments and has begun budgeting with minimal support. Emotional regulation has improved but remains a focus area during periods of stress.

← Auto-filled from severity mapping across 6 NDIS domains. Each outcome measure + severity level maps to domain-specific functional descriptions using NDIS language.

4. Progress Towards Goals

Goal	Baseline	Current Status	Rating
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Reduce depressive symptoms to mild range	PHQ-9: 18 (Moderately Severe)	PHQ-9: 8 (Mild)	Achieved
Develop anxiety management strategies for daily use	GAD-7: 15 (Severe)	GAD-7: 6 (Mild) Using ACT techniques daily	Achieved
Increase community participation to 2+ activities per week	No regular community activities	Attending 1 weekly group Exploring second activity	In Progress

Participant Voice:

"I feel like I'm getting my life back. The sessions have helped me understand my patterns and I actually look forward to my community group now."

5. Risk If Supports Not Provided

If psychological supports are discontinued, there is a significant risk of relapse given the participant's history of recurrent depression. The current gains are recent and require consolidation over the next plan period.

6. Recommendations & Funding

Recommended Frequency: Fortnightly (transitioning to monthly as gains consolidate)

Justification: Continued CBT/ACT to consolidate gains, develop relapse prevention strategies, and support community participation goals.

Discharge Criteria: Sustained mild-range scores on PHQ-9 and GAD-7 for 3+ months, independent use of coping strategies, community participation at 2+ activities per week.

Medicare Boundary: NDIS-funded sessions focus on disability-related functional goals. Medicare Better Access sessions are not concurrent.

Funding Summary

Support Type	Line Item	Rate	Hours	Total
Psychological Therapy	15_040_0128_1_3	\$232.99/hr	26	\$6,057.74
Report Writing	15_040_0128_1_3	\$232.99/hr	4	\$931.96
			Total	\$6,989.70

← Auto-calculated from session hours x NDIS psychology rate (\$232.99/hr). Line item codes and totals populated automatically.

7. Therapy Approach & Previous Therapies

Integrated CBT and ACT approach targeting depressive cognitions, anxiety management through defusion techniques, and behavioural activation for community participation.

Previous Therapies: Previous engagement with counselling services 2023-2024 (6 sessions, limited outcome measurement).

8. Engagement Summary

The participant attended 18 of 20 scheduled sessions (90% attendance rate). Engagement quality has been consistently high, with active participation in session activities and completion of between-session tasks.

9. Barriers & Challenges

- Financial stress
- Medication changes/side effects
- Housing instability
- Family/relationship crisis
- Comorbid physical health conditions
- Engagement difficulties
- Transport/access barriers
- Cultural/language factors

10. Funding Summary

Total funding requested for next plan period: **\$6,989.70** (26 hours therapy + 4 hours report writing at \$232.99/hr). Funding supports Goal 1 (depression management), Goal 2 (anxiety management), and Goal 3 (community participation).

11. Section 34 Compliance Checklist (Appendix)

All Section 34 "Reasonable and Necessary" criteria verified:

- 1. The support is related to the participant's disability
- 2. The support is not day-to-day living costs that are not related to the participant's disability support needs
- 3. The support represents value for money
- 4. The support is likely to be effective and beneficial, based on current good practice
- 5. The support takes into account what it is reasonable to expect families, carers, informal networks, and the community to provide
- 6. The support is most appropriately funded or provided through the NDIS, not another service system

Clinician Details

Name: Dr Example Clinician

AHPRA Registration: PSY00XXXXX

Credentials: B.Psych (Hons), M.Clin.Psych, MAPS

NDIS Provider Number: XXXX XXXX

Practice: Example Psychology Practice

ABN: XX XXX XXX XXX

Address: 123 Example Street, Sydney NSW 2000

Phone: (02) XXXX XXXX

Date: 10 March 2026

Signature: _____