



Adelaide Adult ADHD

NEWSLETTER

Adelaide Adult ADHD is a community and a voice for adults with ADHD.

FEBRUARY 2024

INFORMATION AND SERVICES
NEW ON THE WEBSITE
COMMUNITY

REGULAR UPDATES

WHERE YOUR COMMUNITY IS
FEATURED NEWS STORY
YOUR LIFE, YOUR VOICE

GET INVOLVED

WHO WE ARE



THE NDIS AND PSYCHOSOCIAL DISABILITY

A **review into the National Disability Insurance Scheme (NDIS)** was released in December 2023 making 26 recommendations about how to change the system that supports people with disability. A significant outcome of the review, for adults with ADHD, is a proposal to remove access lists and base assessments for inclusion in the NDIS on functional needs rather than diagnosis. This proposal supports the review's recommendation to take 'a new approach to NDIS supports for psychosocial disability, focused on personal recovery'.

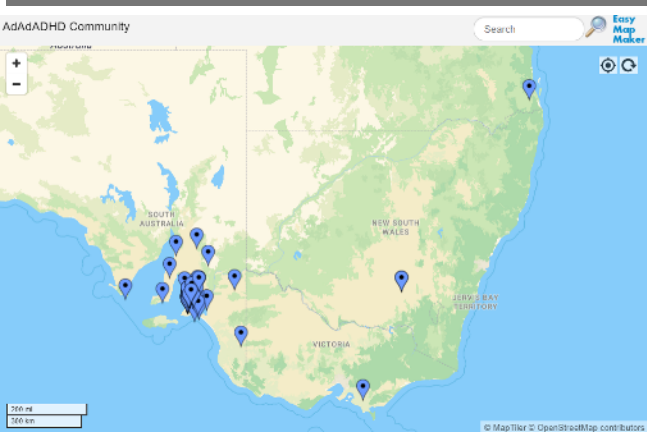
The NDIS review defines psychosocial disability as disability that 'arises from the interaction between a person with a long-term mental health condition (that may be episodic) and attitudinal and environmental barriers that hinder their full and effective participation in society on an equal basis with others.'

In other words, if you have a long-term mental health condition that sometimes or always makes it difficult for you to function in, contribute to and enjoy the world around you, you have a psychosocial disability.

The mismatch between psychosocial disability and the NDIS has been raised over many years, including in the 2018 report **Mind the gap: The NDIS and psychosocial disability**. The mismatch has arisen from issues such as difficulty demonstrating that psychosocial disability is 'permanent', the absence of mental illness-specific conditions on the list of conditions likely to meet access requirements, and the mental health competencies of providers offering psychosocial supports.

The NDIS review recommends a 5 year transition period to a new NDIS that retains the features of the current model that are working and replaces those that are not. We have our fingers crossed that the new model will help significantly improve the lived experience of adult ADHD.

WHERE YOUR ADULT ADHD COMMUNITY IS



Help us, and help others, understand you and your community.

Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

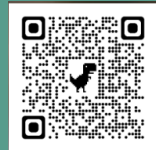
[Learn more about your community](#)

[Be part of the picture \(completely anonymously\)](#)

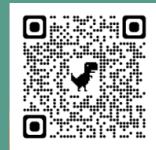
NEW ON THE ADELAIDE ADULT ADHD WEBSITE

NORTHERN ADELAIDE 'CONNECT ME' MENTAL HEALTH APP

The 'Connect Me' app is an initiative of the Northern Adelaide Mental Health Alliance to provide consumers with up-to-date contact information for mental health and related support services across the northern suburbs. Click on or scan one of the QR codes below.



Apple App Store



Google GooglePlay

[Our website](#)

FEATURED NEWS

FOUR IN TEN SOUTH AUSTRALIAN PSYCHIATRISTS CONSIDERING LEAVING THE PROFESSION.

A survey of 1,269 psychiatrists nationwide, of which 143 were South Australian, found 69% were experiencing multiple symptoms of burnout over the past 3 years. Further, 40% of the South Australian psychiatrists said they were considering leaving the profession altogether in the next 5 years - the 2nd highest level after Western Australia.

[Full story here](#)

YOUR LIFE, YOUR VOICE

Tell us about your lived experiences of adult ADHD

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

[Stories](#)