



## How to Appeal an NDIS Plan Cut

A practical step-by-step, plain English, quick guide from The Australian Neurodivergent Parents Association (The ANPA).

1. **You can challenge it. First, focus on using self-regulation strategies. We understand that this is very stressful for you.**

If your NDIS plan has been cut or reduced and you disagree with the decision, you can challenge it. Focus on regulating your emotions. Please don't write anything angry in response to the NDIA because they can then stop communicating with you by law.

2. **Ask for an internal review.**

First, you must ask the NDIS for an internal review. You have 90 days from when you got their decision to do this. As soon as you get the notification that your plan has been cut, **get a calendar and mark 85 days from that day on it (about 3 months)**. Ask someone you trust to also put this in their calendar. You can try scheduling an email reminder every month to yourself to remind you to attend to this task.

3. **Be aware of demand avoidance (avoiding complex and overwhelming tasks) and plan strategies to overcome it.**

You might feel really stressed and avoid this task even though it is important. This is part of your body's way of coping with stress. We suggest asking someone who makes you feel regulated to give you some support to approach this task (body doubling or doing hard tasks with someone else in the same room can really help.) The timing of applying for a review is critical, so do reach out to someone who can support you.

4. **Email the NDIA.**

You ask for a review by emailing or calling them, providing your NDIS number, name, and identifying information such as your date of birth and address, and asking them to start a review. Your NDIS number is on the letter they sent you. They might email you back asking for more information.

Email them on:  [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

**5. Write down a list of the information they want you to send them.**

Write down or screenshot the list of information they need, or get someone to help you to write it down. If you are ND and struggle with memory, we suggest taking a photo of the piece of paper you write it on, and sending it to someone you trust (in case you tend to lose bits of paper like us!)

**6. If the review doesn't help, you can still appeal to the ART.**

If the review doesn't fix the problem, you can appeal to the Administrative Reviews Tribunal (ART). The ART is an independent group that looks at government decisions to see if they are fair. You can apply online, by email, or by post, and it doesn't cost anything. You can also get help from a disability advocate or lawyer.

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## Steps in the ART Appeal Process

**1. Apply to the ART** – You have 28 days after the NDIS review decision to apply.

**You can lodge your appeal by going here:**

 [National Disability Insurance Scheme | Administrative Review Tribunal](#)

**2. Case Conference** – The ART holds a meeting with you and the NDIS to talk about the issue and try to reach an agreement.

**3. Conciliation** – If no agreement is reached, there is another meeting to negotiate.

**4. Hearing** – If the problem is still not solved, the ART holds a formal hearing where you and the NDIS present your case.

**5. Final Decision** – The ART will either agree with the NDIS, change the decision, or tell the NDIS to review it again.

**6. If you still disagree** with the ART's decision, you may be able to take it to court, but only if there is a legal mistake.

**You can try contacting a community legal centre if you need help with the ART process by going here:**

 [Legal Help – CLCs Australia](#)