



The Centered Space

Free guide: adults

You've got the plan. **Now what?**

For adults diagnosed autistic or ADHD later in life, who hold an NDIS plan and have never been told what the speech line is for.

Haylee, our founder and speech pathologist.

— What does speech pathology do for an adult?

Communication at work and at home



The meeting that runs over. The partner who asks what is wrong when there are no words left.

Social communication on your own terms



Communication breaks down between people, not inside you alone. We work on the moments, not on making you easier to read.

What masking has been costing you



Research links heavier masking with more exhaustion. Naming the cost is the first step to spending less of yourself every day.

Speaking up for yourself



Planning what to say before an appointment, a plan review or a hard conversation at work.

— What is it not?

It is not about making you less autistic, quieter or easier for other people to manage. It is not social skills drills, and it is not a children's program with the pictures removed.

— How do I read the plan I am holding?

- 1 How is it managed? Agency-managed, plan-managed or self-managed. We work with the last two.
- 2 Where does therapy sit? Usually under **Capacity Building**, often labelled improved daily living.
- 3 What do the goals say? Everything funded connects to a goal on your plan. If communication, work or speaking up appear there, say so.

What does it cost and who pays? This guide is for people who already have an NDIS plan, **plan-managed or self-managed**. NDIS funding may cover speech pathology where it aligns with the participant's goals and approved plan. Not all NDIS plans include speech pathology supports. We are not NDIS-registered. \$193.99 an hour, the NDIS price limit. Check your plan, take your time, and talk it over with your Support Coordinator or someone you trust.

— How do I start?

Fiona Wright, speech pathologist, works Tuesday to Thursday. Her books open **Tuesday 10 November 2026**.

- 1 Book a free NDIS consult with Liz, our NDIS specialist, on the page below or scan the code. She goes through what your plan can fund.
- 2 Or book a free clinical consult with Haylee, our senior speech pathologist, to talk through your situation first. Nothing is booked until you say so.

Liz, our NDIS specialist

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speech.thecenteredspace.au/gold-coast?a=adult-new-plan



Sources: Milton (2012); Cage and Troxell-Whitman (2019).