the neurodiverse network
BY AMELIA READ



Parent Ed. Program

Your “ramps & elevators” for PDA, ADHD & ASD at home.

Learning objectives

Break through the parenting myths

Putting to rest the idea that “common sense” and “disciplinary measures” will improve or “heal” your child’s neurodiversity and Pathological Demand Avoidance (PDA).

Participants will explore the wide spectrum of ASD, ADHD, and PDA. Considering the misconceptions of parenting that they have inherited from their wider support networks and society, they will begin to deconstruct harmful mindsets.

The neuroscience behind behaviours

Outlining the history and current research on ASD, ADHD, and PDA - participants will learn that behind every behaviour is a cognitive, chemical, and sensory response.

Theory of Mind, hormonal & gender differences, affected brain regions, and common triggers will give caregivers a comprehensive understanding of the possible deficits and strengths of the neurodiverse brain across the lifespan.

PDA-proof your home

By engaging in a hands-on group activity, caregivers will collaborate to identify potential “ramps & elevators” for typical PDA behaviours.

They will utilise Amelia’s own “CCS model” to analyse the cognitive, chemical, and sensory aspects that might be influencing the difficulties faced at home.

Together, the group will generate neurodivergent-friendly strategies to address this issue.

NDIS GOALS

Improved Relationships	Assistance with Social & Community Participation	Improved Daily Living
Funding to pay for someone to help you build your social skills or behavioural therapy services.	Delivery of supports to assist a participant engage in community, social and/or recreational activities in a group or community based arrangement.	Assessment, training or therapy to help increase your skills, independence and community participation. These services can be delivered in groups or individually.

Please contact your Support Coordinator or Plan Manager for further information regarding your available funding options.

Parenting: the hardest job in the world.

There is no user manual and certainly no annual review to let you know that you are doing the job right.

In most cases, this results in parents replicating how they were bought up, following the example of their own parents, turning to their support network for advice or using good old-fashioned common sense to get by.

While this sometimes works out okay for the majority, parenting a neurodivergent child is a very different story.

Common sense isn't always so common, and your friends, family and educators may not be able to fully understand the complexities of parenting a child with an invisible disability.

You might have heard other parents make comments like "they just need a bit of discipline", or "they need less screen time", which often leads to feelings of shame, guilt and isolation due to the stress of struggling with seemingly 'simple' tasks such as getting your child showered, dressed, and out the door in the morning.

Who has designed this program?



Amelia Read

As a neurodiverse Clinical Psychologist, Amelia's approach is not only evidence based but shaped by her own lived experience of neurodiversity.

Diagnosed with ADHD and autism herself, she understands firsthand the unique perspectives and challenges of neurodiversity.

It is this personal understanding that has fuelled her mission to champion and empower the neurodiverse community through compassionate care and advocacy.

Our clients

For nearly a decade, Amelia has been offering education and assistance to families and individuals navigating the spectrum of neurodiversity.

Over the years, she has collected a wealth of information on challenges, common questions , and worries. Recognising the uniqueness of each brain, every new client brings a fresh viewpoint to our understanding of the neurodiverse journey.

This allows us to enhance and expand our educational initiatives to better serve the broader neurodiverse community.

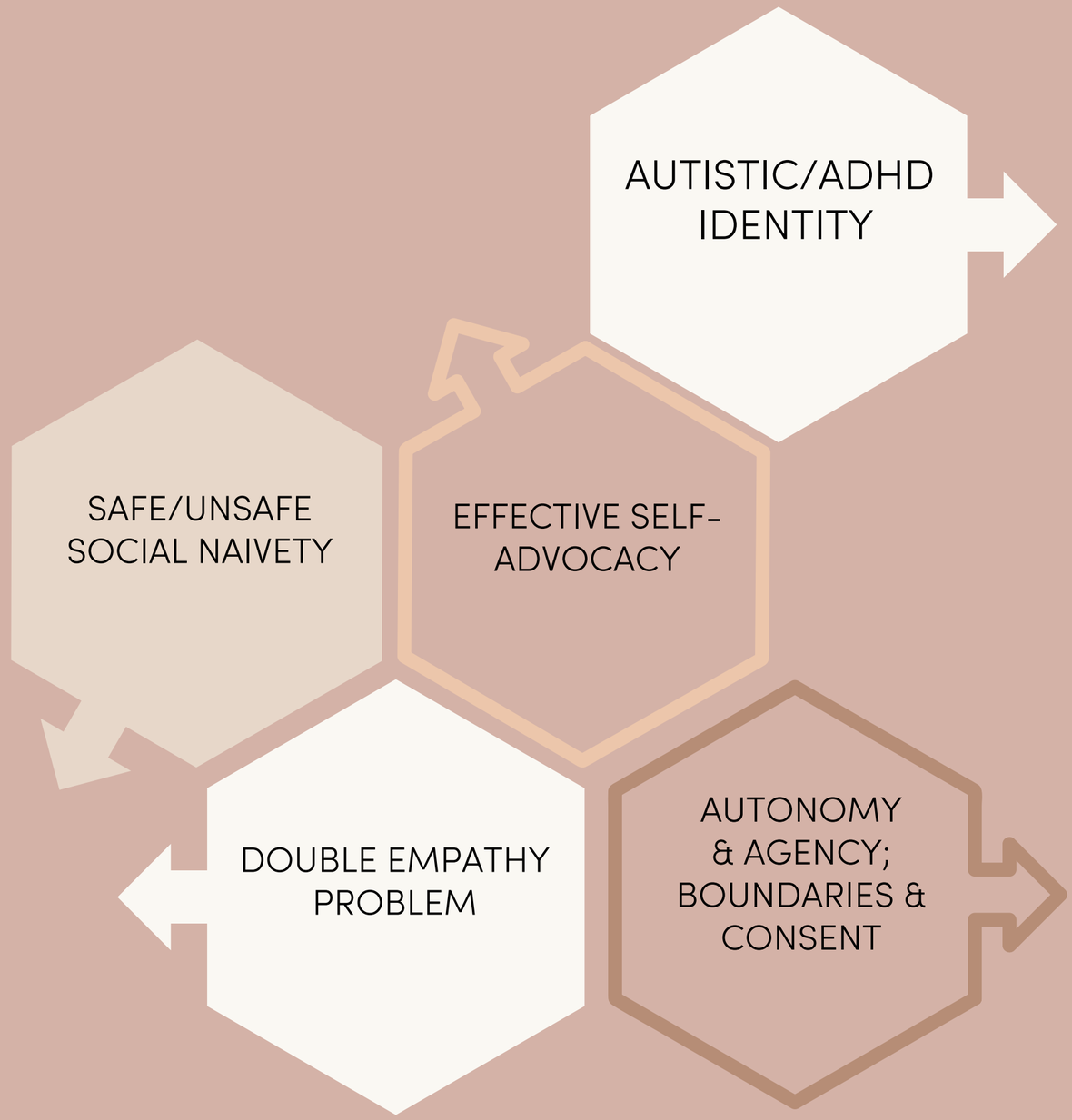
What does parent education cover?

What does neurodiversity mean?

The neuroscience behind behaviours

Gender & hormonal differences

PDA-proofing your home


AUTISTIC/ADHD IDENTITY
SAFE/UNSAFE SOCIAL NAIVETY
EFFECTIVE SELF-ADVOCACY
DOUBLE EMPATHY PROBLEM
AUTONOMY & AGENCY; BOUNDARIES & CONSENT

The neuroscience behind behaviours.

To challenge the common myths that Autistic/ADHD individuals can be “cured” with more discipline, less sugar, or with “learning how to be normal” - we will look at the hormonal and chemical factors of the neurodiverse brain.

The hypo- and hyperactivity of certain areas of the Autistic/ADHD brain gives us a clear picture of the daily challenges that neurodiverse children face, and how little control they have over their impulsivity, sensory profiles, social skills, task management, and emotions.

Understanding the brain activity (or lack of, at times) behind behaviours provides caregivers a foundation for mapping out realistic strategies for supporting their children across the lifespan.



Gender & hormonal differences.

Gender can escalate or mask ASD/ADHD traits, and it is important for caregivers to be aware of how puberty, major life transitions, and societal expectations of boys and girls can impact neurodiversity.

The average age of Autism/ADHD diagnosis for boys is 8 years old, and usually recognised by primary caregivers or teachers. Compared to girls, who are usually diagnosed much later in life - very often through self-realisation during the diagnostic process of other family members or their own children.

Highlighting the impacts of gender across the lifespan helps caregivers understand the variety of factors that can shape their child's unique presentation of ASD/ADHD as they move through life.

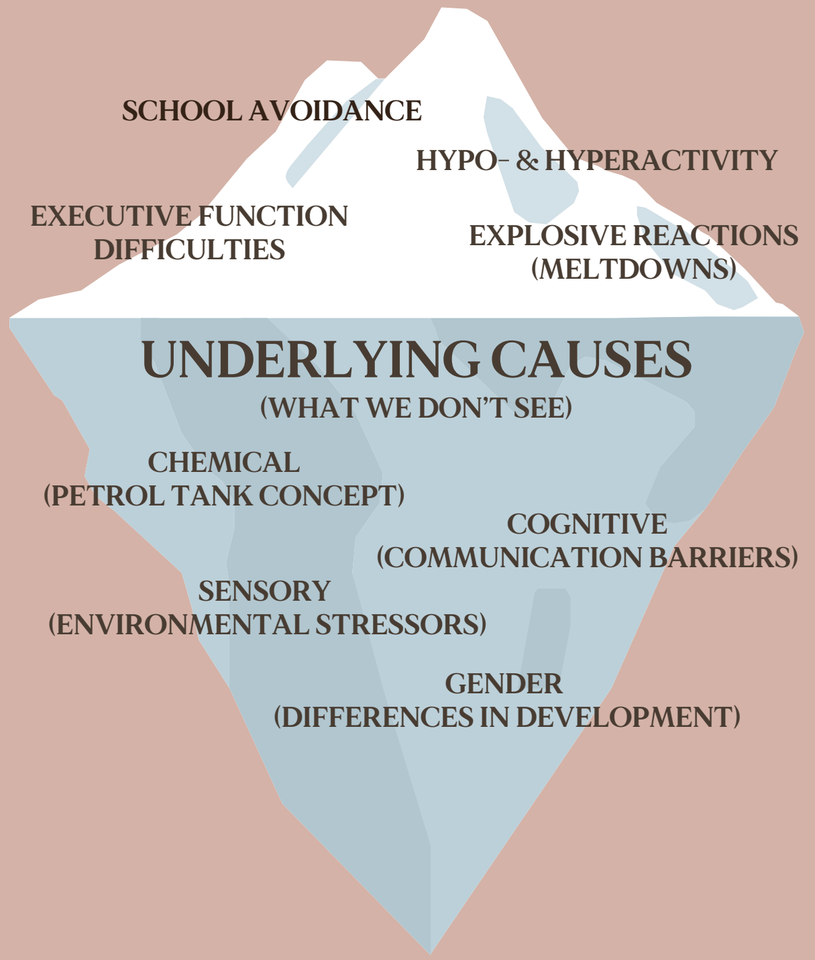


PDA–support for life.

Pathological Demand Avoidance (PDA) is tightly woven to ASD/ADHD. It can impact Autistic/ADHD individuals at various life phases, and can influence their access to employment, the quality of their relationships, and their emotional wellbeing.

With a foundational understanding of the cognitive, chemical, and sensory factors behind behaviours - and an overview of how ASD/ADHD can develop across the lifespan.
The group will be tasked with putting this new knowledge into practice, under the guidance of Amelia.

Using real-life challenges that caregivers are currently or have experienced; the task will empower the group to build practical “ramps & elevators” for supporting their child’s neurodiverse needs.



Total Cost: $1,571.51

5.5 hour workshop
Lunch & refreshments
Worksheets & Resource Guide

This price does not include:
*Transport/travel costs to and from the sessions. Please contact your Support Worker or info@neurodiversenetwork.com.au to organise transport.

Billing

Upon registering, you will be required to digitally fill out our online Group Enrolment & Consent forms via secure link to your email - where you will have the opportunity to select your billing method for the group program.

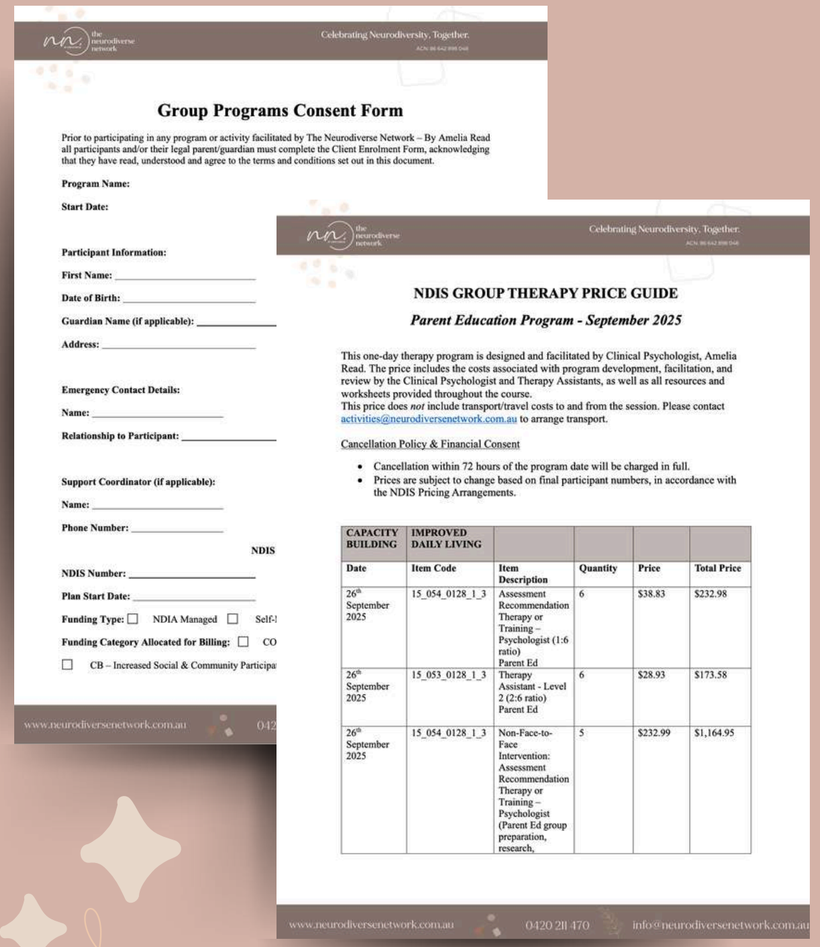
You may choose to use your NDIS funding, or you can select “paying privately” if you plan to pay out of pocket for your participation in the program. A small Medicare rebate is also available for eligible participants.

Cancellation Policy

* Cancellation within 72 hours of the program will be charged in full.

* Prices are subject to change based on final participant numbers.

Price guides & enrolment forms



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Group Programs Consent Form

Prior to participating in any program or activity facilitated by The Neurodiverse Network – By Amelia Read all participants and/or their legal parent/guardian must complete the Client Enrolment Form, acknowledging that they have read, understood and agree to the terms and conditions set out in this document.

Program Name:

Start Date:

Participant Information:

First Name: _____

Date of Birth: _____

Guardian Name (if applicable): _____

Address: _____

Emergency Contact Details:

Name: _____

Relationship to Participant: _____

Support Coordinator (if applicable):

Name: _____

Phone Number: _____

NDIS

NDIS Number: _____

Plan Start Date: _____

Funding Type: ☐ NDIA Managed ☐ Self-

Funding Category Allocated for Billing: ☐ CO

☐ CB – Increased Social & Community Participa

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NDIS GROUP THERAPY PRICE GUIDE

Parent Education Program - September 2025

This one-day therapy program is designed and facilitated by Clinical Psychologist, Amelia Read. The price includes the costs associated with program development, facilitation, and review by the Clinical Psychologist and Therapy Assistants, as well as all resources and worksheets provided throughout the course.
This price does *not* include transport/travel costs to and from the session. Please contact activities@neurodiversenetwork.com.au to arrange transport.

Cancellation Policy & Financial Consent

- Cancellation within 72 hours of the program date will be charged in full.
- Prices are subject to change based on final participant numbers, in accordance with the NDIS Pricing Arrangements.

CAPACITY BUILDING	IMPROVED DAILY LIVING				
Date	**Item Code**	**Item Description**	**Quantity**	**Price**	**Total Price**
26th September 2025	15_054_0128_1_3	Assessment Recommendation Therapy or Training – Psychologist (1:6 ratio) Parent Ed	6	$38.83	$232.98
26th September 2025	15_053_0128_1_3	Therapy Assistant - Level 2 (2:6 ratio) Parent Ed	6	$28.93	$173.58
26th September 2025	15_054_0128_1_3	Non-Face-to-Face Intervention: Assessment Recommendation Therapy or Training – Psychologist (Parent Ed group preparation, research,	5	$232.99	$1,164.95

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Frequently asked questions.

Can I charge this program to my child's NDIS funding?

Yes! The NDIA recognises the significance of parental training and allocates a dedicated section in the price guide for it, termed as Carer/Parent Training, which can be billed to your child's NDIS funding. It's worth noting that Parent training services are available for utilisation even if not explicitly mentioned in the plan. The decision to access our assistance lies entirely in your hands, reflecting your Choice and Control.

Is this a group therapy program?

This program is designed and facilitated by a Clinical Psychologist and provides structured, evidence-based strategies in a supportive group setting. While it is not a replacement for individual therapy, it aims to build participants' skills, confidence, and capacity in alignment with their NDIS goals, while offering opportunities to connect with other like-minded individuals in a safe, neurodiverse-affirming environment.

When will I be billed for this program?

The invoice for this program will be sent at the end of the program. If you require an alternative billing cycle, then please make sure to communicate this during the registration process.

Where will this program be hosted?

NDN Head Office Space
Unit 3 / 29 Taree Street, Burleigh Heads 4220 QLD

How many people will be in the program?

For educational group programs, the group size can vary from 6-10 participants. This is to ensure that participants also have the opportunity to connect with other like-minded individuals and feel a sense of community.

To Register:

- Call or email the clinic, or **click here**
- We'll send you a secure link to complete and sign the forms **before** due date.
- Once you have completed the forms we will **confirm your spot** in the program.

07 5606 1621
enquiries@neurodiversenetwork.com.au



“It takes a village to raise a child. It takes a child with autism to raise the consciousness of the village.”

~ Elaine Hall



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