

UNPACKING YOUR PLAN

You have your NDIS plan, now what?

Your plan is individualised to your goals and your needs so the services will be specific to YOU.

However, in this guide we help you get a better idea of what types of services can be funded under each support area or budget category

We are always available to give a helping hand, answer any questions and listen to your concerns.

Get in touch to find service providers and supports in your area

<https://planhero.com.au/>

Call 1300 599 770

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Plan Layout

Your NDIS plan is divided into three parts:

MY PROFILE - Information about YOU

MY GOALS - Includes short and long term goals

FUNDED SUPPORTS - There are three types of support budgets that are funded by your plan:



Support Categories

Each category in your plan actually appears under a different name on the myplace portal. We've put together a list for you so it's easier to navigate the categories on the portal

In your plan On the portal

CORE

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Plan Extras

Some plans have specific items that are listed as stated, in-kind or quote-required. We've explained each of these below:

Stated Supports - Not-flexible

Any services listed as 'stated supports' are not flexible. You can't use this funding for anything else. You can't swap 'stated supports' for any other supports.

In-kind Supports - Pre-paid

This means the service has already been paid for by your state, territory or the Australian government. You must use this provider as they have already received payment and will provide all services that are booked.

Quote Required

Where a support is listed as 'quote required' additional information such as quotes and/or specialist reports will be required before funding can be made available in your plan..

Mobility Allowance

Your eligibility for the Mobility Allowance payment ends when you receive an NDIS plan. This is because transport funding will be in your plan instead.

CORE SUPPORTS

The Core support budget includes supports to help you with:

- Your every day living activities
- Your current disability related needs
- To help you work towards your longer-term goals

Your Core Supports budget is the **most flexible** because you can use your funding across any of the following 4 support categories (in most cases - unless the line item is stated/in-kind).

ASSISTANCE
WITH DAILY
LIVING

TRANSPORT

CONSUMABLES

ASSISTANCE
WITH SOCIAL &
COMMUNITY
PARTICIPATION

Assistance with Daily Living (Category 1)

This includes funding for a support worker/nurse/carer to provide:

- assistance with **daily personal activities** (showering, personal hygiene and moving around the house)
- assistance with **household tasks** – such as cleaning and maintenance to help maintain your home environment
- assistance with **preparation and delivery of meals** – covers costs for a chosen service provider to prepare and deliver food on a weekly basis, taking your specific needs into account
- assistance in **shared living arrangements / supported independent living (SIL)** – incorporates assistance with and/or supervising daily life tasks in a shared living environment. This is typically a STATED line item



Transport (Category 2)

This is support that helps you travel to work or other places that will help you achieve the goals in your plan.

I.e. Taxi expenses if you are unable to access public transport or specialised transport to/from school, work, activities, community

How you can spend your transport funding and how it is paid to you (whether upfront or in regular payments) will be different for each person. Your LAC will explain how you can use this budget.



UBER



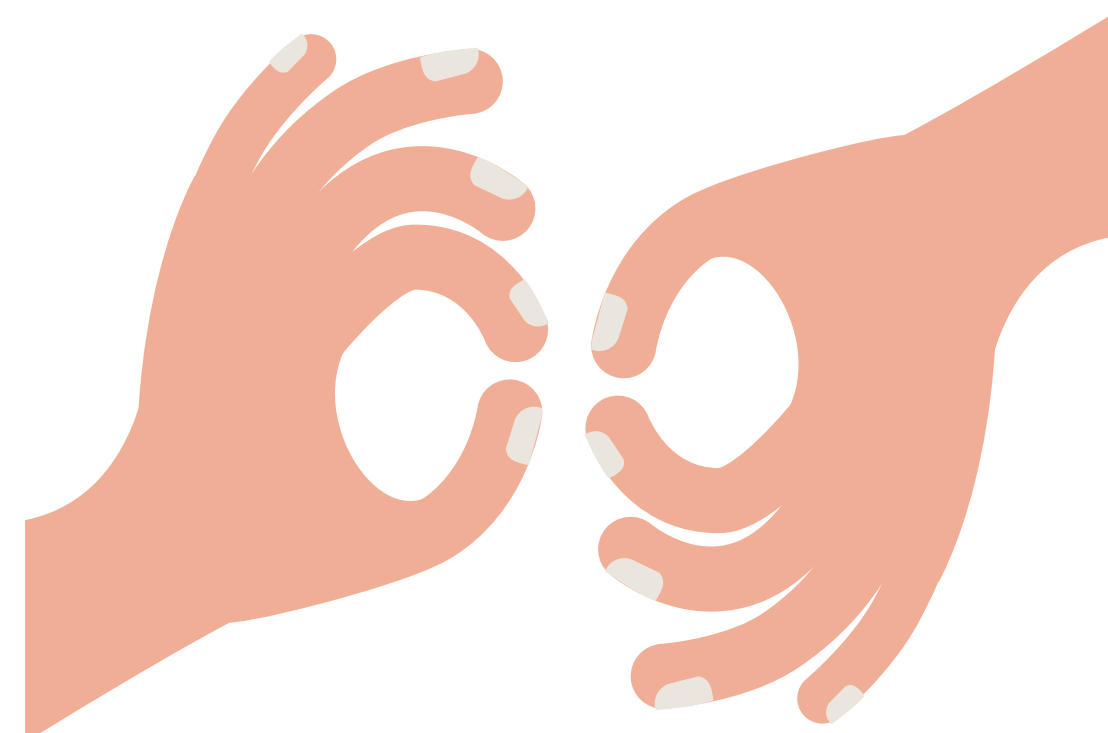
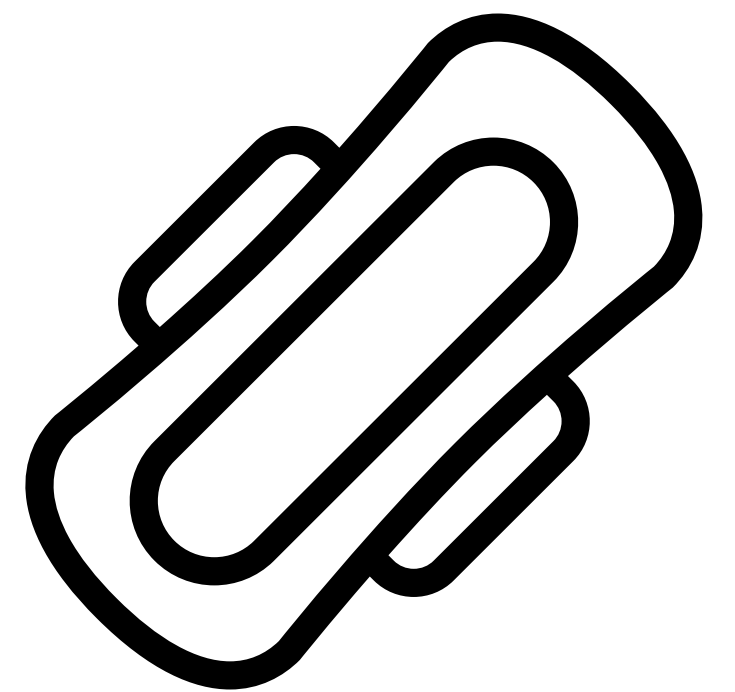
Consumables (Category 3)

This includes items you may need like continence products or low-cost assistive technology (AT) and equipment to improve your independence and/or mobility.

These are items that you do not require an assessment or quote to purchase.

Examples Include:

- Daily living solutions/daily adaptive equipment: medication management devices, non-slip bathmats, signature guide, long-handled or adapted grip equipment, cutlery,
- Mobility: replacement mobility cane; replacement covers (like for like); walking stick
- Auslan or Signed English Training
- Interpretation & translation services
- External continence: One off/short term supply of washable briefs; pads; bedding protectors.



Assistance with Social & Community Participation (Category 4)

This includes support to help you to engage in social or recreational activities and become more involved in your community. These activities may be provided in a centre or in a community setting to strengthen your ability to participate independently

Under Assistance with Social and Community Participation, the NDIS may fund a support worker to support YOU to:

- Join a social group
- Go on a holiday camp
- Visit your local library
- Attend a personal development course
- See a movie or concert
- Go to community events
- Joining a sporting club
- Attend an art class



CAPITAL SUPPORTS

The Capital Support budget has the **least flexibility**, as the funding must be used as identified in the plan.

There are 2 key areas of funding (categories) in this area:

ASSISTIVE
TECHNOLOGY

HOME
MODIFICATION

Assistive Technology (Category 5)

The NDIS uses the definition of Assistive Technology, as defined by the World Health Organisation: 'any device or system that allows individuals to perform tasks they would otherwise be unable to do or increases the ease and safety with which tasks can be performed'.

Includes items for mobility, personal care, communication and recreational inclusion such as:

- wheelchairs
- pressure mattresses
- standing frames
- bathing and toileting equipment
- personal readers & vision equipment
- vehicle modifications

Click [HERE](#) for a guide of approved assistive technologies. It is not a comprehensive list but lists the most commonly used items.



Assistive Technology

(Category 5)

There are 4 levels of AT:

Level 1 (Basic) - Cost less than \$1500, are low risk and participants will mostly identify and buy from a retail store or online. Funding for Low Cost AT in your NDIS Plan is included under Core Budget.

Level 2 (Standard) - Typically 'off the shelf' AT that participants can buy from AT providers and test/trial before making a final choice. Only minor adjustments needed

Level 3 (Specialised) - often requires specific modification to suit the needs of the participant. Requires an assessment and quote

Level 4 (Complex) - typically high cost and custom made or 'off the shelf' but configured uniquely for the individual. Requires an assessment and written quote

Examples:

- non-slip bath mats
- large print labels
- doorbells

- Bath mats
- Hand rails
- Ramps

- electronic magnification
- pressure mattresses

- power wheelchairs
- cochlear implant speech processors

Home modification

(Category 6)

The funds in this support category are not flexible and can only be used for the support category to which they were allocated to.

Examples Include:

- a ramp funded by home modifications
- installation of a handrail in a bathroom
- one-off purchases you may need including Specialist Disability Accommodation
- vehicle modification



CAPACITY BUILDING

Capacity Building Supports helps :

- Build your independence and skills
- Reach your long-term goals.

The amount of funding in each support category is **flexible ONLY WITHIN that category**. You cannot combine funding across support categories, as each category is working towards achieving a particular goal.

Your progress and outcomes from these supports will be shared at each plan review. There are 9 key areas of funding, listed on the following page:

SUPPORT
COORDINATION

IMPROVED
LIVING
ARRANGEMENTS

INCREASED
SOCIAL &
COMMUNITY
PARTICIPATION

FINDING &
KEEPING A
JOB

IMPROVED
RELATIONSHIPS

IMPROVED
HEALTH &
WELLBEING

IMPROVED
LEARNING

IMPROVED LIFE
CHOICES

IMPROVED
DAILY LIVING

Support Coordination (Category 7)

A Support Coordinator will support you to:

- Understand and implement the funded supports in your plan
- Connect you to community, mainstream and other government services.
- Negotiate with providers about what they will offer you and how much it will cost out of your plan.
- Ensure service agreements and service bookings are completed.
- Build your ability to exercise choice and control, to coordinate supports and access your local community.
- Assist you in planning ahead to prepare for your plan review.
- Assist you to 'optimise' your plan ensuring that you are getting the most out of your funded supports.



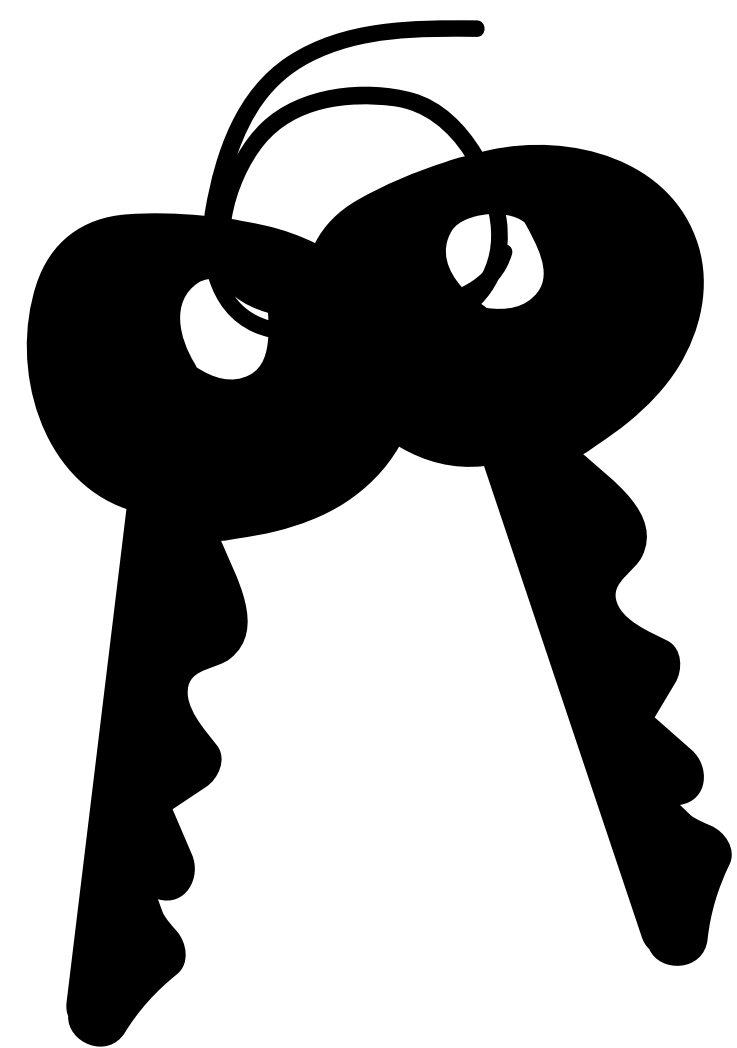
Improved Living Arrangements (Category 8)

This category of funding is the support to help you find and maintain an appropriate place to live.

It appears on the myplace portal as **CB Home Living**

Services might include assistance with:

- Searching for suitable rental properties
- Ensuring the home/area is suitable for your needs
- Viewing rental properties
- Applying for a rental tenancy
- Meeting obligations of your tenancy agreements
- Assistance with dealing with your landlord, budgeting/bill management for independent living and managing any issues with your tenancy.



Increased Social & Community Participation (Category 9)

This category of funding can be used to pay activities that build skills and independence. These may include assistance to establish volunteer arrangements in the community, mentoring, peer support or individual skill development.

It appears on the myplace portal as **CB Social Community and Civic Participation**

All supports funded under this item need to be determined as reasonable and necessary given the participant's plan goals.

Examples include:

- tuition fees, art classes, sports coaching and similar
- camps, classes and vacation activities that have capacity building components. Items or adjustments such as customised tools required because of the person's disability. i.e. adaptive sporting



Finding & Keeping a Job

(Category 10)

This may include employment-related support, training and assessments that help you find and keep a job, such as the School Leaver Employment Supports (SLES).

It appears on the myplace portal as CB Employment

SLES is an early intervention approach for school leavers with significant disability to support and gain the skills and confidence needed to gain employment, and also transition into Disability Employment Services (DES). These supports can be used towards developing skills such as:

- money handling
- time management
- communication
- discovery activities
- work experience
- job ready skills
- travel
- personal development

DES solely supports the person who is job ready, to find and keep a job and have a future work capacity of at least 8 hours per week.

Get in touch with **MyCareSpace** to find a SLES employer that will suits your goals

Improved Relationships (Category 11)

This support will help you develop positive behaviours and interact with others.

It appears on the myplace portal as **CB Relationships**

The type of supports differ depending on your individual needs but may include services such as:

- Specialist behaviour and intervention supports
- Training for carers in behaviour management strategies
- Support to develop social skills
- Intensive behaviour intervention



Improved Health & Wellbeing (Category 12)

Including exercise or diet advice to manage the impact of your disability. The NDIS does not fund gym memberships.

It appears on the myplace portal as **CB Health and Wellbeing**.

Your goal might be to learn about healthy eating and managing your diet, engaging in a specialised exercise program to meet your goals or returning to exercise following injury.

Services might include:

- Personal trainer
- Nutritionist/Dietitian
- Exercise Physiologist



Improved Learning (Category 13)

Includes training, advice and help for you to move from school to further education, such as university or TAFE. It does not including funding for course fees, text books, memberships etc.

It appears on the myplace portal as **CB Lifelong Learning**.

This may include assistance with:

- Educational Programs
- Course applications
- Social skills workshops
- Student Budgeting
- Planning your study workload
- Time & Workload Management
- Transitioning from high school to further education.



Improved Life Choices

(Category 14)

This is the category that covers Plan management to help you manage your plan, funding and paying for services.

This appears on the myplace portal as **CB Choice and Control**

It includes a set-up fee, and monthly fees assigned to the ongoing service provided by your plan manager.

Service offered include:

- Financial Assistance
- Building capacity with financial management



Improved Daily Living (Category 15)

This support category includes funding for assessment, training or therapy to help **increase your skills, independence and community participation.**

It appears on the myplace portal as CB Daily Living

These services can be delivered in groups or individually.

Some examples include:

- Occupational therapist
- Speech therapist
- Psychologist
- Music therapy
- Art therapy
- Early intervention therapies
- Training for carers/parents in matters related to caring for a person with a disability.





Need help finding supports?

Contact MYCARESPACE

a FREE community support to help you find NDIS service providers that have immediate availability



**My
CareSpace**

<https://mycarespace.com.au/>

Call 1300 2888 93

Looking for a new plan manager?

Plan Hero Plan Managers have got your back! We are always available to give a helping hand, answer any questions and listen to your concerns.



<https://planhero.com.au/>

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