






## UNDERSTANDING YOUR NDIS PLAN

The NDIS allows you to have as much choice and control as possible over the supports funded or provided in your NDIS plan.

### What's in your plan?







Your NDIS plan will be based on the discussion you had in your planning meeting. Your plan will include the following information:

-  **Information about you**  
This section includes basic information about your disability, your day-to-day activities, where you live, who you live with, or who cares for you.
-  **Family and friends**  
This section includes information about the support you get from family and friends that is not funded but will help you pursue your goals.
-  **Services and community groups**  
This section includes information about services and supports funded and delivered by community or other government services like support groups, health centres, libraries and public transport.
-  **Your goals**  
This section includes the current goals you would like to pursue as part of your plan and the long-term goals you have identified for your life. Goal-setting is an important part of the NDIS. The supports you receive may help you pursue the goals in your NDIS plan.
-  **Funded supports**  
This section tells you what funding you have been allocated in each support category and what this funding is for. You may not have all the support categories funded in your plan. Some people might have one or two support categories funded and others may have more.  
  
This will depend on your individual needs and may change from plan to plan based on the supports and services you need. Your funding is based on what is reasonable and necessary for your needs, in addition to the support provided by family, friends and other community and government services that you need to live your life. You must only use your NDIS funding on supports and services that are related to your disability.

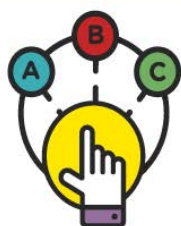
Your funding is based on what is **reasonable and necessary**, in addition to the support provided by family, friends and other community and government services you need to live your life and achieve your goals. You must only use your NDIS funding on supports and services that are directly related to your disability and will help you to achieve the goals in your NDIS plan.

**'Reasonable' means something fair and 'Necessary' means something a person needs. The NDIS funds supports and services that relate to a persons disability to help them achieve their golas and meet their needs.**

The funding in your plan is based on meeting these six criteria:

-  it would help you meet your goals
-  it would enable you to do activities to benefit your social and economic participation
-  is value for money
-  it would be effective and beneficial to you
-  it cannot reasonably be provided by friends or family
-  it cannot be provided by another government department or service.

## UNDERSTANDING YOUR SUPPORT BUDGETS



There are three types of support budgets that may be funded in your NDIS plan:

- Core Supports budget
- Capacity Building Supports budget
- Capital Supports budget

### 1. Core Supports Budget

Core Supports help you with everyday activities, your current disability-related needs and to work towards your goals. Your Core Supports budget is the most flexible, and, in most cases, you can use your funding across any of the following four support categories:

In your plan	In the myplace portal	Description
<b>Assistance with Daily Life</b>	<b>Daily Activities</b>	For example assistance with showering, dressing, household cleaning and/or yard maintenance
<b>Consumables</b>	<b>Consumables</b>	Everyday items you may need. For example, continence products or low-cost assistive technology such as modified cutlery and hand rails to improve your independence and/or mobility. You may also use these funds to do minor repairs to aids and equipment (assistive technology) for example wheelchair tyre puncture repair.
<b>Assistance with social &amp; community participation</b>	<b>Social, community and civic participation</b>	For example, a support worker to help you to participate in social and community activities.
<b>Transport</b>	<b>Transport</b>	<p>This is support that helps you travel to work or other places that will help you achieve the goals in your plan where you are unable to travel by yourself or use public transport.</p> <p>How you can spend your transport funding, including by arrangement with your provider, and how it is paid to you (whether upfront or in regular payments) will be different for each person. Your ECEI Coordinator, LAC, NDIA Planner or Support Coordinator will explain how you can use this budget.</p>

## 2. Capital Supports Budget

Capital Supports include higher-cost pieces of assistive technology, home or vehicle modifications and funding for one-off purchases you may need (including Specialist Disability Accommodation).

It is important to remember that funds within the Capital Supports budget can only be used for their specific purpose and cannot be used to pay for anything else. The Capital Supports budget has two support categories:

In your plan	In the myplace portal	Description
<b>Assistive Technology</b>	<b>Assistive Technology</b>	This includes equipment for mobility, personal care, communication and recreational inclusion such as communication devices, wheelchairs or vehicle modifications.
<b>Home Modifications</b>	<b>Home Modifications</b>	Home modifications such as the installation of an accessible shower, or Specialist Disability Accommodation.

## 3. Capacity Building Supports Budget

Capacity Building Supports help build your independence and skills to help you reach your goals.

Unlike your Core Supports budget, your Capacity Building Support budget cannot be moved from one support category to another. Funding can only be used to purchase approved individual supports within that specific capacity building (CB) category. The Capacity Building Support categories are:

In your plan	In the myplace portal	Description
<b>Support Coordination</b>	<b>Support Coordination</b>	This is a fixed amount for a Support Coordinator to help you utilise your plan and engage and maintain services.
<b>Improved Living Arrangements</b>	<b>CB Home Living</b>	Support to help you find and maintain an appropriate place to live.
<b>Increased Social &amp; Community Participation</b>	<b>CB Social, community and civic participation</b>	Development and training to increase your skills so you can participate in community, social and recreational activities.
<b>Finding &amp; Keeping a Job</b>	<b>CB Employment</b>	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).
<b>Improved Relationships</b>	<b>CB relationships</b>	This support will help you develop positive behaviours and interact with others.
<b>Improved Health &amp; Wellbeing</b>	<b>CB Health &amp; Wellbeing</b>	This may include exercise or diet advice to manage the impact of your disability.
<b>Improved Learning</b>	<b>CB Lifelong Learning</b>	Examples include training, advice and help for you to move from school to further education, such as university or TAFE.
<b>Improved Life Choices</b>	<b>CB Choice and Control</b>	Plan management to help you manage your plan, funding and paying for services.
<b>Improved Daily Living</b>	<b>CB Daily Activity</b>	Assessment, training or therapy to help increase your skills, independence and community participation. These services can be delivered in groups or individually.

