

Understanding your 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.

How is your NDIS plan managed?

There are 3 ways in which your NDIS plan can be managed:

1. **NDIA managed** – This means that the National Disability Insurance Agency manages the funds in your plan. All invoices from providers are uploaded via a portal to go to the NDIA to be paid.

If you are NDIA managed, **you can only use providers who are registered with the NDIS**. This will reduce your level of choice and flexibility because many providers are not registered.

2. **Plan managed** – This means that a financial intermediary such as a bookkeeper or an accountant administers the funds in your plan. There are many companies that are registered with the NDIS who can provide you with plan management. They are

funded out of your plan (under the category Capacity Building – Improved Life Choices) to provide this service. Invoices are sent to the plan manager, and once approved, the plan manager claims the money from the myplace portal and pays the invoices to the provider on your behalf. They also provide regular reports so you can see how much funding is left in any category of your plan.

The other real benefit of a plan manager is that you can use providers who are NOT registered with the NDIS so it can provide more choice and control to you.

3. **Self-managed** – This means you choose to administer the funds. It gives you the flexibility and choice to decide which supports you will purchase to meet the goals in your NDIS plan.

To pay your providers you can go online on to the myplace portal to lodge a payment request once you receive their invoice. The NDIS then pays the amount into your account within 24-48 hours so you can pay your provider. Alternatively, you can pay the provider from your own funds and then, once you have the receipt from the provider, claim the money back via the myplace portal.

The benefit of being self-managed is that you have complete choice and control over who you use as your providers. You can also negotiate the costs of your supports to obtain best value for money.

You will be responsible for ensuring you do not overspend the funding in your plan and that you expend the funds consistent with the NDIS guidelines. If you overspend your funding there is no requirement on the NDIS to top up your funding.

Stated Supports

If an item is shown as a “Stated Support” the funding allocated to that item can only be spent on that support item. You cannot swap it for other supports.

In-kind Supports

If an item is listed as “In-kind Supports” this means that the support is paid for by another government department, usually the state government. This means you can only use the provider that is listed as they have already been paid to provide these supports.

Your NDIS Plan will include funding in up to 3 categories: Core Supports, Capacity Building Supports and Capital Supports

Core Supports

Core supports assist you with everyday activities and **the basic support you need to live your life and achieve your goals.** This can include things like house cleaning if your disability prevents you from cleaning the house, purchasing continence pads, or having a support worker accompany you on your shopping trip or assisting you with other activities of daily

living. It also can include having funding for an exercise physiologist or personal trainer provided this is a goal in your NDIS plan.

Transport is also included as a Core Support. Transport is often paid into the participants' nominated bank account on a fortnightly basis

Core funding is flexible which means you can move the funding in your core budget on other core support items.

Capacity Building Supports

Capacity Building Supports are split into 9 subcategories:

1. Support coordination
2. Improved living arrangements
3. Increased social and community participation
4. Finding and keeping a job
5. Improved relationships
6. Improved health and wellbeing
7. Improved daily living
8. Improved life choices
9. Improved learning

Capacity building funds, unlike core support funds, are not flexible. They can only be used to purchase agreed individual supports that fall within this category. These supports are specifically funded to help you build your independence and skills to achieve your goals e.g., develop your social skills to enable you to access activities in the community, or to enable a behavioural specialist to develop a positive behaviour support plan or allow an occupational therapist to conduct a functional assessment.

For more detail about each of the subcategories visit

<https://www.ndis.gov.au/participants/using-your-plan/managing-your-plan/support-budgets-your-plan>

Capital Supports

Capital Supports is funding for high-cost assistive technology (e.g., wheelchair), equipment and home or vehicle modifications including one-off purchases you may require (such as Specialist Disability Accommodation).

Capital supports funding is not flexible. It can only be used for the purpose specified in the plan. There are two subcategories under Capacity Building Supports: Assistive Technology and Home Modifications.

To access funds in this category you will require an assessment from a suitable qualified and registered allied health professional e.g., occupational therapist, followed by obtaining a quote from the relevant assistive technology provider or registered builder.

What are Reasonable and Necessary supports?

What kind of supports does the NDIS fund?

The NDIS funds reasonable and necessary supports. Reasonable and necessary supports are those that will help you pursue your goals and aspirations, be more independent, take part in social activities and work, actively take part in the community, enjoy an ordinary life.

These supports are related to your disability and don't include day-to-day living costs not related to your disability support needs, represent value for money, are likely to be effective and work for you, take into account informal supports given to you by your family, carers, networks and the community, and take into account other formal supports you have like health and education services.

What types of supports don't need to be funded by the NDIS?

Some supports are funded by other areas of government, including schoolteacher aides and hospital and GP visits.

What type of supports are funded by the NDIS?

The types of supports the NDIS may fund include help with personal care activities; transport to help you participate in community, social, economic and daily life activities; help at work to allow you to successfully get or keep a job; therapeutic supports like occupational therapy, speech therapy and behavior support; help with household jobs to allow you to maintain your home; aids or equipment to help you do things more independently, including assessment, set up and training; home modifications including design and construction to help you live at home; mobility equipment to help you get about more easily; and vehicle modifications to your car to make it easier to use.

You have choice and control over how your supports are given and which service providers you use in your plan.

What supports are not funded by the NDIS.

A support won't be funded if it isn't related to your disability; is the same as supports already funded by other areas of government; relates to day-to-day living costs that are not related to your disability support needs; is likely to cause you harm or pose a risk to others.

For more information visit NDIS [ndis.gov.au](https://www.ndis.gov.au) or phone 1800 800 110.

Choice & Control

Choice and control is a key guiding principle of the NDIS. The intent is to ensure that **you** have choice and control over what services you purchase with the funds allocated to you in your NDIS plan. This does not mean you can spend your funds on anything you want. The funds must be spent as outlined in your plan to help you achieve your goals but within those parameters you can choose which provider you purchase services from.

VERBINDING IS DUTCH FOR CONNECTION,
WHICH IS WHAT WE'RE ABOUT;
CONNECTING YOU WITH THE SUPPORT
YOU NEED WHEN YOU NEED IT.

Evidence-based best practice

The NDIS will only fund supports that will be, or are likely to be, effective and beneficial for you, having regard to current good practice. This means they will consider if there is evidence that the support is effective and beneficial for someone with similar disability support needs.

They will consider different types of evidence when making decisions and they won't need an expert report for every support, as they can often rely on other information or evidence.

For example, they may already have information about whether the support is widely accepted to suit someone with your disability support needs. The primary source of evidence they rely on, and give the greatest weight to, is evidence from sources that are reliable and widely recognised. This includes published and refereed literature, and any consensus of expert opinions. If there is no evidence to show a support is reasonable and necessary, they won't fund the support.