

# GETTING THE MOST OUT OF YOUR NDIS PLAN

## FACT SHEET # 5

### NDIS Support category examples

Below are some examples of support items with name and description that are found in each of the support categories. They are listed under their official support category number and name. These are taken from the Support Catalogue and are provided to give you an idea of the types of supports that the NDIS could fund and that may be of use to you.

#### 1. Assistance with daily life (includes Supported Independent Living)

Assistance with Personal Domestic Activities	Assist participant to undertake and/or develop skills to maintain their home environment where the participant owns their own home and/or has sole or substantial responsibility for its maintenance. Includes assisting participant to do basic house and yard work.
Assistance With Self-Care Activities - Standard - Weekday Daytime	Assisting with, and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.

#### 2. Transport

Specialised Transport to School/Educational Facility/Employment/Community	Specialised transport to school/educational facility/employment/community
Transport	Transport

#### 3. Consumables

Incontinence Alarms	Buzzer or similar used in continence training.
Auslan Or Signed English Training	Training in the use of Auslan and other communication techniques; tafe course fee or equivalent.

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### 4. Assistance with social and community participation

Access Community, Social and Rec Activities - Standard - Weekday Daytime	Provision of support to enable a participant to engage in community, social and/or recreational activities.
Group Activities In The Community - 1:2 - Standard - Weekday Daytime	Provision of support to enable a participant to engage in community, social and/or recreational activities.

### 5. Assistive Technology

Pressure Reduction Mattress	Mattress with pressure reduction properties
Head Pointer	Assistive products to position screen pointer and to select items on computer display
Assistance Dog (Including Dog Guide)	

### 6. Home Modifications

Home Modifications - Rails - External	
Consultation About Home Modification Designs with Builder	

### 7. Support Coordination

Level 1: Support Connection	Assistance for participants to implement their plan by strengthening the ability to connect with the broader systems of supports and understand the purpose of the funded supports and participate in the community. Support Connection will assist a participant to understand the aspects of the plan, assisting in ongoing management of supports, and answer questions as they arise.
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Level 2: Support Coordination	Coordination of supports: This support will assist participants to build a skill needed to understand, implement and use your plan. A support coordinator will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently and be included in your community.
Level 3: Specialist Support Coordination	Generally delivered in a limited time, outcomes focused manner and by appropriately qualified and experienced practitioner to meet the individual needs of the participant's circumstances. Necessitated by specific high complex needs or high level risks in a participant's situation, to reduce complexity in the participant's support environment in the context of broader systems of support, whilst also assisting the participant to connect with NDIS supports, negotiate solutions with multiple stakeholders and build capacity and resilience.

### 8. Improved Living Arrangements

Assistance with Accommodation and Tenancy Obligations	Support is provided to guide, prompt or undertake activities to ensure the participant obtains and/or retains appropriate accommodation. May include assisting to apply for a rental tenancy or to undertake tenancy obligations.
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### 9. Increased social and community participation

Skills Development in a Group	Training for the participant in a group of 2 or more to increase their independence in daily personal activities.
Individual Skills Development and Training	Individual life skills development and training including public transport training and support, developing skills for community, social and recreational participation.

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### 10. Finding and keeping a job

Individual Employment Support	This support can be applied to any working age participant (including students reaching working age) with an employment goal. This may include supports to: <ul style="list-style-type: none"><li>• explore what work would mean for them (discovery)</li><li>• build essential foundation skills for work</li><li>• managing complex barriers to obtaining and sustaining employment</li><li>• specialised job customisation</li><li>• supports to transition from an Australian Disability Enterprise (ADE) to open employment.</li><li>• develop a career plan</li><li>• other capacity building supports which are likely to lead to successful engagement in a Disability Employment Service (DES).</li></ul>
School Leaver Employment Supports	School leaver employment supports are capacity building supports for students transitioning from school to employment. These supports should be included, where reasonable and necessary, as part of the students scheduled plan review in the final year of school to ensure supports are available at school exit.

### 11. Improved relationships

Specialist Behavioural Intervention Support	Highly specialised intensive support interventions to address significantly harmful or persistent behaviours of concern. Development of behaviour support plans that temporarily use restrictive practices, with intention to minimise use of these practices.
Behaviour Management Plan Incl. Training in Behaviour Management Strategies	Training for carers and others in behaviour management strategies required due to the participant's disability.

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### 12. Improved Health and Wellbeing

Dietician Consultation and Diet Plan Development	Individual advice to a participant on managing diet for health and well-being due to the impact of their disability.
Exercise Physiology	Individual advice to a participant regarding exercise required due to the impact of their disability.

### 13. Improved Learning

Transition Through School and to Further Education	Provision of skills training, advice, assistance with arrangements and orientation to assist a person with disability moving from school to further education
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### 14. Improved life choices

Capacity Building and Training in Plan and Financial Management by a Plan Manager	Capacity building and training in plan administration and management with a participant to strengthen their ability to undertake tasks associated with the management of their supports. Providers of this support are to assist the participant to build capacity to undertake all aspects of plan administration and management, including: engaging providers; developing service agreements; maintaining records; claiming payments from the NDIA; and paying providers.
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### 15. Improved daily living skills

Capacity Building Supports for Early Childhood Interventions - Psychology	Capacity building supports, including key worker, to assist a child with developmental delay and/or disability and their family/carers in home, community and early childhood education settings, to work towards increased functional independence and social participation. To be delivered by a Psychologist.
Training for Carers/Parents	Training for carers in matters related to caring for a person with disability.
Assessment, Recommendation, Therapy and/or Training (Incl. AT) - Other Therapy	Assessment, Recommendation, Therapy and/or Training (incl. AT).

For the full Support Catalogue go to: [ndis.gov.au/providers/price-guides-and-pricing](https://www.ndis.gov.au/providers/price-guides-and-pricing)

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