

# GETTING THE MOST OUT OF YOUR NDIS PLAN

## FACT SHEET #3

### Examples of Support Worker support

Support workers can help with many things and they all have different skills. For example, they could be a coach, mentor, teacher, study buddy, or medical support.

#### Personal care

Showering, toileting and mealtime assistance at home or in the community



#### In-home care

Help with morning and evening routines, medical prompts, and meal preparation



#### Help Around The House

Cleaning, yard maintenance, and home-office duties.



#### Transport

Help to get your chores done or travel from A to B.



DISABILITYLOOP.ORG.AU

TO CONTACT THE NDIS  
FOR MORE INFORMATION:

WWW.NDIS.GOV.AU  
1800 800 110



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Are you in the loop?

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### Therapy Support

Support to plan, practice, and enjoy your therapy.



### Out and About

Support to get out, take a class, exercise, volunteer or go to gatherings.



### Specialist (High Needs)

High needs support for more complex, personal requirements.



### Education and Employment

Coaching to help you achieve your goals at school, college, or work.



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