

# What your NDIS plan support categories can fund

Getting the most from your NDIS plan starts with understanding how you can actually use it. Our fact sheet breaks down the different support categories that **may** be included in your plan, to guide you in what could be funded. It doesn't list every possibility, but should get you started.

Remember, there's no one size fits all, your supports still need to relate to your personal needs and goals. If in doubt, check with your LAC, Support Coordinator, or reach out to a Kinora Coach.

## Core

Core supports help with your everyday living, your disability needs, and to work towards your goals. Core is flexible, so in most cases you can use funding across any of the support categories, however this is not always the case with transport.

### Support Category

### What could it cover?

Assistance with Daily Life	<ul style="list-style-type: none"> <li>• Support workers to help with your everyday needs such as personal care</li> <li>• House cleaning and gardening</li> <li>• Short term accommodation and assistance</li> </ul>
Consumables	<ul style="list-style-type: none"> <li>• Low cost / low risk assistive technology items that improve your safety, mobility or independence</li> <li>• Continence products</li> <li>• Equipment needed for eating and drinking</li> </ul>
Assistance with Social & community Participation	<ul style="list-style-type: none"> <li>• Support workers for assistance to access community, social, and recreational activities</li> <li>• Group and centre based activities</li> </ul>
Transport	<ul style="list-style-type: none"> <li>• Transport, such as a taxis or public transport, to travel to work or other places</li> <li>• Specialised transport services</li> </ul>

## Capacity Building

Capacity building supports help you to work toward your goals and build your independence.

The support categories are not flexible, this means you can only access supports that fall within the categories included in your own personalised plan, you are not able to move funding from one category to another.

### Support Category

### What could it cover?

Support Coordination	<ul style="list-style-type: none"> <li>• A Support Coordinator to help link you with services and implement your plan</li> <li>• Psychosocial recovery coach to help identify, plan, design and coordinate supports if you have a psychosocial disability</li> </ul>
Improved Living Arrangements	<ul style="list-style-type: none"> <li>• Assistance with accommodation and tenancy obligations, to help you obtain and retain appropriate housing</li> </ul>
Increased Social and Community Participation	<ul style="list-style-type: none"> <li>• Life skills training, such as public transport training</li> <li>• Mentoring and peer- support to develop skills</li> <li>• Access to community participation activities, such as camps, classes and vacation activities</li> </ul>
Finding and Keeping a Job	<ul style="list-style-type: none"> <li>• Workplace assessment and counselling</li> <li>• Help to explore your work options and develop a career plan</li> <li>• Building of essential foundation work skills</li> <li>• Support through the transition from school to work</li> </ul>
Improved Relationships	<ul style="list-style-type: none"> <li>• Specialised behavioural support and management plan, to address behaviours of concern</li> <li>• Support to develop social skills for participation in community and social activities</li> </ul>

Improved Health and Wellbeing	<ul style="list-style-type: none"> <li>• Exercise physiology</li> <li>• Personal training</li> <li>• Dietician</li> </ul>
Improved Learning	<ul style="list-style-type: none"> <li>• Skills training, advice, and assistance with arrangements when moving from school to further education</li> </ul>
Improved Life Choices	<ul style="list-style-type: none"> <li>• If you are plan managed, this support category covers your plan managers fees to pay your invoices, maintain records and monitor your budget</li> </ul>
Improved Daily Living	<ul style="list-style-type: none"> <li>• Therapeutic supports, such as Psychology, Physiotherapy, Occupational Therapy and Speech Pathology</li> <li>• Counselling</li> <li>• Audiologist hearing services</li> <li>• Exercise Physiology and Dietetics</li> <li>• Nursing care (that is not usually covered by the health system)</li> <li>• Training for carers and parents</li> <li>• Skill development training to increase independence</li> </ul>

## Capital

Capital funding is for larger one off purchases that you might need. This funding is not flexible, so you can only use it for the purpose specified in your plan document.

### Support Category

### What could it cover?

Assistive Technology

- Higher cost, more complex, or customised aids and pieces of equipment that help with your independence, mobility, and safety
- Modifications to your car

Home Modifications and Specialist Disability Accommodation (SDA)

- Design, construction, installation, or changes to non structural components of your home, to help you live as independently as possible
- Specialist housing accommodation to cater for very high needs

## Your plan may also include

### Stated Supports

Items or services listed in your plan as a *Stated Support* means that you can only use the funding for that specified purpose. Often this will be assistive technology, but some supports can *only* be accessed if they have been listed in your plan as a stated support, such as assistance with meal preparation and delivery, and specialised driver training.

### Quote Required Supports

If an item or service is listed in your plan as Quote Required, this means you need to obtain a quote from a service provider, submit to the NDIA, and only when approved will the funds become available to purchase that item or support.  
*\*Tip: arrange quotes prior to your planning meeting to help speed things along\**

### In-Kind Supports

If there are supports listed in your plan as *In-Kind*, this means it has already been pre-paid by your state, territory, or the Australian Government. This does not come out of your NDIS funding, it just means this support has not yet come across to the NDIS.

No matter where you are at in your NDIS journey, we at Kinora are with you. Our Coaches are online 5 days a week - and if they are not available, our friendly community will be. Join or login to Kinora at [www.kinora.com.au](http://www.kinora.com.au) We can journey together.