



Plan Manage Assist Your Plan Management Provider

CAPACITY BUILDING SUPPORTS

Capacity building supports are there to help you to maintain your independence and build your skills.

There are nine Capacity Building support categories

1. Support Coordination
2. Improved Living Arrangements (*CB Home Living)
3. Increased Social and Community Participation (*CB Social Community and Civic Participation)
4. Finding and Keeping a Job (*CB Employment)
5. Improved Relationships (*CB Relationships)
6. Improved Health and Wellbeing (*CB Health and Well Being)
7. Improved Learning (*CB Lifelong Learning)
8. Improved Life Choices (*CB Choice and Control)
9. Improved Daily Living (*CB Daily Activity)

***This is the name it has in the NDIS MyPlace Portal**

- 1. Coordination of Supports:** are there to support and connect you with informal, mainstream and funded supports so you can get the most out of your NDIS plan and make sure your supports are being delivered as promised.
- 2. Improved Living Arrangements:** support to help you find and maintain an appropriate place to live.
- 3. Increased Social and Community Participation:** development and training to increase your skills so you can participate in the community, social and recreational activities. It can fund various support services that help to develop your social skills, make new friends, access local community events or group activities.
- 4. Finding and Keeping a Job:** this may include employment-related support, training and assessments that help you find and keep a job. Can include looking for jobs, applying for jobs, updating your resume and linking you with supported employment and open employment opportunities.
- 5. Improved Relationships:** will help you develop positive behaviours and interact with others. This budget can be used for behaviour intervention, support or behaviour management programs or you may choose to use it to create a behaviour support plan that's catered to your own individual needs.
- 6. Improved Health and Wellbeing:** can include exercise or diet advice to manage the impact of your disability. The **NDIS does not fund gym memberships**. Support services funded in this budget can help you to maintain a healthy lifestyle. This may include an appointment with a dietitian or a session with a personal trainer.
- 7. Improved Learning:** examples include training, advice and help for you to move from school to further education, such as university or TAFE.
- 8. Improved Life Choices:** this is where your budget for your plan management is included.
- 9. Improved Daily Living:** includes therapy providers such as an occupational therapist or physiotherapist. You may choose to use this funding for medical support that will help to improve your day-to-day independence.