

plan  
manage  
assist



## YOUR SUPPORT CATEGORIES EXPLAINED

### CORE \*1-4

A core support is an activity that helps you in your everyday life. The biggest thing to remember with your core support budget is that the funding is flexible across the four support categories.



### CAPITAL SUPPORTS\*5-6

Include higher-cost pieces of assistive technology, equipment and home or vehicle modifications, and funding for one-off purchases you may need (including Specialist Disability Accommodation).

### NDIS Support Categories

### What does it mean for you?

#### 1. Assistance with daily life

- help with self-care such as showering and dressing
- help with household tasks including cleaning, cooking and shopping
- help in shared living arrangements or Supported Independent Living

#### 2. Transport

- travel enables participants to access the community for educational, recreational and vocational purposes
- training and support to use public transport
- transport to school education programs, employment, community

#### 3. Consumables

- assists participants with purchasing everyday items. Supports such as continence and home enteral nutrition (HEN) products are included in this category

#### 4. Assistance with social and community participation

- getting involved with groups and activities that help you connect with other people and build your skills in areas you're interested in
- tuition fees, art classes, sports coaching and similar activities that build skills and independence

#### 5. Assistive technology

- any device or system that allows individuals to perform tasks they would otherwise be unable to do
- assistive equipment for recreation, assistive products for household tasks, assistive products for personal care and safety

#### 6. Home modifications

- home modifications are changes to the structure, layout or fittings of a participant's home so they safely access it and move around comfortably in areas they frequently use

## CAPITAL BUILDING\* 7-15

A support that enables a participant to build their independence and skills.



Registered NDIS Provider



NDIS Support Categories	What does it mean for you?
7. Support Coordination	<ul style="list-style-type: none"> <li>support coordinators (SC) determine how the funds will be spent and to connect with providers</li> <li>your SC will focus on supporting you to build skills and direct your life as well as connect you to providers</li> <li>will assist you to negotiate with providers about what they will offer you and how much it will cost out of your plan</li> <li>will ensure service agreements and service bookings are completed. They will help build your ability to exercise choice and control, to coordinate supports and access your local community</li> </ul>
8. Improved living arrangements	<ul style="list-style-type: none"> <li>includes many different supports to help build skills like budgeting skills, general life skills, training for carers, early childhood interventions, counselling, and therapy assessment and supports.</li> </ul>
9. Increased social and community participation	<ul style="list-style-type: none"> <li>development and training to increase your skills so you can participate in the community, social and recreational activities</li> <li>covers support for activities that are either centre-based or out in the community (e.g. to attend a gardening group) at standard or higher intensity rates</li> <li>funding can be used to pay for tuition fees, art classes, sports coaching and similar activities that build skills and independence</li> </ul>
10. Finding & keeping a job	<ul style="list-style-type: none"> <li>aims to help people with a disability get into the workforce and build their independence</li> <li>work skills, individual employments support, employment preparation, assistance in employment</li> </ul>
11. Improved relationships	<ul style="list-style-type: none"> <li>will help you develop positive behaviours and interact with others</li> <li>intensive behaviour intervention, development and monitoring of management plan</li> <li>positive behaviour management strategies, individualised social skills development</li> </ul>
12. Improved health and wellbeing	<ul style="list-style-type: none"> <li>exercise or diet advice to manage the impact of your disability. The NDIS does not fund gym memberships</li> <li>exercise physiology, personal training, dietician consultation and plan development.</li> </ul>
13. Improved learning	<ul style="list-style-type: none"> <li>can include training, advice and help for you to move from school to further education, such as university or TAFE</li> </ul>
14. Improved life choices	<ul style="list-style-type: none"> <li>plan management to help you manage your plan, funding and paying for services ie Plan Manage Assist (included in your NDIS plan)</li> </ul>
15. Improved daily living skills	<ul style="list-style-type: none"> <li>assessment, training or therapy to help increase your skills, independence and community participation.</li> <li>these services can be delivered in groups or individually.</li> </ul>

A support or service needs to be considered reasonable, necessary and must be related to a participant's disability. It must not include day-to-day living costs not related to your disability support needs and must be likely to be effective and work for the participant. Furthermore, you should consider support given to you by other government services, your family, carers, networks and the community.

For further information on support categories visit the NDIS [click to view](#)