

What is meant by 'recovery' under the NDIS?



A recovery coach can support you with your recovery. Recovery means being able to live a purposeful and meaningful life. The aim is to increase participants' social and economic independence and participation.

A recovery coach is an NDIS funded worker that has mental health knowledge. A recovery coach will:

- spend time with you, and people important to you, to get to know you and understand your needs
- help you to find out about different services and supports, and how these can help you
- help you get support from mental health services
- help you better understand the NDIS and support you with the NDIS
- coaches access systems and resources needed to support the recovery
- can also help participants return to employment, find stable housing, and transition
- provides expertise and encouragement in supporting the necessary change and attaining the goals important to the individual

Who will I get recovery coach funding through the NDIS?

Generally, a recovery coach will be funded in your NDIS plan for people with psychosocial support needs

How many hours are required?

- The hours are based on your needs. Your NDIS planner or Local Area Coordinator will work with you to decide on the number of hours you would need

What qualifications do recovery coaches have?

- Health Peer work or similar training and/or two years' paid experience in supporting people with mental health challenges
- some recovery coaches may have other qualifications. It's always good to ask about the qualifications and experience of your recovery coach.

How does a Recovery Coach differ from Support Coordination?

Although the support provided by a support coordinator and a recovery coach may appear to be similar, many more hours are expected to be allocated to a recovery coach over an extended period. For example, 1 hour per week for the year (50 hours).

You can speak to your support coordinator or contact the NDIS planner or Local Area Coordinator to find out how to get a recovery coach

For a more detailed view see ['Psychosocial Disability Recovery and the NDIS'](#).



REGISTERED
NDIS
PROVIDER