



NDIS Support Categories Explained

Helping you understand your NDIS plan



Did you know there are three main types of budgets and 21 categories in an NDIS Plan?

1 Core

Core Supports cover the basic things you need to live your daily life (such as transport and consumables), and in most cases (not all), you can use your Core funding across multiple support categories, within this budget.

Most Core funding is flexible and all about funding those everyday services and items you need.

Think: 'Having a flexible core is good for daily activities'

2 Capital

Capital Supports funding is for more significant items (such as home and vehicle modifications) that you need in your daily life. Unlike Core Supports, Capital Supports are not flexible, so you can't move the budget from one category to another.

Generally, these items cost more than \$1,500 and you'll need a quote approved by the NDIA to fund them.

Think: 'More expensive items can be a capital investment.'

3 Capacity Building

Capacity Building Supports fund services that help build the skills you need to be more independent! These include things like support coordination and improved daily living skills. Like Capital Supports, your Capacity Building Supports budget **cannot** be moved from one support category to another.

Think: 'It's always nice to have more capacity to get out and do things.'



Core Supports

Category 1: Assistance with Daily Living

What it's for – supports you to be as independent as possible at home.

What it funds – support workers to help with preparing your meals, dressing, showering, house cleaning, gardening and respite care.

Category 2: Transport Allowance

What it's for – subsidises the cost of suitable transport so you can access the support you need.

What it funds – transport costs if you can't use public transport because of your disability.

* if eligible, this is paid directly into your bank account from your Plan.

Category 3: Consumables

What it's for – covers supplies you use every day and need because of your disability.

What it funds – nutrition products, continence products, colostomy bags and dressing aids. It also covers small, low risk and low-cost adaptive equipment, such as:

- ▶ Walkers
- ▶ Sensory equipment
- ▶ Kettle stabiliser
- ▶ Modified cutlery or apps for your tablet and smartphone
- ▶ Can also fund costs for an assistance dog (like pet insurance).

What it doesn't fund – does not cover medicines.

Category 4: Assistance with Social & Community Participation

What it's for – provides support for you to participate in community, social and recreational activities.

What it funds – you could use your funds for a support worker to help you to attend events.

What it doesn't fund – cost of the actual activity (like tickets to the footy).



Capital Supports

Category 5: Assistive Technology

What it's for – funds specialised technology or equipment.

What it funds – items like wheelchairs, prosthetics and orthotics, portable hoists, vehicle modifications, braille resources and even the cost of getting a guide dog!

Category 6: Home Modifications and Specialised Disability Accommodation

What it's for – covers changes or additions to your home that make it more suitable for you to live an independent life.

What it funds – items such as rails or ramps, a project manager to help get modifications done and may also fund the cost of Specialist Disability Accommodation (SDA).

Capacity Building Supports

Category 7: Support Coordination

What it's for – provides funding for support coordination and/or a psychosocial recovery coach, so you can live the life you want and achieve your goals.

What it funds – cost of support coordination and/or psychosocial recovery coach.

Category 8: Improved Living Arrangements

What it's for – helps you find, secure or keep suitable accommodation.

What it funds – support with going to inspections, finding a group home or negotiating contracts.

Category 9: Increased Social & Community Participation

What it's for – helps you participate in community activities that build your skills and independence.

What it funds – funds all kinds of activities, such as study, life skills training or sports coaching. Can also fund a mentor to help you reach your specific goals.

Category 10: Finding and Keeping a Job

What it's for – helping people find and secure employment or attend training.

What it funds – funds supports like help with a resumé and support at interviews. Also covers support to help you prepare for work after you finish school or if you haven't worked in a long time.



Capacity Building Supports Cont.

Category 11: Improved Relationships

What it's for – supports you to make positive changes to your life and relationships.

What it funds – funds supports like psychology, social skills building and behavioural therapy, including developing a behaviour management plan.

Category 12: Improved Health and Wellbeing

What it's for – helps you support, maintain or increase your physical mobility or wellbeing if that is limited by your disability.

What it funds – covers supports like dietitians, exercise physiologists or personal trainers.

Category 13: Improved Learning

What it's for – helps you transition from school to further education.

What it funds – funds advice, help with job applications or support through orientation.

Category 14: Improved Life Choices

What it's for – helps you to build your financial and organisational skills.

What it funds – funds plan management (Plan Tracker is covered in this budget).

Category 15: Improved Daily Living

What it's for – helps you develop the basic skills you need to get more from your day-to-day life.

What it funds – funds allied health and other therapies, including physio, OT, speech therapy, early childhood intervention strategies and group therapy.



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