



# DISABILITY SUPPORTS AND HOW NDIS DEFINES THEM



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# 1. DISABILITY SUPPORTS AND HOW NDIS DEFINES THEM

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The work you do in the various parts of this kit will provide the basis for discussion about supports in your NDIS planning meeting. It will stand you in good stead in keeping yourself, your goals and your health and disability related needs at the centre of the conversation.

The NDIS will want to know how you are supported, by who, and how often. It defines supports as things that help you undertake daily life activities, participate in the community and reach your goals. It talks about three types of supports: 1. capacity building; 2. capital; 3. core.

## **1. Capacity building (a support that enables you to build your independence and skills)**

This is an important category to think about and use to the full. It's where, for example, you would put things like one-to-one support for communicating and building relationships so that you can orient yourself to a new volunteer role, where you would put allied health support such as Occupational Therapy or Physiotherapy, or where you might put training to use public transport so that you can get to the place you volunteer.

## **2. Capital (an investment, such as assistive technologies, equipment and home or vehicle modifications, or funding for capital costs e.g. to pay for specialist disability accommodation)**

This category is the part in an NDIS plan where you would put things like modifications to your bathroom or equipment that will help you access your local community independently.

## **3. Core (a support that enables a participant to complete activities of daily living and enables them to work towards their goals and meet their objectives)**

The types of support that come into this category are things like daily personal care support, consumables required for continence or regular assistance to travel in taxis.

The NDIS also classifies supports according to the source of the support: "Informal" (where the support is from family, friend, neighbour or carer, and isn't paid for, or from someone in a formal volunteer role) or "formal" (support you have to book and pay for).

It's good to be aware of these categories when you describe the various types of support you have at the moment, as well as those you need. In NDIS documentation, these supports are organised according to what they're for, where they will have benefit, and the NDIS funding category they come under. This is set out in the table below, using NDIS terminology.

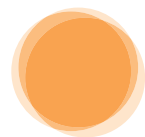
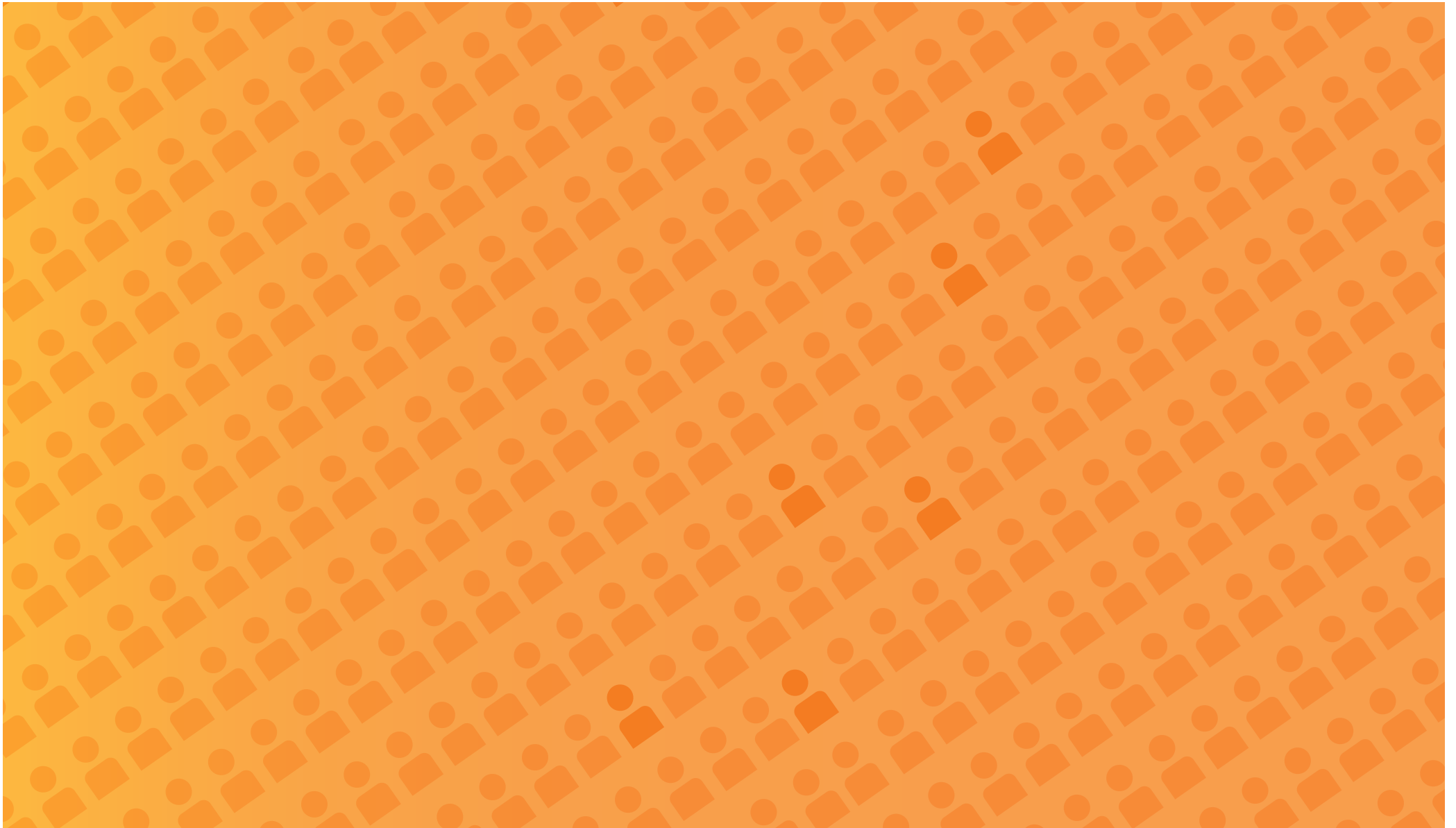
SUPPORT PURPOSE	OUTCOMES FRAMEWORK DOMAIN ie where the support will have benefit	SUPPORT CATEGORY (Plan Budgets) ie. NDIS budget category that the support comes under
CORE	Daily living	1. Assistance with daily life
	Daily living	2. Transport
	Daily living	3. Consumables
	Social and community participation	4. Assistance with social and community participation
CAPACITY BUILDING	Choice & control	7. Coordination of supports
	Home	8. Improved living arrangements
	Social and community participation	9. Increased social and community participation
	Work relationships	10. Finding and keeping a job
	Health and wellbeing	11. Improved relationships
	Lifelong learning choice	12. Improved health and wellbeing
	Control daily living	13. Improved learning
CAPITAL		14. Improved life choices
		15. Improved daily living skills
	Daily living	5. Assistive Technology
	Home	6. Home

To see a full list of NDIS budget categories and what falls within them, go to: [ndis.gov.au/providers/pricing-arrangements](https://ndis.gov.au/providers/pricing-arrangements)

For more information about the differing responsibilities of NDIS and Health, see *NDIS & Health – Working Together* (page 5-6)

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