



Sample NDIS plans

**For people under 65 who
are in aged care or at risk
of entering**

JUNE 2023

About these sample NDIS plans

After your planning meeting the NDIS will develop your NDIS plan. Your NDIS plan details the funded supports that the NDIS has decided are reasonable and necessary for you to reach your goals and aspirations. For a support to be reasonable and necessary it must meet all the following criteria:

- Be related to your disability
- Assist you to reach your goals and aspirations
- Provide support for you to engage in activities that increase your social and economic participation
- Represent value for money
- Be effective and beneficial and in line with current good practice
- Take account of what is reasonable to expect your family, support network and the community to provide
- Be most appropriately funded by the NDIS

The NDIS will not pay for things that are the responsibility of other parts of government.

The Summer Foundation has developed 5 sample NDIS plans to provide younger people with disability and complex support needs, their families, supporters, guardians or nominees, who may be living in residential aged care (RAC), in the community or at risk of entering aged care, with examples of how the NDIS can support them to exercise choice and control to lead an ordinary life.

This guide includes 5 sample plans:

Sample NDIS plan A: Working towards leaving RAC to live in the community with appropriate supports from the NDIS.

Sample NDIS plan B: Supporting a younger person to move out of RAC into specialist disability accommodation (SDA). This plan provides more detail to alert readers to the complexity of a person with an extreme functional impairment moving to live in a new build, high physical support SDA apartment.

Sample NDIS plan C (Year 1): Supporting a younger person with disability and complex support needs to live in SDA in the community. This plan supports the participant in sample NDIS plan B following their move into SDA, for a full year of living in the community.

This plan could also support a person with disability and complex support needs to live in mainstream housing and prevent their admission to RAC. In this situation:

- The plan would not include an SDA payment
- The core supports may not be delivered as supported independent living (SIL) and instead reflect the participant's individual need for assistance with self-care activities over the week (for 52 weeks).

Sample NDIS plan D (Year 2): This plan shows the following year of supports for a younger person with complex disability living in SDA in the community. Note that as their capacity and independence increases, they need fewer funded supports.

Sample NDIS plan E: Living a more fulfilled life in RAC.



Why have we developed these sample plans

It can be hard to think about all the services and supports you may need in a day, week, month or a year's time. It can also be hard to understand how NDIS funding can support you to achieve your goals.

These sample plans give you a place to start. In the appendix we've included tools to assist you to develop your own plan once you have a better idea of how NDIS plans work. The first is a pre-planning tool; the second is for you to keep a record of your planning meeting.

How were these sample plans developed?

These sample NDIS plans have been developed by the Summer Foundation and are based on our experience of working with young people at risk of admission to, living in and exiting RAC. They reflect the types of funding that young people have received when they've been living in RAC or when they've moved out to live in the community. The plans are an **example** of the types of funding younger people may need to achieve their goals. Remember that the NDIS provides funded supports to assist participants to reach their individual goals, and each plan is different.

Sample NDIS plans A, C, D and E are extracts from a full NDIS plan and focus only on the supports that the NDIS may fund. Your full NDIS plan will include more detail about you, your informal and mainstream supports.

Sample NDIS plan B: has lots of extra detail. We have provided this extra detail as a way to share what we've learnt from working with people to move out of RAC to live in the community. This plan provides a range of prompts that you may want to think about and discuss with your planner to ensure that you have enough supports to manage the move from aged care to your new home. We have developed *Living More Independently, A Guide for NDIS Participants and Providers* to explain how to plan a move from RAC, a group home or your parents home into appropriate mainstream housing or SDA:

www.summerfoundation.org.au/living-more-independently

Remember that everyone is different, and each NDIS participant requires an individualised plan.

These plans are examples only and are not intended as "one size fits all".

Supported independent living (SIL) quotes for people living in SDA

Most people who live in SDA will need SIL funded under core supports in their NDIS plan. The SIL quote may be made up of several types of support such as:

- Person to person supports at known, planned times of the day, often called planned supports. Planned supports are for your personal care.
- Access to person to person supports at unknown/unplanned times of the day when the tenant is on their own and needs support quickly. This may be called shared support. Shared support gives you access to back-up and on-site overnight support.

In these sample plans we have given 15 hours per week for shared supports as an example only. Some people will need more and some people will need less, depending on their overall needs and how many hours per week they have planned supports in their plan. Speak with the SIL provider to work out how much shared support you will need to live in SDA.

You will need to provide your planner with evidence of the the planned and unplanned person to person supports you need each day to live in SDA.

What should I do to get ready for the NDIS?

Young people living in, or at risk of entering or wishing to leave RAC, and their families, can do a range of things to get ready for the NDIS:

1. Find out when the NDIS will be in your area and make an access request by phoning 1800 800 110.
2. Think about your goals. Your NDIS plan will record your goals and will only fund supports linked to achieving your goals and aspirations. If living in the community is a priority, make this your first goal and explain to your planner how this would support you to live a good life.
3. Talk to people about the NDIS and their experiences. This could be family, friends, other people with disability and their families, allied health professionals and service providers.
4. Watch the digital stories of other young people and families who have been involved in aged care, including stories about their experience with the NDIS:
www.summerfoundation.org.au/our-resources/video-stories/
5. Attend any workshops offered about the NDIS e.g. those offered by Australian Federation of Disability Organisation (AFDO) on the Disability Loop website **www.disabilityloop.org.au** or workshops offered by other peak disability organisations.
6. Use the Summer Foundation's NDIS housing resources to better understand how the NDIS can assist participants to sustain their current housing arrangements, look for more suitable housing, and live more independently in the community.
www.summerfoundation.org.au/ndis-housing-resources/
7. Familiarise yourself with the NDIS Price Guide to understand the supports funded and the language used: **www.ndis.gov.au/providers/pricing-and-payment**
8. To reduce the time you spend administering your plan and to maximise your choice of providers, at your planning meeting request that all your supports except transport are managed by a financial intermediary/plan management agency.
9. Use the planning tools for NDIS participants at the end of this document to:
 - Prepare for your NDIS planning meeting
 - Record your NDIS planning meeting



If you are in RAC

If you are a young person (under 65 years of age) living in RAC, the NDIS may pay for some of your aged care fees.

There are 4 types of fees you might pay living in RAC. Everyone living in RAC pays a basic daily fee, which covers day-to-day things such as meals, cleaning, laundry, utilities, heating and cooling. Depending on your (and your partner's) income and assets, you may also be asked to pay means-tested care and accommodation fees. This table shows what fees the NDIS will pay:

| Fee type | Covered by NDIS |
|---|--|
| Basic daily fee | NO |
| Means-tested care fee, or Income-tested fee (for those that entered RAC before 1 July 2014) | YES |
| Accommodation costs | NO – if you paid as a lump sum, such as a RAD, a RAC, or a Bond YES – if you pay a rental-style payment, such as a DAP, a DAC, or a Periodic Bond (for those that entered RAC before 1 July 2014) |
| "Extra and Additional" fees | NO |

* For more information see www.myagedcare.gov.au/aged-care-home-costs-and-fees

RAD - Refundable accommodation deposit

RAC - Refundable accommodation contribution

DAP - Daily accommodation payment

DAC - Daily accommodation contribution

If you are already in RAC, make sure that the right aged care fees are included in your NDIS plan by:

1. Taking the following documents with you to your planning meeting with the NDIS:
 - Accommodation agreement and residential care agreement
 - Current letters about your aged care costs from the Department of Human Services (DHS)
 - Statement from your RAC provider detailing your means-tested care fee and accommodation payments
2. Checking your NDIS plan when it is finalised to make sure it includes the right aged care costs.
 - If you have aged care costs paid for in your plan, work with a plan manager/financial intermediary to help organise payment of your aged care costs.
 - Note that aged care costs are indexed twice a year and the amount paid by the NDIS towards your aged care costs should cover cost increases.

If you are planning to live in RAC, make sure that you fill in your 'Permanent Residential Aged Care – Request for a Combined Assets and Income Assessment form' or you may be asked to pay the full cost of your aged care.

The Summer Foundation has developed a resource to explain the NDIS and aged care fees.
www.summerfoundation.org.au/resources/the-ndis-and-aged-care-fees/

Sample NDIS plan A: Working towards moving out of RAC

This plan is for a younger person who is living in RAC and who would like to investigate living in the community with appropriate supports from the NDIS.

Part 1: About me

I currently live in RAC. Due to my disability I require significant support with planning, self-care and daily activities.

Part 2: My goals

My first goal:

I would like to develop my skills, networks and confidence to work towards leaving aged care. I would like to look for suitable housing and think about where I could live and the kinds of supports I need to live in the community.

My second goal:

I want to be able to get around. I need my own manual wheelchair to get around indoors and a motorised wheelchair to access the community.

My third goal:

I want to maintain my current level of functioning and access the community at least 4 times a week and attend a hydrotherapy class.

My long-term goals and aspirations:

I want to move out of aged care. I want to be a contributing and valued member of my community.

Part 3: My supports

These are the supports that will help me work towards my goals.

NDIS reasonable and necessary support budgets

You can choose how you spend the amount in each budget listed below by checking the NDIS price list and matching supports on the NDIS website at www.ndis.gov.au/participants

Funds in your core budget are flexible, which means you can choose how to spend this funding to meet your support needs. Please remember that funding received through the NDIS must be used for your disability support needs.

Where a support is listed as 'stated' you must purchase this support as it is described in your plan. You cannot swap 'stated' supports for any other supports.



Capacity building

| Support area – Coordination of supports | |
|---|--|
| Budget: | \$11,946 |
| Details: | <p>75 hours funding (\$7,054) to assist me to identify my preferred community living arrangements, comprising:</p> <ul style="list-style-type: none"> • 20 hours of support coordination to work to identify allied health professionals to undertake housing assessments and build my capacity to live in the community • 55 hours of support coordination to prepare my housing plan <p>52 hours (\$4,891) of support coordination to support me to set up my portal, establish links with mainstream services and to prepare for my plan review</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved daily living skills | |
|---|---|
| Budget: | \$15,285 |
| Details: | <p>50 hours funding (\$8,778) to work with allied health professionals to increase my mobility, independence and to build my capacity to live in the community including the preparation of an:</p> <ul style="list-style-type: none"> • Assessment for an electric wheelchair • Assessment for assistive technology <p>Housing related assessments:</p> <ul style="list-style-type: none"> • Life transition plan • Skill development plan • Identifying housing and support arrangements that would maximise my independence • Assessment to support identification of SDA eligibility <p>3 hours per week (\$6,507) with a therapy assistant to implement my life transition and skill development plans to build my capacity to live in the community</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Sample NDIS plan A:

| Support area – Increased social and community participation | |
|---|---|
| Budget: | \$13,137 |
| Details: | 3 hours per week (\$8,758) individual skills development and training 3 hours per week (\$4,379) skills development in a group |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved life choices | |
|--------------------------------------|---|
| Budget: | \$1,395 |
| Details: | Financial intermediary/plan management set up costs (\$218) Monthly processing fee for my plan manager to manage my plan (\$1,177) |
| How will the support be paid: | NDIS will pay my support provider directly for these supports |

Capital

| Support area – Assistive technology | |
|-------------------------------------|--|
| Budget: | Quote required |
| Details: | Funding for a manual wheelchair following the completion of an assessment by a qualified allied health professional and development of quotes. Funding for an electric wheelchair following the completion of an assessment by a qualified allied health professional and development of quotes. Funding for assistive technology following the completion of an assessment by a qualified allied health professional and development of quotes. |
| How will the support be paid: | NDIS will pay my plan manager for these supports |



Core Supports

| Support area - Core supports | |
|-------------------------------|---|
| Budget: | \$126,859 |
| Details: | <p>STATED SUPPORT: Assistance with Daily Living Item 49, (for residential aged care subsidies and supplements) (\$77,539)</p> <p>STATED SUPPORT: Assistance with Daily Living Item 50, (means-tested residential aged care fees) for tasks provided in residential aged care facility (\$22,461)</p> <p>10 hours per week (\$26,859) assistance to access community, social and recreational activities, to meet up with friends in the community</p> |
| How will the support be paid: | NDIS will pay my support provider and my plan manager for these supports |

| Support area - Transport | |
|-------------------------------|--|
| Budget | \$1,606 |
| Details | Funding is to assist with some transport costs (Level 1) |
| How will the support be paid: | NDIS will pay me directly for these supports |

TOTAL NDIS PLAN AMOUNT
\$170,228


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Sample NDIS plan B: Supporting a younger person with complex support needs

This is a sample plan for a younger person who meets the NDIS criteria of having an extreme functional impairment. The participant is currently living in RAC, but has been assessed as being eligible for payments to live in a new SDA apartment (High Physical Support category).

The purpose of this sample plan is to share what the Summer Foundation has learnt by supporting younger people with complex needs to transition from aged to live in SDA the community.

This plan is designed to alert you to issues that may arise and highlight areas that may need to be discussed in your planning meeting.

Our aim is to assist NDIS participants moving from aged care to SDA to get an NDIS plan that reflects their goals and aspirations with adequate funded supports to enable them to establish themselves in their new home with as much independence and confidence as possible.

We have assumed that this plan is for a 12-month period with the participant focusing on building their capacity to move in months 1-6 and on establishing themselves in their new home in months 7-12.

This plan may also provide useful information for people moving out of their parents' home or from a group home to a more independent living situation. Note that the budgets in core supports are for 6 months living in RAC and 6 months of a SIL quote.

Part 1: About me

This part of my participant statement is about me, my daily life and the people in my life

Prior to my cerebral hemorrhage in 2012, I got around on my skateboard and did photography.

Now my right side is paralysed, I have trouble with my vision and speech, and I've lost my sense of smell. I use my left hand to drive my motorised wheelchair.

I still have issues with planning, getting organised, making decisions, my mood and relationships.

I moved to aged care around 3 years ago because my dad and stepmother couldn't provide me with the support I need at home.

I use social media to connect with my friends who are all getting on with their lives while I'm wasting away in aged care. I feel really humiliated living here and I don't want my friends to visit me.

I feel that living in aged care has robbed me of my privacy and all control over my life, and I've had a number of run-ins with staff.

I'm really excited that I've been approved for SDA, to live on my own in a high physical support apartment with access to on-site overnight assistance (OOA).

I'm looking forward to living on my own, rebuilding my life and relationships.



Where I live and the people who support me

I currently live in RAC. Aged care staff assist me with my personal care. NDIS funded carers assist me to access the community.

Since I became a participant in the NDIS I have been working towards building my independence and thinking about the life I want to lead when I leave RAC.

My daily life

I have found living in RAC really difficult. There is no one here my age and I spend most of my time in my room.

Every day in RAC is the same. I don't have any choice or control over when I get up or go to bed, what I eat or who helps me with my personal care.

Part 2: My goals

My first goal: (first 6 months, preparing to leave RAC)

During this plan I want to take charge of my life by:

- Taking more responsibility for everyday decisions especially those relating to moving to my new home
- Building my skills to prepare for moving to my new home
- Remaining positive when challenges arise and working with my support team to resolve them
- Working to become more independent with my personal care by using new equipment to increase my independence and training my support team
- Connecting with mainstream providers who will be able to provide me with some of the services currently provided to me by my RAC provider
- Moving from RAC to my new home

My second goal: (7-12 months, in new home)

- Get used to living on my own.
- I'm looking forward to taking responsibility for my new home.
- I want to feel confident being alone.
- I want to develop a routine with my new support team that maximises my independence.
- I want to develop the confidence how to manage my tenancy and my money.
- I want to choose what I eat.

My third goal:

- I want to rebuild my life.
- I want to reconnect with some old friends and to make some new friends.
- I want to be able to do photography again.

My longer-term goals and aspirations:

- I want to ensure that once I move out of RAC I never come back.
- I want to stay out of hospital.
- I want to explore how technology can support my privacy and independence.

Part 3: My supports

Family and friends

My relationship with my mother broke down in 2002 although over the past 12 months we've been going to counselling together and she is really supportive of my moving out of aged care.

I don't like people visiting me in RAC, and most of my contact with friends is on Facebook.

My dad and stepmother couldn't cope with caring for me and my stepmother hurt her back helping me transfer. I was really angry that I ended up in aged care and we didn't have much contact for a while but they're keen to support me moving out and I've started visiting them on Sundays with carer support.

My informal supports

My life fell apart when I had my accident and then got worse when I moved into RAC, for ages I felt that I had no future.

My support coordinator has tried to help me establish a network of support but it's hard to do living here. Now that I'm leaving we'll try again because there are some actual things that I need to work on to get ready for the move.

I'm looking forward to reconnecting with my friends and extended family once I'm in my own home and getting my life back on track.

Services and community groups

I've been exploring the neighbourhood around the apartment and I would like to look into studying photography at TAFE.

My community and mainstream supports

- Centrelink – income support and concessional entitlements
- Community health centre near my new home for GP, podiatry and dental services
- Family counselling

NDIS reasonable and necessary support budgets

You can choose how you spend the amount in each budget listed below by checking the NDIS price list and matching supports on the NDIS website at www.ndis.gov.au/participants

Funds in your core budget are flexible, which means you can choose how to spend this funding to meet your support needs. Please remember that funding received through the NDIS must be used for your disability support needs.

Where a support is listed as 'stated' you must purchase this support as it is described in your plan. You cannot swap 'stated' supports for any other supports.



Capacity Building

| Support area – Increased social and community participation | |
|---|--|
| Budget | \$2,358 |
| Details | Assist me to connect with a photography group and develop a portfolio for entry into a TAFE course |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved relationships | |
|---------------------------------------|--|
| Budget | \$1,684 |
| Details | Work with me and my RAC provider to address periodic verbal abuse directed at carers during my morning routine |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved health and wellbeing | |
|--|---|
| Budget | \$2,493 |
| Details | Consultation with a dietitian to develop and review a meal plan Assistance to maintain and increase my physical wellbeing and mobility |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved life choices | |
|--------------------------------------|---|
| Budget | \$1,395 |
| Details | Financial intermediary/plan management set up costs (\$218) Monthly processing fee for my plan manager to manage my plan (\$1,177) |
| How will the support be paid: | NDIS will pay my support provider for these supports |

| Support area – Coordination of supports continued | |
|---|--|
| Details | <p>Months 6 – 12</p> <p>5 hours per week for 26 weeks for assistance from a coordinator of supports to assist me to establish myself in my new apartment, including to assist me to:</p> <ul style="list-style-type: none"> • Apply for rent assistance and/or bond assistance as required • Provide me with information about when to contact the property manager and contact details • Provide me with assistance with utility connections as required • Assist me to negotiate with my SDA provider if required • Assist me to liaise with the property manager to customise the assistive technology as required <p>Identify where I am meeting my goals and barriers I am encountering as well as strategies to overcome them.</p> <p>Ensure that ongoing processes are in place for communication and coordination between my supports including care team, nursing, allied health and medical professionals.</p> <p>Support me to prepare for my plan review and to articulate my long-term goals and shorter-term priorities.</p> <p>Gather reports from allied health therapists to provide evidence of my need of ongoing funding in preparation for my plan review in 12 months.</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |



| Support area – Improved daily living skills | |
|---|--|
| Budget | \$26,704 |
| Details | <p>52 hours (\$2,268) assistance with decision-making. The presentation of information in a format that best supports me to exercise my choice and control.</p> <p>Therapy services: 125 hours (\$21,946) individual assessment, therapy and/or training. Therapeutic supports to facilitate my functional improvement through adjustment, adaptation and building capacity to participate in the broader community. Therapists to:</p> <ul style="list-style-type: none"> • Liaise with SDA provider to ensure they have relevant information to ensure that the specialist design features of SDA and associated technology are fine-tuned so that I can do as much as possible for myself (e.g bench heights, location of furniture and equipment, technology) and live independently and safely as possible • Work with the support provider to ensure support staff are adequately trained to provide me with appropriate therapeutic support • Provide any documented health or therapeutic plans that need to be implemented by the support team • Train my support team (as required) to implement therapeutic plans to meet my individual needs • Contribute to identifying the best approach to ensure ongoing collaboration and communication as required with others supporting me • Undertake assessments to monitor, record and review my progress towards my goals |

| Support area – Improved daily living skills (continued) | |
|---|--|
| | <p>Nursing services: 25 hours over this plan (\$2,490) for individual assessment and support by a nurse:</p> <ul style="list-style-type: none"> • To monitor my skin integrity • Assist me with continence management |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Capital

| Support area – Home | |
|-------------------------------|---|
| Budget | \$43,093 (with OOA) |
| Details | <p>STATED SUPPORT: Six months SDA funding will cover the cost of a new high physical support apartment, 1 bedroom, 1 resident with active overnight assistance (OOA)</p> <p>*Note that the funding above is for months 7 – 12. The cost for a new build high physical support apartment with 1 bedroom, 1 resident for 12 months would be \$86,186, a location factor is then applied – we have not done this in this example</p> |
| How will the support be paid: | NDIS will pay the manager of my SDA tenancy directly for these supports |

| Support area – Assistive technology | |
|-------------------------------------|--|
| Budget | \$1,500 plus funding for a hoist, quote required |
| Details | <p>Funding for equipment maintenance (\$1,500)</p> <p>Funding for a hoist following the completion of an assessment by a qualified allied health professional and development of a quote</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

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Core supports

| Support area - Core supports | |
|-------------------------------|---|
| Budget | \$148,665 |
| Details | <p>Months 1-6 STATED SUPPORT: Assistance with Daily Living Item 49, in residential aged care facility, aged care subsidies and supplements (6 months \$38,770)</p> <p>STATED SUPPORT: Assistance with Daily Living Item 50, means-tested residential aged care fees (6 months \$1,460)</p> <p>(6 months Assistance in Daily Living in RAC total \$40,230)</p> <p>Months 7-12 12 hours per week (\$15,979) assistance to access community, social and recreational activities</p> <p>2 hours per week (\$2,049) assistance with house cleaning and other household activities</p> <p>Consumables, including funding for my continence products and delivery (\$350)</p> <p>STATED SUPPORT: Supported Independent Living (SIL) quote: Individual supports available for me to maximise my capacity to be as independent as possible with my personal care:</p> <p>46 hours per week (\$ 64,380) planned individual supports</p> <p>15 hours per week (\$25,677) contribution to shared support for assistance with daily living</p> <p>(6 months Supported Independent Living (SIL) in SDA \$90,057)</p> |
| How will the support be paid: | NDIS will pay your support provider and plan manager for these supports |

| Support area - Transport | |
|-------------------------------|--|
| Budget | \$1,606 |
| Details | Funding is to assist with some transport costs (Level 1) |
| How will the support be paid: | NDIS will pay you directly for these supports |

| | |
|-------------------------------|------------------|
| TOTAL NDIS PLAN AMOUNT | \$253,953 |
|-------------------------------|------------------|



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Sample NDIS plan C (Year 1): Supporting a younger person with complex support needs to live in the community

This sample plan is for a younger person with disability and complex support needs who may be at risk of entering RAC, or who has left RAC. This plan has some high upfront costs (such as buying a wheelchair) that will reduce the following year as the participant's capacity increases.

Part 1: About me

Due to my disability I need significant support with planning, self-care and daily activities.

I live by myself in a 2 bedroom apartment. The apartment is registered for SDA, high physical support payments.

My personal and overnight supports are provided by a SIL provider, allowing me to share some of the costs with other people with disabilities living in this development, and giving me access to on-site back-up and overnight supports.

Part 2: My goals

My first goal:

During this plan I want to maintain my current level of functioning, increase my independence with my personal care and when accessing the community.

My second goal:

I want to become involved in a peer support group to learn and share with other people with disability about living well in the community.

My third goal:

I want to study photography.

My longer-term goals and aspirations:

I want to be more independent and have more control over my life. I want to be an active and valued member of my local community.

Part 3: My supports

These are the supports that will help me work towards my goals.



NDIS reasonable and necessary support budgets

You can choose how you spend the amount in each budget listed below by checking the NDIS price list and matching supports on the NDIS website at www.ndis.gov.au/participants

Funds in your core budget are flexible, which means you can choose how to spend this funding to meet your support needs. Please remember that funding received through the NDIS must be used for your disability support needs.

Where a support is listed as 'stated' you must purchase this support as it is described in your plan. You cannot swap 'stated' supports for any other supports.

Capacity building

| Support area – Coordination of supports | |
|---|---|
| Budget | \$9,782 |
| Details | <p>2 hours per week of assistance from a coordinator of supports to help me understand and implement my plan. They will assist me to:</p> <ul style="list-style-type: none"> Identify community supports Resolve issues as they arise Enroll in a photography course and overcome any barriers to participation Support me to choose my community access support providers Prepare me for my plan review |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Increased social and community participation | |
|---|---|
| Budget | \$5,078 |
| Details | <p>36 hours (\$2,077) of individual skills development to assist me to work with my network of support</p> <p>1 hour per week (\$3,001) for peer support activities</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved relationships | |
|---------------------------------------|---|
| Budget | \$2,695 |
| Details | 4 hours per month of individual social skills development to assist me to manage my behaviour and develop and sustain friendships |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Sample NDIS plan C:

| Support area – Improved health and wellbeing | |
|--|--|
| Budget | \$3,487 |
| Details | <p>2 hours (\$358) consultation with a dietitian to review my meal planning</p> <p>2 hours funding (\$291) for an exercise physiologist to design my personal training plan</p> <p>1 hour per week (\$2,838) personal training</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved life choices | |
|--------------------------------------|--|
| Budget | \$1,395 |
| Details | <p>Financial intermediary/plan management set up costs (\$218)</p> <p>Monthly processing fee for my plan manager to manage my plan (\$1,177)</p> |
| How will the support be paid: | NDIS will pay my support provider for these supports |

| Support area – Improved daily living skills | |
|---|--|
| Budget | \$14,050 |
| Details | <p>10 hours (\$1,755) for allied health professionals to review my progress towards maximising my independence</p> <p>2 hours per week (\$4,338) for a therapy assistant to implement recommendations from allied health professionals</p> <p>2 hours per week (\$4,536) of assistance with decision-making, daily planning and budgeting</p> <p>24 hours (\$2,298) over this plan for community nursing care</p> <p>20 hours (\$1,123) over this plan for training carers</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |



Capital

| Support area – Home | |
|-------------------------------|--|
| Budget | \$86,185 (with OOA) |
| Details | STATED SUPPORT: 12 months SDA funding will cover the cost of a new build high physical support apartment, one bedroom, one resident with active overnight assistance (OOA), no location factor applied |
| How will the support be paid: | NDIS will pay the manager of my SDA tenancy directly for these supports |

| Support area – Assistive technology | |
|-------------------------------------|--|
| Budget | \$1,500 |
| Details | Funding for equipment maintenance (\$1,500) |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Core supports

| Support area – Core supports | |
|-------------------------------|---|
| Budget | \$237,502 |
| Details | <p>2 hours per week (\$4,098) assistance with house cleaning and other household activities</p> <p>20 hours per week (\$52,589) assistance to access community for study, social and recreational activities</p> <p>Consumables, including funding for my continence products and delivery (\$700)</p> <p>STATED SUPPORT: Supported Independent Living (SIL) quote:</p> <p>Individual supports available for me to maximise my capacity to be as independent as possible with household decision-making, personal care and domestic tasks:</p> <p>44 hours per week (\$123,163) planned individual supports</p> <p>15 hours per week (\$51,354) shared supports</p> <p>2 hours (\$5,598) per week irregular supports</p> <p>Total SIL Quote \$180,115</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Transport | |
|-------------------------------|--|
| Budget | \$2,472 |
| Details | Funding is to assist with some transport costs (Level 2) |
| How will the support be paid: | NDIS will pay me directly for these supports |

TOTAL NDIS PLAN AMOUNT

\$365,752



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Sample NDIS plan D (Year 2): Supporting a younger person with complex support needs to live in the community

This is a sample plan for a younger person with disability and complex support needs living in new SDA.

This is the second plan for this NDIS participant. Some of the capacity building supports are no longer needed and others have been reduced.

Part 1: About me

Due to my disability I need significant support with planning, self-care and daily activities.

I live by myself in a 2 bedroom apartment. The apartment is registered for SDA, high physical support payments.

My personal and overnight supports are provided by a SIL provider, allowing me to share some of the costs with other people with disabilities living in this development, and giving me access to on-site back-up and overnight supports.

Part 2: My goals

My first goal:

During this plan I want to develop my confidence doing things for myself around my home. I want to be more independent with my personal care. I want to manage my money. I want to plan, shop for and prepare my own meals.

My second goal:

During this plan I want to become more confident as a member of my local community. I want to continue to develop my social network. I want to explore using public transport to get around. I want to meet up with friends in the community.

My third goal:

I want to complete 2 more semesters of my photography course.

My fourth goal:

I want to join a local photography club and participate in field trips.

My longer-term goals and aspirations:

I want to exhibit my photographs.

Part 3: My supports

These are the supports that will help me work towards my goals.

NDIS reasonable and necessary support budgets

You can choose how you spend the amount in each budget listed below by checking the NDIS price list and matching supports on the NDIS website at www.ndis.gov.au/participants

Funds in your core budget are flexible, which means you can choose how to spend this funding to meet your support needs. Please remember that funding received through the NDIS must be used for your disability support needs.

Where a support is listed as 'stated' you must purchase this support as it is described in your plan. You cannot swap 'stated' supports for any other supports.

Capacity building

| Support area – Coordination of supports | |
|---|---|
| Budget | \$4,891 |
| Details | 1 hour per week (4,891) of assistance from a coordinator of supports to help me implement my plan, identify community supports and prepare for my plan review |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved relationships | |
|---------------------------------------|--|
| Budget | \$2,919 |
| Details | 1 hour per week (\$2,919) of individual social skills development to assist me develop and sustain friendships |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved life choices | |
|--------------------------------------|---|
| Budget | \$1,395 |
| Details | Financial intermediary/plan management set up costs (\$218) Monthly processing fee for my plan manager to manage my plan (\$1,177) |
| How will the support be paid: | NDIS will pay my plan manager for these supports |



| Support area – Improved daily living skills | |
|---|--|
| Budget | \$11,350 |
| Details | <p>2 hours per week (\$4,338) for a therapy assistant to implement recommendations from allied health professionals</p> <p>2 hours per week (\$4,536) of assistance with decision-making, daily planning and budgeting</p> <p>20 hours (\$1,915) over this plan for individual assessments by a nurse</p> <p>10 hours (\$561) over this plan for training carers</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Capital

| Support area – Home | |
|-------------------------------|---|
| Budget | \$86,185 (with OOA) |
| Details | STATED SUPPORT: Twelve months Specialist Disability Accommodation (SDA) funding will cover the cost of a new build high physical support apartment, one bedroom, one resident with active overnight assistance (OOA), no location factor applied. |
| How will the support be paid: | NDIS will pay the manager of my SDA tenancy directly for these supports |

| Support area – Assistive technology | |
|-------------------------------------|--|
| Budget | \$1,500 |
| Details | Funding for equipment maintenance (\$1,500) |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Core supports

| Support area – Core supports | |
|-------------------------------|---|
| Budget | \$240,077 |
| Details | <p>26 hours per week (\$1,024) assistance with house cleaning and other household activities</p> <p>20 hours per week (\$63,836) assistance to access community for study, social and recreational activities</p> <p>Consumables, including funding for your continence products and delivery (\$700)</p> <p>STATED SUPPORT: Supported Independent Living (SIL) quote:</p> <p>Individual supports available for me to maximise my capacity to be as independent as possible with household decision making, personal care and domestic tasks:</p> <p>42 hours per week (\$117, 565) planned individual supports 15 hours per week (\$51,354) shared supports</p> <p>2 hours (\$5,598) per week irregular supports</p> <p>Total SIL quote: \$174,517</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – transport | |
|-------------------------------|--|
| Budget | \$2,472 |
| Details | Funding is to assist with some transport costs (Level 2) |
| How will the support be paid: | NDIS will pay me directly for these supports |

TOTAL NDIS PLAN AMOUNT

\$350,789



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Sample NDIS plan E: Living a more fulfilled life in RAC

This sample plan is for a younger person who had no option but to move into RAC, but who is not yet ready to consider leaving RAC to live in the community.

Note that the NDIS may pay a participant's means-tested aged care and accommodation fees. You should take these documents to your NDIS planning meeting so the NDIS can work out how much to put in your plan:

- Your accommodation agreement
- Your residential care agreement
- Current letters about your aged care fees from the Department of Human Services (DHS)
- A statement from your RAC provider detailing your means-tested care fee and accommodation payments

For more information see

www.summerfoundation.org.au/resources/the-ndis-and-aged-care-fees/

Part 1: About me

I currently live in RAC. Due to my disability I need significant support with planning, self-care and daily activities.

I have limited contact with my children and family.

Part 2: My goals

My first goal:

During this plan I want to reconnect with my children.

My second goal:

- I want to be able to get around indoors in a customised manual wheelchair
- I want to be able to access the community in a customised electric wheelchair
- I want to improve my communication

My third goal:

During this plan I want to:

- Increase my confidence so that I can leave the aged care facility 6 days a week, to visit the local shops, parks, go to the movies and classes at the neighbourhood house
- Maintain my current level of functioning
- Join a hydrotherapy class at the local swimming pool
- Increase my independence with activities of daily living
- Have more control over what I eat

My longer-term goals and aspirations:

I want to be part of my children's lives.

I want to be more independent and have more control over my life and live near my children.

I would like to return to being an active and valued member of my local community and volunteer at my children's cricket club.

Part 3: My supports

These are the supports that will help me work towards my goals.

NDIS reasonable and necessary support budgets

You can choose how you spend the amount in each budget listed below by checking the NDIS price list and matching supports on the NDIS website at www.ndis.gov.au/participants

Funds in your core budget are flexible, which means you can choose how to spend this funding to meet your support needs. Please remember that funding received through the NDIS must be used for your disability support needs.

Where a support is listed as 'stated' you must purchase this support as it is described in your plan. You cannot swap 'stated' supports for any other supports.

Capacity building

| Support area – Coordination of supports | |
|---|--|
| Budget | \$ 9,782 |
| Details | <p>2 hours per week of support coordination funding to:</p> <ul style="list-style-type: none">• Use the participant portal• Liaise with RAC staff and move rooms• Assist me to reconnect with my children• Assist me to establish and run a regular network of support• Achieve my goals in this plan• Link with organisations and activities in the community• Develop my future goals and prepare for my plan review |
| How will the support be paid: | NDIS will pay my plan manager for these supports |



| Support area – Increased social and community participation | |
|---|--|
| Budget: | \$5,838 |
| Details: | 4 hours per week (\$5,838) skills development in a group |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

| Support area – Improved life choices | |
|--------------------------------------|---|
| Budget: | \$1,395 |
| Details: | Financial intermediary/plan management set up costs (\$218) Monthly processing fee for my plan manager to manage my plan (\$1,177) |
| How will the support be paid: | NDIS will pay my support provider for these supports |

| Support area – Improved daily living skills | |
|---|---|
| Budget | \$ 7,849 |
| Details | 20 hours (\$3,511) allied health professional assessments and training to assist me meet my goals including: - Undertake assessments and set goals, develop a daily routine of activities, train staff, monitor and review as required - Provide assessments for the supply of a manual and electric wheelchair and communication aids 2 hours per week (\$4,338) with therapy assistant and training for this assistant |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Sample NDIS plan E:

| Support area – Improved health and wellbeing | |
|--|--|
| Budget | \$ 6,212 |
| Details | <p>3 hours (\$537) funding for one assessment and development and review of a healthy eating plan; and the development of a diet plan for use in the residential aged care facility</p> <p>2 hours per week (\$5,675) of personal training</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

Capital

| Support area – Assistive technology | |
|-------------------------------------|--|
| Budget | Quote required |
| Details | <p>Funding for a manual wheelchair following the completion of an assessment by a qualified allied health professional and development of a quote.</p> <p>Funding for an electric wheelchair following the completion of an assessment by a qualified allied health professional and development of a quote.</p> <p>Funding for communication aids following the completion of an assessment by a qualified allied health professional and development of a quote.</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |

CORE SUPPORTS

| Support area – Core supports | |
|-------------------------------|---|
| Budget | \$152,408 |
| Details | <p>STATED SUPPORT: Assistance with Daily Living Item 49, (payment for residential aged care subsidies and supplements) (\$77,539)</p> <p>STATED SUPPORT: Assistance with Daily Living Item 50, (means-tested residential aged care fees) for tasks provided in residential aged care facility (\$11,400)</p> <p>24 hours per week (\$63,469) assistance to access community, social and recreational activities:</p> <p>Development and implementation of daily activity program - structured physical exercise and community access. Four hours each day, 6 days a week to maintain physical abilities, access community activities, skills maintenance and development.</p> |
| How will the support be paid: | NDIS will pay my plan manager for these supports |



| Support area – Transport | |
|-------------------------------|---|
| Budget | \$1,606 |
| Details | Funding to assist with some transport costs (Level 1) |
| How will the support be paid: | NDIS will pay me directly for these supports |

TOTAL NDIS PLAN AMOUNT**\$185,090**

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Pre-planning tool (example)

Sample NDIS plan B: Pre-planning by a person aged under 65 years, who would like to explore moving out of RAC

My first goal:

- I want to work towards leaving RAC. I would like to explore where I could live, who I could live with and the kinds of supports I would require to live in the community.

My second goal:

- I want to maintain my current level of functioning and access the community at least 4 times a week.

My longer-term goals and aspirations:

- I want to be more independent and have more control over my life and to choose where I live.
I want to be an active and valued member of my local community.

Note that the NDIS may pay a participant's means-tested aged care fees. You should take these documents to your NDIS planning meeting so the NDIS can work out how much to put in your plan:

- Your accommodation agreement
- Your residential care agreement
- Current letters about your aged care fees from the Department of Human Services (DHS)
- A statement from your RAC provider detailing your means-tested care fee and accommodation payments.

For more information see www.summerfoundation.org.au/resources/the-ndis-and-aged-care-fees/

Capacity Building

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

I don't have access to a computer and I will need assistance to manage my plan
I want to move out of RAC and return to living in the community with appropriate supports
I want to develop my independent living skills



Capitals

An investment such as assistive technologies, equipment/home modification, and funding for capital costs such as SDA

I depend on a wheelchair for mobility, but I don't own my own. I'm using one of the shared manual wheelchairs at my RAC facility. The wheelchair is not fitted to me and makes it difficult for me to access the community.

Core Supports

A support that enables a participant to complete activities of daily living and enables them to work towards their goals and long-term aspirations

My friends don't like visiting me in RAC and I feel really isolated. I would like to be able to make plans to meet up with them in the community on a regular basis.




I use a wheelchair to get around so I need to use maxi taxis to get to appointments, access the community, and to visit my friends and family.



Means-tested aged care fees are using up my savings.

Updated for accessibility – March 2024

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