

# Support categories

This factsheet explains:

- understanding support categories
- core supports
- capacity building supports
- capital supports
- recurring supports.

## Understanding support categories

We describe the NDIS supports in your plan using support categories. Each support category in your plan includes a definition of the types of NDIS supports you can use this funding on.

You can only use the funding in your plan on [NDIS supports](#). NDIS laws determine what we can and can't fund. Things we can fund are NDIS supports. You can use the funding in your plan to buy NDIS supports if they are related to your disability and in line with your plan.

We group support categories into 4 different support budgets:

- core supports
- capacity building supports
- capital supports
- recurring supports.

For example, the core supports budget includes several support categories to help you with your everyday needs.

Because your plan is based on your individual needs, you might not have funding for all support categories. This factsheet includes definitions of each support category, so you can understand the NDIS supports that have been included in your NDIS plan.

Your plan might also include comments with more information about how you can spend the funding in different support categories.

The funding in your plan may also be organised into funding periods and funding component amounts. If you have these, your plan will explain how much funding you can spend on specific types of supports over an amount of time. Learn more in the section **How do we include the NDIS funding in your plan?** in [Our Guideline – Creating your plan](#).

To talk about how you can use the funding in your individual plan, you can:

- talk to your my NDIS contact
- talk to your support coordinator, psychosocial recovery coach or plan manager, if you have one
- [contact us](#) in any of the ways listed in this factsheet.

## Core supports

Supports to help you with everyday activities.

### Flexible core supports

These support categories can be flexible. When your funding is flexible, you can use it to buy NDIS supports from other flexible support categories, as long as they have the same fund management type.

Make sure you check your plan to see if it includes any funding component amounts. If your plan does have funding component amounts, you can only spend funding flexibly with supports in the same funding component amount.

Table 1 – core support categories – flexible.

In your plan	Description
Assistance with Daily Life	Supports to assist or supervise you with your personal tasks during day-to-day life so you can live as independently as possible. These supports can be provided individually in a range of environments, including your own home.
Assistance with Social, Economic and Community Participation	Supports to help or supervise you to take part in community, social, recreational, or economic activities. These supports can be provided in a range of environments, such as in the community or a centre.
Consumables	Supports to purchase everyday use items that you need because of your disability. For example, continence, low-cost assistive technology and Home Enteral Nutrition (HEN) products are included in this category.
Transport	<p>Supports to pay a support worker or provider to help you get to work, study or join social activities.</p> <p>If you self-manage some or all of your funding, you might receive funding for day-to-day transport in the Transport Recurring support category instead.</p> <p>Transport Recurring is part of your <b>Recurring supports</b> budget and is not a flexible support.</p>

## Stated core supports

These support categories are stated. You can't use them flexibly with other types of support categories in your plan. We'll specify what type of supports you can use this funding on in your plan.

Table 2 – core support categories – stated.

In your plan	Description
Home and Living	<p>Supports to help you live as independently as possible. We'll specify what type of home and living supports you can use in your plan.</p> <p>Read <a href="#">Our Guidelines for home and living supports</a> for more information.</p> <p><b>Supported independent living (SIL)</b> helps you live in your home as independently as possible, while building your skills. It includes help or supervision with daily tasks, like personal care or cooking meals. Supported independent living is for people with higher support needs, who need some level of help at home all the time.</p> <p><b>Medium term accommodation (MTA)</b> gives you somewhere to live if you can't move into your long-term home because your disability supports aren't ready. To be eligible, you must have a home you'll move into, and you need somewhere else to live in the medium-term. We usually fund medium term accommodation for up to 90 days.</p> <p>An <b>individualised living option (ILO)</b> lets you choose the home you live in and set up supports in the way that best suits you. It can include things like personal care, help to build your skills, or support with household tasks like shopping or cooking. Family, friends, and other networks can complement your paid supports.</p> <p><b>Assistance with daily life tasks provided in a residential aged care facility</b> is funding for younger people in residential aged care (YPIRAC).</p> <p>We can provide this funding if you need to pay extra daily care or accommodation costs because of your support needs.</p>

In your plan	Description
YPIRAC – Cross Billing	Funding for some of your fees and charges if you are a younger person in residential aged care (YPIRAC). We have an agreement with the Department of Health and Aged Care to cover some of these costs.

## Capacity building supports

Supports to help you maintain or build your skills and independence.

Table 3 – capacity building support categories.

In your plan	Description
Behaviour Support	Supports to help you develop behavioural management strategies to reduce behaviours of concern. This includes specialist behavioural intervention supports to help improve your quality of life.
Choice and Control	Supports to help you manage your plan funding and pay for services using a registered plan manager.
Finding & Keeping a Job	Supports that help you find and keep a job. This may include employment-related support, training, and assessments.
Health & Wellbeing	Supports that are directly related to managing the impact of your disability on your health.
Improved Daily Living Skills	Supports including assessment, training, or therapy (including early childhood supports) to maintain, develop or increase your skills and capacity for independence and community participation. These services can be delivered in groups or individually.

In your plan	Description
Improved Living Arrangements	Supports to help you find and keep an appropriate place to live. For example, if you need help with your obligations as a renter or finding somewhere to live.
Increased Social & Community Participation	Supports to help you take part in skills-based learning to develop independence in accessing the community.
Lifelong Learning	Supports to assist you to move from school to further education, such as university or TAFE. Examples include training, advice and support.
Relationships	Supports to help you develop positive social skills and interact with others in the community.
Support Coordination and Psychosocial Recovery Coaches	<p>Funding for support coordinators and psychosocial recovery coaches. These supports help you understand your plan and connect with NDIS providers, community and mainstream and other government supports. They help you build your confidence and coordinate your supports.</p> <p>The psychosocial recovery coach support is tailored to the needs of people with primary psychosocial disability, with a focus on coaching and collaborating with other services.</p>

## Capital supports

Medium-cost and high-cost supports.

Table 4 – capital support categories.

In your plan	Description
Assistive Technology	<p>Assistive technology is the equipment you might need to help you with everyday tasks. Assistive technology may be equipment or items to support a person with a disability to reach their potential at home, in the community and the workplace.</p> <p>This support category is for mid-cost and high-cost assistive technology. For low-cost assistive technology, under \$1,500, use the support category Consumables in the Core supports budget instead.</p> <p>For more information, read <a href="#">Our Guideline – Assistive Technology</a>.</p>
Assistive Technology – Maintenance, Repair & Rental	Supports to repair and maintain assistive technology. This also includes short-term rental and trial of your assistive technology supports.
Home Modifications	Supports to make changes to the structure, layout, or fittings of your home, so you can safely access it and move around comfortably.
Specialist Disability Accommodation	Specialist Disability Accommodation (SDA) is a specially designed house for people with extreme functional impairment or very high support needs.

## Recurring supports

Supports we pay to you directly on a regular basis.

Table 5 – recurring support categories.

In your plan	Description
Transport Recurring	<p>Transport supports paid by us on a regular basis to your nominated bank account.</p> <p>This funding is for your everyday transport needs. You can use it on the form of transport that suits you best.</p>

## National Disability Insurance Scheme

[ndis.gov.au](https://www.ndis.gov.au)

Telephone 1800 800 110

Webchat [ndis.gov.au](https://www.ndis.gov.au)

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**For people who need help with English**

**TIS:** 131 450

**For people who are deaf or hard of hearing**

**TTY:** 1800 555 677

**Voice relay:** 1800 555 727

**National Relay Service:** [accesshub.gov.au](https://www.accesshub.gov.au)

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