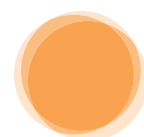


# SAMPLE NDIS PLANS

---



FOR YOUNGER PEOPLE AGED UNDER 65 YEARS LIVING IN, OR AT RISK OF ENTERING, RESIDENTIAL AGED CARE AND THEIR FAMILIES, SUPPORTERS, GUARDIANS OR NOMINEES.



SUMMER  
FOUNDATION

# BACKGROUND

---

The Summer Foundation is developing sample NDIS plans to share with younger people aged under 65 years living in, or at risk of entering, residential aged care (RAC) and their families, supporters, guardians or nominees.

This guide includes three sample plans:

**Sample NDIS Plan Number One:** Supporting a younger person with complex disability to live in the community. This plan could support a NDIS participant who has exited RAC, or prevent the admission of a younger person to RAC.

**Sample NDIS Plan Number Two:** Exploring options to move out of RAC.

**Sample NDIS Plan Number Three:** Living a more fulfilled life in RAC.

## WHY HAVE WE DEVELOPED THESE SAMPLE PLANS?

It can be overwhelming to think about all the services and supports you may need in a day, week, month or in 12 month's time. It can also be difficult to understand how much NDIS funding you need to achieve your goals.

These sample plans are to 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 ARE 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 in RAC.

These plans 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. They are an example of the types of funding younger people may need to achieve their goals.

The plans are extracts from a full NDIS plan and focus only on the supports that the NDIS will fund. The full NDIS plan will include more detail about your informal and mainstream supports.

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".

---

## WHAT SHOULD I BE DOING TO GET READY FOR THE NDIS?

Young people living in, or at risk of entering, 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 calling 1800 800 110.
- 2 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.
- 3 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/ndis-access-stories](http://www.summerfoundation.org.au/ndis-access-stories)**
- 4 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](http://www.disabilityloop.org.au)** or workshops offered by other peak disability organisations.
- 5 Use the Summer Foundation's Housing Toolkit to start planning for your housing, and ask questions such as:
  - a. What would make your life good?
  - b. What would you like to do that you're not doing now?
  - c. How do you feel about the place where you're living now?Visit: **[www.summerfoundation.org.au/the-housing-toolkit](http://www.summerfoundation.org.au/the-housing-toolkit)**
- 6 Familiarise yourself with the NDIS Price Guide to understand the supports funded and the language used:  
**[www.ndis.gov.au/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)**
- 7 Be aware that the National Disability Insurance Agency (NDIA), the agency responsible for implementing the NDIS, is conducting many planning meetings over the telephone. You have the right to insist on a face-to-face planning meeting.
- 8 Gather evidence of your search for appropriate housing. For example letters indicating that you are on waitlists for public, community and/or disability housing; evidence that you have tried to find housing in the private rental market.
- 9 Find or ask for copies of any recent assessments, specialist letters and reports documenting your support needs, and any risks associated with your current living environment.
- 10 Think about your goals. Your NDIS plan will record two goals. 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.
- 11 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

# SAMPLE NDIS PLAN NUMBER ONE: SUPPORTING A YOUNGER PERSON WITH COMPLEX DISABILITY TO LIVE IN THE COMMUNITY

---

## WHO THIS PLAN IS FOR

This sample plan is for a younger person with disability and complex needs who may be at risk of entering residential aged care (RAC), or who has left RAC. This plan has some high upfront costs (such as buying a wheelchair) that will reduce over time.

## PART 1: ABOUT ME

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

I share a two-bedroom townhouse with another NDIS participant. Our house is registered for specialist disability accommodation (SDA) payments. This allows us to share some of our personal care and all overnight support costs.

## PART 2: MY GOALS

### MY FIRST GOAL:

During this plan I want to develop my independent living skills and establish a circle of support.

### MY SECOND GOAL:

During this plan I want to maintain my current level of functioning. This will support me to participate in my community, develop and sustain relationships.

## PART 3: MY SUPPORTS

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

### NDIS REASONABLE AND NECESSARY SUPPORT BUDGETS

I can choose how I 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/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)

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

## CAPACITY BUILDING

Support Area	Support Coordination
Budget	\$8,831
Details	3 hours per week of assistance from a coordinator of supports. They will assist me to understand and implement my plan, choose providers, identify community supports and to prepare for my plan review.
How will the support be paid:	NDIS will pay my plan management agency directly for these supports.

Support Area	Improved Living Arrangements
Budget	\$679
Details	12 hours over this plan for assistance with tenancy obligations.
How will the support be paid:	NDIS will pay my plan management agency directly for these supports.

Support Area	Increased Social and Community Participation
Budget	\$8,590
Details	3 hours per week of individual skills development to assist me to develop a circle of support.
How will the support be paid:	NDIS will pay my plan management agency directly for these supports.

Support Area	Improved Relationships
Budget	\$8,590
Details	3 hours per week 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 management agency directly for these supports.

Support Area	Improved Health and Wellbeing
Budget	\$3,595
Details	<ul style="list-style-type: none"> <li>• 1 hour per week with an exercise physiologist to design and implement my personal training plan</li> <li>• A consultation with a dietitian to develop a meal plan.</li> </ul>
How will the support be paid:	NDIS will pay my plan management agency directly for these supports.

## SAMPLE NDIS PLAN 1

Support Area	Improved Life Choices
Budget	\$2006
Details	Financial intermediary set up costs, monthly processing and operating activities.
How will the support be paid:	STATED SUPPORT. NDIS will pay my plan management agency directly for these supports.

Support Area	Improved Daily Living Skills
Budget	\$37,288
Details	<ul style="list-style-type: none"> <li>• 50 hours per year of assessments from speech pathology, occupational therapy, physiotherapy and neuropsychology focusing on the ability to live independently (\$8,778)</li> <li>• 5.5 hours per week for a therapy assistant to implement recommendations from allied health clinicians (\$11,703)</li> <li>• 4 hours per week of assistance with decision-making, daily planning and budgeting (\$8,900)</li> <li>• 24 hours over this plan for individual assessments by a nurse (\$2,255)</li> <li>• 30 hours over this plan for training carers (\$1,652)</li> <li>• Multidisciplinary support to improve community outcomes. Funding for my team of specialists to work together to achieve my goals (\$4,000).</li> </ul>
How will the support be paid:	NDIS will pay me directly for these supports.

## CAPITAL

Support Area	Specialist Disability Accommodation
Budget	\$31,847
Details	Specialist disability accommodation (SDA) funding will cover the cost of a high physical support duplex that the participant shares with one other person.
How will the support be paid:	STATED SUPPORT. NDIS will pay the manager of my SDA tenancy directly for these supports.

Support Area	Assistive Technology
Budget	\$33,000
Details	<ul style="list-style-type: none"> <li>• Funding for an electric wheelchair (\$26,000) and maintenance (\$2,000)</li> <li>• Funding of up to \$5000 for assistive technology following the completion of an assessment by a qualified therapist and development of quotes.</li> </ul>
How will the support be paid:	NDIS will pay the provider directly for these supports.

## CORE SUPPORTS

Support Area	Assistance with daily life at home and in the community
Budget	\$174,539
Details	<ul style="list-style-type: none"> <li>• Support for personal care, daily activities (2 hours in the morning, 2 hours around midday and 2 hours in the evening) with some care shared with my housemate (\$93,226)</li> <li>• Funding for assistance with self-care activities and overnight sleepover shift shared with housemate (\$51,817)</li> <li>• 7 hours per week assistance with domestic activities (\$14,778)</li> <li>• 5 hours per week for one-to-one support to access the community for social activities (\$14,718).</li> </ul>
How will the support be paid:	NDIS will pay my plan management agency directly for these supports.

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

<b>TOTAL NDIS PLAN AMOUNT</b>	<b>\$311,437</b>
-------------------------------	------------------

# SAMPLE NDIS PLAN NUMBER TWO: EXPLORING OPTIONS TO MOVE OUT OF RESIDENTIAL AGED CARE

---

## WHO THE PLAN IS FOR

This sample plan is for a younger person who is living in residential aged care (RAC) and is ready to explore other housing options.

## PART 1: ABOUT ME

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

## PART 2: MY GOALS

### 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 twice a week.

## PART 3: MY SUPPORTS

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

### NDIS REASONABLE AND NECESSARY SUPPORT BUDGETS

I can choose how I 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/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)

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



**CAPACITY BUILDING**

Support Area	Support Coordination & Exploring Housing Options
<b>Budget</b>	\$11,582
<b>Details</b>	<ul style="list-style-type: none"> <li>1 hour per week of support coordination to establish links with mainstream services as identified in the plan (\$4,798).</li> </ul> <p><b>Housing Options Package Part A (\$6,784)</b> To assist to identify preferred living arrangements, including:</p> <ul style="list-style-type: none"> <li>20 hours of support coordination to find specialist assessors to undertake assessments</li> <li>55 hours of support coordination</li> <li>Preparation of a comprehensive housing plan which assesses whether the participant meets SDA criteria, whether SDA is "reasonable and necessary" and the appropriate SDA type, design category and location.</li> </ul>
<b>How will the support be paid:</b>	NDIS will pay my support provider directly for these supports.

Support Area	Improved Life Choices
<b>Budget</b>	\$15,421
<b>Details</b>	<ul style="list-style-type: none"> <li>3 hours per week with therapy assistant to implement recommendations from allied health clinicians that will help build my capacity to live independently (\$6,643).</li> </ul> <p><b>Housing Options Package Part B: (\$8,778):</b> To assist to identify preferred living arrangements, including:</p> <ul style="list-style-type: none"> <li>50 hours of assessments from speech pathology, occupational therapy, physiotherapy and neuropsychology focusing on my ability to live independently.</li> </ul>
<b>How will the support be paid:</b>	NDIS will pay my support provider directly for these supports.

**CAPITAL**

Support Area	Assistive Technology
<b>Budget</b>	\$33,000
<b>Details</b>	<ul style="list-style-type: none"> <li>Funding for an electric wheelchair (\$26,000), and maintenance (\$2,000)</li> <li>Funding of up to \$5000 for assistive technology following the completion of an assessment by a qualified therapist and development of quotes.</li> </ul>
<b>How will the support be paid:</b>	NDIS will pay the provider directly for these supports.

## SAMPLE NDIS PLAN 2

Support Area	Means Tested Residential Aged Care Fees
Budget	\$24,279
Details	<p>The NDIS is responsible for paying participants means tested residential aged care fees, including daily accommodation contribution (DAC) (\$57.62 per day) and means tested care fee (\$8.90 per day).</p> <p>The process for including these in plans is still being developed by the NDIA.</p>
How will the support be paid:	STATED SUPPORT. NDIS will pay my RAC provider directly for these supports.

### CORE SUPPORTS

Support Area	Assistance with Social and Community Participation
Budget	\$26,912
Details	14 hours per week of one-to-one support (high needs) funding to leave the aged care facility and meet up with friends in the community.
How will the support be paid:	NDIS will pay my support provider directly for these supports.

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

<b>TOTAL NDIS PLAN AMOUNT</b>	<b>\$113,666</b>
-------------------------------	------------------

# SAMPLE NDIS PLAN NUMBER THREE:

## LIVING A MORE FULFILLED LIFE IN RESIDENTIAL AGED CARE

---

### WHO THIS PLAN IS FOR

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

### PART 1: ABOUT ME

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

I have limited contact with my family and no access to "natural supports".

### PART 2: MY GOALS

#### MY FIRST GOAL:

During this plan I want to reconnect with my friends in the community.

#### MY SECOND GOAL:

During this plan I want to maintain my current level of functioning and increase my independence with daily living activities.

### PART 3: MY SUPPORTS

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

#### NDIS REASONABLE AND NECESSARY SUPPORT BUDGETS

I can choose how I 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/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)

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

## CAPACITY BUILDING

Support Area	Support Coordination
<b>Budget</b>	\$14,394
<b>Details</b>	3 hours per week of support coordination funding to: <ul style="list-style-type: none"> <li>• Establish links with mainstream services</li> <li>• Assist with changes to RAC room and liaison with RAC staff</li> <li>• Establish and maintain my circle of support.</li> </ul>
<b>How will the support be paid:</b>	NDIS will pay my support provider directly for these supports.

Support Area	Improved Daily Living Skills
<b>Budget</b>	\$6,517
<b>Details</b>	<ul style="list-style-type: none"> <li>• 1 hour per fortnight of occupational therapy and physiotherapy assessments and training</li> <li>• Funding for occupational therapy assessments for the supply of electric wheelchair and computer</li> <li>• 2 hours per week with a therapy assistant and training for this assistant.</li> </ul>
<b>How will the support be paid:</b>	NDIS will pay my support provider directly for these supports.

Support Area	Improved Health and Wellbeing
<b>Budget</b>	\$877
<b>Details</b>	Working with a dietician to assess my diet and develop a healthy eating plan for use in the residential aged care facility.
<b>How will the support be paid:</b>	NDIS will pay my support provider directly for these supports.

## CAPITAL

Support Area	Means Tested Residential Aged Care Fees
<b>Budget</b>	\$24,279
<b>Details</b>	<p>The NDIS is responsible for paying participants means tested residential aged care fees, including daily accommodation contribution (DAC) (\$57.62 per day) and means tested care fee (\$8.90 per day).</p> <p>The process for including these in plans is still being developed by the NDIA.</p>
<b>How will the support be paid:</b>	STATED SUPPORT. NDIS will pay my RAC provider directly for these supports.

Support Area	Assistive Technology
Budget	\$9,200
Details	<ul style="list-style-type: none"> <li>• Delivery and set up of disability specific equipment, as well as maintenance</li> <li>• Funding of up to \$7,000 for assistive technology following the completion of an assessment by a qualified therapist and development of a quote.</li> </ul>
How will the support be paid:	NDIS will pay the provider directly for these supports.

## CORE SUPPORTS

Support Area	Consumables
Budget	Up to \$1000
Details	Funding for a continence assessment, prescribed continence aids and consumables (including delivery).
How will the support be paid:	NDIS will pay my support provider directly for these supports.

Support Area	Assistance with Social and Community Participation
Budget	\$26,912
Details	14 hours per week of one-to-one support (high needs) funding to leave the aged care facility and access the community including meals and events with friends and visits to family twice a year.
How will the support be paid:	NDIS will pay my support provider directly for these supports.

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

<b>TOTAL NDIS PLAN AMOUNT</b>	<b>\$85,651</b>
-------------------------------	-----------------

# NDIS REFERENCE PLAN APPENDIX:

## PLANNING TOOLS FOR NDIS PARTICIPANTS

---

Choice and control are the fundamental principles of the NDIS. NDIS plans may contain limited detail to allow participants choice and control over how they spend their allocated budgets within three categories:

**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.

**CAPITAL** – An investment, such as assistive technologies, equipment and home or vehicle modifications, funding for capital costs (e.g. to pay for specialist disability accommodation).

**CAPACITY BUILDING** - A support that enables a participant to build their independence and skills.

The budget for a stated support can only be used to purchase the support item listed. For example in Sample NDIS Plan Number Two, means tested residential aged care fees are a stated support and the budget of \$24,279 cannot be used for any other purpose. See the NDIS Price Guide for more information: [www.ndis.gov.au/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)

Participants put a lot of effort into preparing for their planning meeting. The meeting itself may take several hours, generating a lot of rich information that may not appear in their NDIS plan and leaving participants unsure of how their NDIS plan reflects their planning meeting. In addition, participants and their support coordinators may be unaware of which supports the NDIA deemed “reasonable and necessary” when purchasing supports.

We have developed two planning tools for participants to address these gaps:

### **PRE-PLANNING TOOL**

#### **RECORD OF MY NDIS PLANNING MEETING**

We have provided an example to illustrate how to use the pre-planning tool opposite. It shows the pre-planning undertaken by a participant using *Sample NDIS Plan Number Two: Exploring Options to Move Out of Residential Aged Care*.

## PRE-PLANNING TOOL (EXAMPLE)

### SAMPLE PLAN NUMBER TWO: PRE-PLANNING BY A PERSON AGED UNDER 65 YEARS, WHO WOULD LIKE TO EXPLORE MOVING OUT OF RESIDENTIAL AGED CARE.

#### 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 twice a week.

#### CAPACITY BUILDING

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

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

#### CAPITAL

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

##### HOME

- I'm paying means tested residential aged care fees, which are draining my financial resources.

##### ASSISTIVE TECHNOLOGY

- 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, making it difficult 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 meet their objectives.

- 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.

# PRE-PLANNING TOOL

Think about what's important to you and the life you would like to live.

Write down your two major goals for the next 12 months below and use the NDIS price guide to think about the supports that you need to reach your goals: [www.ndis.gov.au/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)

## MY FIRST GOAL:

Four horizontal lines for writing the first goal.

## MY SECOND GOAL:

Four horizontal lines for writing the second goal.

## CAPACITY BUILDING

A green header box containing the text "A support that enables a participant to build their independence and skills." followed by a large rectangular area with 15 horizontal lines for notes.



## CAPITAL

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

HOME

---

---

---

---

ASSISTIVE TECHNOLOGY

---

---

---

---

## CORE SUPPORTS

A support that enables a participant to complete activities of daily living and enables them to work towards their goals and meet their objectives.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## A RECORD OF MY NDIS PLANNING MEETING

Use the template below to record the points covered in your planning meeting. This tool can give you greater context and detail when you receive your NDIS plan. It will enable you and your support coordinator to understand how the budgets within your plan are intended to assist you to reach your goals; streamlining your plan implementation. Using this template may also help you to determine how well your NDIS plan reflects your planning meeting. If you feel that your plan does not reflect your planning meeting, consider submitting an application for a review of a reviewable decision: [https://ndis.gov.au/html/sites/default/files/documents/Reviewable\\_decision\\_Form\\_1.pdf](https://ndis.gov.au/html/sites/default/files/documents/Reviewable_decision_Form_1.pdf)

### MY FIRST GOAL:

---

---

---

---

### MY SECOND GOAL:

---

---

---

---

### CAPACITY BUILDING

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

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## CAPITAL

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

### HOME

---

---

---

---

### ASSISTIVE TECHNOLOGY

---

---

---

---

## CORE SUPPORTS

A support that enables a participant to complete activities of daily living and enables them to work towards their goals and meet their objectives.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

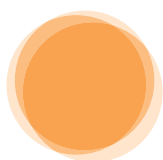
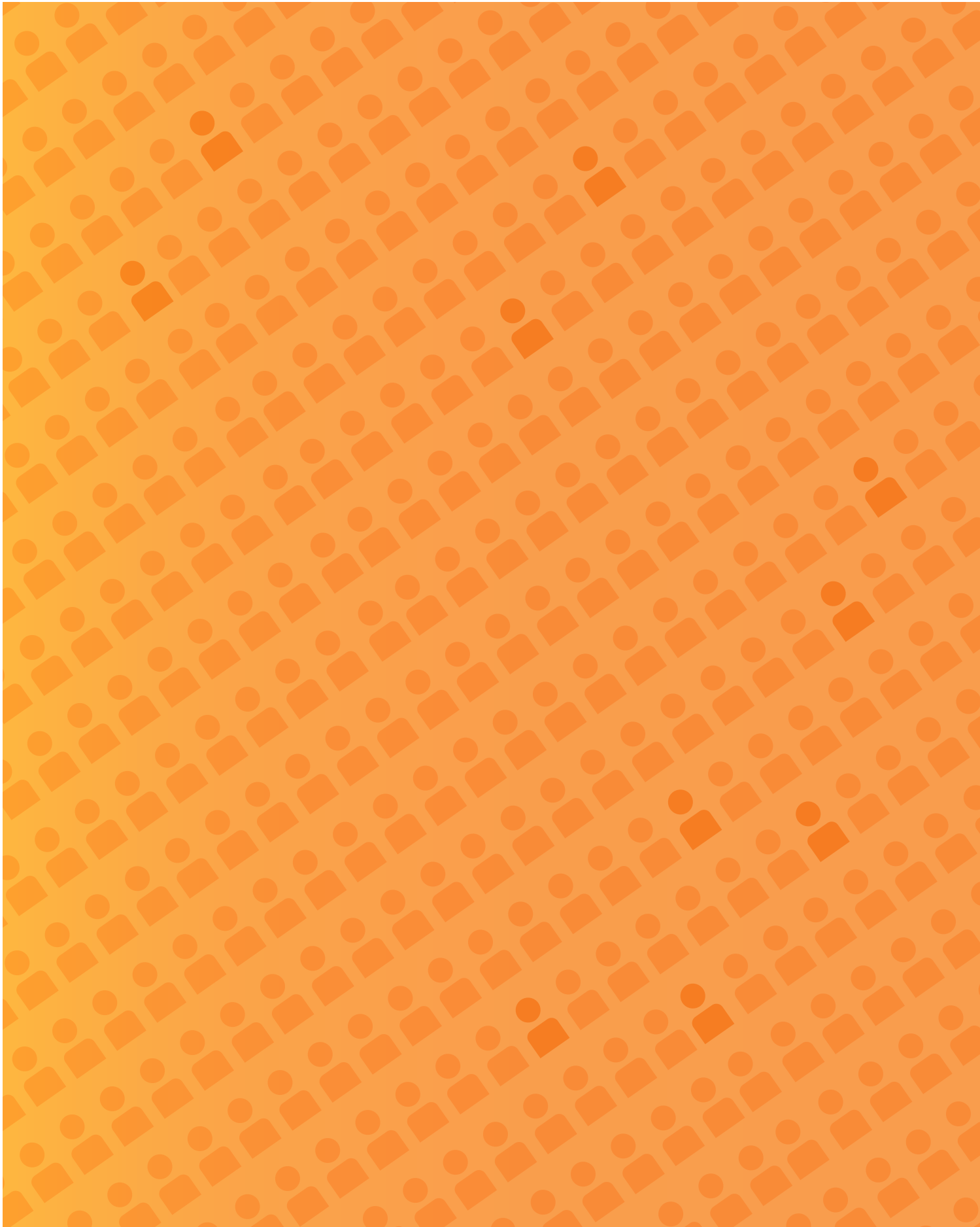
---

---

---

---

---



SUMMER  
FOUNDATION