



NDIS Support for Families and Carers

NDIS Tips Sheet 4: NDIS Plan outlines the type of supports that can be funded by a NDIS Plan and includes tips on how to develop a Participant Statement.

NDIS Tips Sheet 5: NDIS Plan Implementation outlines managing NDIS funds, finding service providers, making service agreements and reviewing a NDIS Plan.

NDIS support that benefits families and carers

Each NDIS participant will have a NDIS Plan that will outline their needs, goals and disability supports. The focus of the NDIS Plan is on the person with the disability. Families and carers cannot have their own NDIS Plan.

However, the types of supports included in the participant's NDIS Plan may have direct or indirect benefits for families and carers. They may include:

- family support and **counselling** due to a family member's disability
- **training** for families and carers related to their caring role
- assistance with tasks of daily living that increase the participant's **independence**
- supports to assist participants to enjoy **social and community activities** without relying solely on families and carers
- **personal care and domestic assistance** to support a participant in their home or the community
- **employment services** to help participants to participate in work programs that prepare them for work
- supports that maintain a family members and carer's **health and wellbeing**, such as participation in a support group or special interest group

KEY TERMS

The **NDIS** is the **National Disability Insurance Scheme**. The NDIS provides people with disabilities, their families and carers more choice and control over how disability supports are provided.

The **NDIA** is the **National Disability Insurance Agency**. It is the organisation which works with people with disabilities, their families and carers to get access to the NDIS support they need.

Respite care

There is currently no NDIS support called 'respite'.

However, there are three levels of **respite-like supports** that provide support in group based facilities or in-home support. The level of support is determined by the level of disability and the level of support required from families and carers. The three levels of respite-like supports include:

- **Level 1:** between 7 to 14 days per year and is provided so that the families or carers can attend key activities relevant to other members of the family
- **Level 2:** between 14 and 28 days per year and includes a strategy to build future independence
- **Level 3:** 28 days per year where families and carers provide support most days and this support is at risk of not being able to be sustained because of severe behavioural issues or where the person requires intensive support

Higher levels of support may also be provided to ensure that families and carers are able to continue working or studying or to put more long-term supports in place.

Source: *2016/2017 NDIS Price Guide VIC/NSW/QLD/TAS, Valid from 1 July 2016.*

To view, visit the NDIS website: www.ndis.gov.au/providers/pricing-and-payment.html

Respite care can also be provided by a range of different organisations. Respite Victoria, established by Victorian Department of Human Service, is an online resource that helps families, carers and people with a disability access respite and other carer support services. Visit the website at www.respitevictoria.org.au

CONTACT US

Interchange

To find your nearest agency visit
www.interchange.org.au

NDIS

Call **1800 800 110** Visit www.ndis.gov.au
Email enquiries@ndis.gov.au