

Understanding your NDIS plan

A Factsheet for Adults (No. 7)

Receiving an approved NDIS plan

During your planning meeting, a draft NDIS plan will be developed. Once the draft is completed, it will need to be approved by the NDIA. After your NDIS plan is approved, you will receive it either in person or in the mail, as well as through the [myplace portal](#). You will be advised when to expect the approved plan by your LAC Coordinator.

I've got my approved NDIS plan, now what?

Now that you have received your NDIS plan, it is important for you to understand it and how to use it. Your NDIS plan will be based on information discussed in your planning meeting. It will include (at least) the following information:

- Information about you
- Family and friends
- Services and community groups
- Your goals
- Funded supports

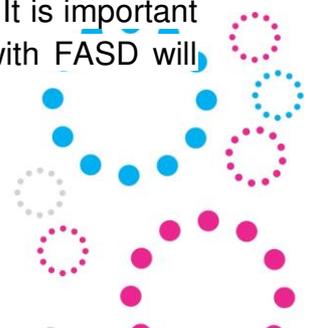
NOFASD have created example NDIS plans which can be accessed through <https://www.nofasd.org.au/parents-carers-and-families/ndis/>

What are 'funded supports'?

'Funded supports' is a section in your NDIS plan that indicates how your funding will be managed. There are three ways you can choose how your funding is managed:

- **Self-managed:** You will claim funding from the NDIS plan to pay providers yourself or your plan nominee (a person you give permission to act on your behalf) may do this on your behalf. Providers will invoice you directly for supports you have agreed they will provide.
- **Plan-managed:** Your plan management provider will make claims and pay providers on your behalf, for supports you have agreed they will provide.
- **NDIA-managed:** Providers will claim payment directly from your NDIS plan based on active service bookings. Where supports are NDIA-managed, only a registered NDIS provider can be used.

There are advantages and disadvantages with each type of 'funded support'. It is important to remember when choosing how to manage your funding, that a person with FASD will,



need help with planning, prioritising and sourcing supports, as well as requiring these supports to be tailored and delivered flexibly to ensure best outcomes. For more information, read the [NDIS Planning Booklet 2](#).

What are 'support budgets'?

'Support budgets' refer to how your funding can be spent:

- **Core Supports Budget:** Help with your everyday activities, your disability related needs and support to work towards your goals. The core supports budget is the most flexible and, in most cases, funding can be used across the support categories. This budget will probably incorporate the most funding for people with FASD.
- **Capacity Building Supports Budget:** Capacity building supports are intended to build independence and reduce the need for the same level of support into the future. The progress and outcomes from these supports will be shared at each plan review. Unlike the core supports budget, the capacity building supports budget cannot be moved from one support category to another. Funding can only be used to purchase approved individual supports that fall within that capacity building category.
- **Capital Supports Budget:** Capital supports include higher-cost pieces of assistive technology, equipment or home vehicle modifications and funding for one-off purchases you may need (such as Specialist Disability Accommodation).

Where can I find out more information about FASD?

NOFASD Australia is the National Peak Body for parents, carers and individuals impacted by Fetal Alcohol Spectrum Disorder (FASD). Founded in 1999 and funded by the Commonwealth Department of Health, we provide the essential bridge linking those with lived experience with researchers and clinicians.

NOFASD Australia provide a helpline for people impacted by FASD and those wanting information on how to support individuals with FASD. We also maintain an up-to-date comprehensive website with curated resources and links.

If you would like additional information about FASD or to read more about FASD and the NDIS, please visit the [NOFASD Australia website](#).

Sources:

Understanding the NDIS Booklet 2: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>

Understanding the NDIS Booklet 3: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>