

## Understanding NDIS Language and what is in your plan

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### CORE SUPPORTS

#### Core Supports budget

Core Supports help you with everyday activities, your current disability-related needs and to work towards your goals. Your Core Supports budget is the most flexible, and in most cases, you can use your funding across any of the following four support categories. However, there are instances where you do not have flexibility in your funding, particularly for transport funding.

In your plan:	Description:	How SWAMS can help:
<b>Assistance with Daily Life</b>	Supports that help you with everyday needs, household cleaning and/or yard maintenance, accommodation for ILO SIL or STA, or delivery of health-related supports for example Nursing.	Asking your SWAMS Support Coordinator to find and book your NDIS appointments and services.
<b>Consumables</b>	Everyday items you may need. For example, continence products or low-cost assistive technology and equipment to improve your independence and/or mobility.	Using your SWAMS Support Coordinator to help search for housing option and support to meet tenancy obligations or purchasing your consumables
<b>Assistance with social and community participation</b>	A support worker to assist you to participate in individual or group social and community activities.	Using your SWAMS Support Coordinator help you find, attend community programs or group activities to build relationship skills.
<b>Transport</b>	Transport enables participants to access disability supports outside their home, and to pay for transport that helps them to achieve the goals in their plan. Transport funding may be paid fortnightly into the participants bank account.	Using your SWAMS Support Coordinator to link you with services to Assist with Transport

### CAPACITY BUILDING

#### Capacity Building Supports

Capacity Building Supports help build your independence and skills to help you reach your long-term goals. Unlike your Core Supports budget, your 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.

The 9 Capacity Building categories are:

In your plan:	Description:	How SWAMS can help:
<b>Support Coordination</b>	Fixed amount that funds a Support Coordinator to help you best utilise your NDIS plan.	Asking your SWAMS support coordinator to find and book your NDIS appointments and services.
<b>Improved Living Arrangements</b>	Supports that help you find and maintain a place to live.	Using your SWAMS Support Coordinator to help search for housing option and support to meet tenancy obligations.
<b>Increased Social &amp; Community Participation</b>	Supports that provide training and skills to manage life independently and increase participation in your community.	Using your SWAMS Support Coordinator help you find, attend community programs or group activities to build relationship skills.
<b>Finding &amp; Keeping a Job</b>	Services to help you with employment-related supports, including training and assessments.	Using your SWAMS Support Coordinator to link you with services to Assist with training and education, updating your resume, applying for jobs, and preparing for job interviews.

## CAPACITY BUILDING - Continued:

In your plan:	Description:	How SWAMS can help:
<b>Improved Relationships</b>	Helps develop positive behaviours, including social skills development.	Using your SWAMS Support Coordinator to set up regular face to face meetings with your therapist as part of a behaviour management plan.
<b>Improved Health &amp; Wellbeing</b>	Services that help you manage diet, exercise, nutrition, and physical wellbeing.	Using your SWAMS Support Coordinator help you find and book you into a Dietitian, nutritionist or personal trainer who can create individualised healthy meal plans.
<b>Improved Learning</b>	Supports that help research and apply for study or training opportunities.	Using your SWAMS Support Coordinator to link you with an organisation to help you with Course applications, Support through orientation, Managing and planning your study workload, Student budgeting, Setting up student accommodation/living arrangements.
<b>Improved Life Choices</b>	Services to help you with your plan management, organisational and self-management skills.	Using your SWAMS Support Coordinator to link you with a Plan Manager who pays your NDIS bills for you, helps you keep track of your NDIS funds and takes care of your NDIS financial reporting for you.
<b>Improved Daily Living</b>	Covers some services, therapy and/or training by a professional that can help to increase your skills, independence, and community participation. These services can also be held individually or in groups.	Using your SWAMS Support Coordinator to help you find and book you into a Counsellor, Social Worker, Dietitian, Podiatrist, Nursing Speech Therapist, Physiotherapist, Occupational Therapist, Psychologist, and other therapy services to support your goals.

## CAPITAL

### Capital

Capital Supports include higher-cost pieces of assistive technology, equipment and home or vehicle modifications, and funding for one-off purchases you may need (including Specialist Disability Accommodation). It is important to remember that funds within the Capital Supports budget can only be used for their specific purpose and cannot be used to pay for anything else. The Capital Supports budget has two support categories: Assistive Technology and Home Modifications.

In your plan:	Description:	How SWAMS can help:
<b>Assistive Technology</b>	Assistive technology, also known as AT, is the equipment you might need to support you with everyday tasks. For a person living with disability, this might be equipment or systems which support you to move around the home or community, communicate with other people, process information and other daily tasks.	Asking your SWAMS support coordinator to find and book your NDIS appointments and services.
<b>Home Modification</b>	Complex home modifications are structural changes to your home and can range from bathroom and kitchen remodelling through to large ramps or lifts.	Using your SWAMS Support Coordinator to help search for housing option and support to meet tenancy obligations.