

Informal and Community Supports



Part 3 of the NDIS Plan is called My Supports - an area which explores a participant's informal supports as well as community and mainstream supports.

Informal supports are the family and friends who support participants achieve their day-to-day tasks around the home or in the community. Generally speaking, as adults, the more informal supports participants have in their lives, the less likely the NDIS are to fund those areas. It is therefore important that we support participants to consider the various roles family or friends provide and if these are sustainable at the current level of support.

If the answer is no, having a clear understanding of what the additional supports are in 'hours' that are required, will be important to add into their other funded support they are already receiving.

My Community and Mainstream Supports covers services such as health or mental health services, education services, community/sporting/hobby groups or other Government services outside of the disability sector, such as Centrelink.

Typically, the services participants can identify and list in this area could be attending TAFE or university, seeing medical specialists such as urologists, podiatrists, Rotary club etc.

The services offered by PQSA (including Homecare+) are not community and mainstream supports. They are all disability specific and should never be included in this area of a person's plan.

Services provided by PQSA are to be requested in their plan so that the Participant receives funding for these. This is a very important aspect to understand, as it can have implications on whether people receive funding for services they receive in their Plan. For example, such as hours by the HomeCare+ Registered Nurses to develop Care Plans and competency assess Support Workers, attend the Support Services Recreation program, continence assessments and reviews/skin integrity checks from the Community Lifestyle Advisors to name a few.

It is also important to remember that plans typically cover a 12-month period, although some may be shorter, and it is not always easy to have changes made.

If you would like more information, please call Linda Macmillan, PQSA Projects Coordinator on (08) 8355 3500 or email lindam@pqsa.asn.au

