
TIPS: Determining ‘Levels of Support’

Step 4 - Determining ‘Levels of Support’

As part of your application, you need to provide evidence of how often (frequency) and how long (duration) you will require supports.

This can be difficult to calculate. If you do not know exactly how much support is needed, give an estimate (e.g. daily, weekly).

WORKBOOK TIP

You can use the reimagine.today workbook to help you:

- Daily Diary: Activity Tracker - to track what you do day to day and what supports you need
- Step 1 - write down your support needs
- Step 5 - write down your hopes, dreams and goals.

If you meet the NDIS Access Requirements, you can provide more detail about your support needs when you begin the planning stage. Details you provide when applying will help the NDIA planners or Local Area Coordinators (LAC) to work with you to develop your plan.

HINTS: Factors that determine the level and frequency of support

- What activities or tasks do you need support with?
- How often do you do these tasks?
- How many times do you need support (daily, weekly, monthly, yearly) and for how long?
- How does your need for support change when you are not doing so well?
- What support do you currently have? Can this person / provider give you information about how much support you currently receive? Is it enough support to live a meaningful life?
- Do family and friends help you? How do they help you and how often?
- Will your family and friends always be able to support you? (e.g. Is their health being impacted? Do they have goals of their own that mean they will not be available in future?).
- What supports might be grouped together (e.g. support with transport might also be linked with support to reach social interaction or for assistance with shopping?)
- Draw up a weekly or monthly timetable and identify when and where you will require assistance and support
- Does the level of support you need change? (e.g. due to the episodic nature of your disability, or will you require less support in future?). If so, work out the **average amount** of support you might require over a month, 6 months or a year.