

NDIS: You Have a Plan - Now What?

Step 1: Choose How to Manage Your Plan

Self Manage:

Maximum choice and flexibility, but you handle invoices & paperwork.

Plan-managed:

A plan manager pays providers on your behalf.

NDIA-managed:

NDIS pays providers directly. Limited to NDIS-registered providers.

Management Type	Flexibility	Admin Load	Who Can You Use?	Cost
Self-Managed	High	High	Anyone	Free
Plan-Managed	Medium	Low	Anyone	Paid by NDIS
NDIA-Managed	Low	None	Only NDIS registered providers	Free

Step 2: Find Your Providers

Finding & Choosing Providers

Use tools like NDIS Provider Finder, word of mouth, your school's provider list, and social media support groups to find providers that align with your child's NDIS goals. Expect waitlists – this is common but spots regularly become available.

Therapy Frequency

Choose a frequency that fits your budget, goals, and family lifestyle: weekly, fortnightly, or monthly.
Some providers allow therapy only during school terms to give the child and their family a break.

Therapy Locations

Sessions may be available in clinic, at home, or at school. Travel fees may apply for home/school visits but can help balance family/work commitments.
Always check your school's policy if therapy is during school hours.

Step 3: Track Your Budget

Use tools like the MyGov portal, plan manager portals, NDIS tracking apps, or a simple spreadsheet to stay on top of your budget.

Tip: Many providers can give a 12-month estimate for sessions and reports. Use this as a guide to plan and track your spending.

Step 4: Review Meetings

Store notes, emails, and reports from providers in an organised and secure spot. Options include a dedicated email folder, cloud storage (Google Drive, Dropbox), or an external hard drive.

Having these ready makes NDIS reviews smoother and can support funding requests in school settings.

Steps to Take: