# Transcript – My family usually care for me, but now they can't, what should I do?

[Title on screen]

My family usually care for me, but now they can't, what should I do?

[Voiceover]

The funding in your Core Support budget is flexible so you can use the overall funding in this budget to purchase the disability-related supports you need.

You can decide how to use this funding for day-to-day assistance, to pay support workers to help with everyday tasks like grocery shopping or daily living tasks.

If your Core Support funding is low, we may be able to move some of your Capacity Building funding to your Core Support budget so that you can use it flexibly for day-to-day assistance.

We are making more NDIS plans self-managed so that you can use your funding more flexibly.

Call us on 1800 800 110 if you need to change your plan management arrangements.