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### [Supports available in an NDIS plan](#)

The NDIS funds ongoing psychosocial supports that focus on improving your functional ability.

This includes supports that work with you, in accordance with your goals and preferences, to:

- build your capacity
- increase your levels of independence to undertake daily living activities
- be part of your community
- participate in social and economic life.

## Supports available in an NDIS plan

### Psychosocial supports

Examples of NDIS funded psychosocial supports can include:

- capacity building supports to build skills, independence, and support decision making, e.g. for education or work
- supports to help you build more independence in day-to-day life
- social skills development to help you build relationships with family, friends and be part of the community
- building life skills including confidence, resilience, and taking care of your health and wellbeing
- social and recreation support if you need help to join social activities, sporting clubs or community groups
- help to find somewhere to live and to manage your rental or home ownership responsibilities, where you need this support because of your disability
- support from allied health professionals like mental health occupational therapists. These professionals would be helping you manage or reduce the functional impact of your psychosocial disability.
- help to plan and coordinate your NDIS supports with your mental health treatment and services
- help to transition to a new life stage, where you need this support because of your disability.

### Psychosocial recovery coaches

Psychosocial recovery coaches (recovery coaches) help people with psychosocial disability to increase:

- independence
- social and economic participation.

They help you take more control of your life and manage complex challenges of daily living.

A recovery coach works with you to:

- build capacity and resilience
- identify, plan, design and coordinate different supports
- plan and maintain engagement through times of increased support needs
- provide coaching to build on strengths, knowledge, skills, resilience and decision-making.

Learn more about recovery coaches with the following factsheets and detailed information:

- [Psychosocial Recovery Coach information \(PDF 176KB\)](#)
- [Psychosocial Recovery Coach information \(DOCX 292KB\)](#)
- [Psychosocial Recovery Coach \(PDF 371KB\)](#)
- [Psychosocial Recovery Coach \(DOCX 350KB\)](#)

Recovery coaches also have knowledge of community and mainstream services.

Recovery coaches help you connect with health and mental health services outside the NDIS, to make sure all services work well together and stay connected.

Services that support you with your psychosocial disability should be integrated, align with your recovery plan, and stay connected along your recovery journey.

The [Psychosocial Disability Access Factsheet 3: Lifetime support and recovery for psychosocial disability in the NDIS](#) has more information about psychosocial recovery (also known as personal recovery) in the NDIS.

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