# Transcript - Your NDIS Plan

Your NDIS plan is all about you and your individual goals.

It outlines your goals and the supports you will receive from the NDIS, the community and other government supports to help you achieve those goals.

If you need any help understanding or using your plan you will find themy NDIS contact details on the front page of your plan.

There are two sections in the plan that are all about achieving your goals, making it a clearer and more user-friendly format.

“How will I achieve this goal” - this will help you with attaining your goals.

And “How will I be supported?” - this will help you understand who will support you with this goal.

The goals in your plan will also be matched up with the different funded supports: Core, Capacity-building and Capital.

Some people might have one funded support and others may have all three.

For your personalised funded supports there is a total budget making it easier to monitor and use it flexibly where you can.

For more information visit our website: [www.ndis.gov.au](http://www.ndis.gov.au) or call 1800 800 110.