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What a recovery coach is

A recovery coach is an NDIS-funded worker. They help participants with psychosocial disability in their recovery journey.

Their aim is to help increase your:

- choice and control
- connection to your community
- job opportunities.

What a recovery coach is for

A recovery coach works with you to:

- build capacity and resilience
- find, plan and organise supports
- plan and maintain engagement through times when you need more support
- provide coaching to build on strengths, knowledge, skills, resilience and decision-making.

Recovery coaches can also help connect you with community and mainstream services. This includes health and mental health services outside the NDIS.

They can help make sure all services work well together and stay connected.

What working with a recovery coach is like

You'll generally receive funding for a recovery coach if you have psychosocial support needs.

The number of hours funded for a recovery coach depends on your needs. Your NDIA planner or NDIS partner will help you work out how many hours you need.

For people with psychosocial support needs

A recovery coach will spend time with you and people important to you so they can get to know you and understand your needs.

They can help you:

- find out about different services and supports and how these can help you
- learn about evidence-based supports
- get support from mental health services
- better understand the NDIS.

You might find it helpful to choose a recovery coach with lived experience.

You can search online to find a recovery coach provider near you.

Your support coordinator or my NDIS contact can help find you a recovery coach.

Related information

What is a support coordinator

What is a request for service

How to find other services and supports

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