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What capacity building supports are

Capacity building supports are one of 4 support budgets in your NDIS plan. Your NDIS plan is based on your individual needs so you'll only have funding against the support categories that include the NDIS supports you need.

Capacity building supports build your skills to do things for yourself and work towards your goals.

> **Tip: What support budgets in an NDIS plan are for.**
>
> We use support budgets to group and organise the different support categories you can have in your plan.
>
> Learn more about support budgets and support categories.

What capacity building supports are for

Each support budget is made up of multiple support categories. Your capacity building budget can have funding in up to 9 support categories.

Support coordination

Support coordination is usually included as a time-limited NDIS support. A support coordinator can help you become more self-sufficient and confident to manage your funding, NDIS supports and providers.

Improved living arrangements

This funding is to help find and keep a suitable place to live. It can pay for NDIS supports, like a support worker to help you apply for a rental property or prepare for a rental inspection. Rental bond costs and rent payments are not NDIS supports and are your responsibility.

Increased social and community participation

This funding is to buy NDIS supports to help you find and join activities that interest you and connect you with other people in your area.

You can ask your support worker to help you get involved with things like community and hobby groups, sport or outdoor recreation.

You can also use this funding to help you:

- do training to build your social skills
- make new friends
- build your social network
- increase your independence.

Finding and keeping a job

This funding is time-limited support for all working aged participants to help you find a job and keep a job.

You can use it for NDIS supports that are employment related, such as:

- building work skills
- developing a career plan
- work experience
- support with transitioning into work or further education.

Improved relationships

This funding is for NDIS supports to help develop positive behaviours and build your skills to interact with others in social situations.

It can include:

- behaviour support plans
- behaviour supports
- social skills development.

Improved health and wellbeing

This funding is for NDIS supports to help improve your physical and mental wellbeing to live a healthier life.

It can include working with:

- a dietitian to make a meal plan
- an exercise physiologist for an exercise plan
- a personal trainer to exercise safely and effectively.

Improved learning

This funding is for NDIS supports to help you move from school to further education such as TAFE, university or short courses.

It can include:

- help to apply for courses
- help to manage your study workload
- tutoring to improve your literacy skills.

Improved life choices

This funding is for NDIS supports to help develop the financial and organisational skills you need to self-manage your NDIS plan. It includes things such as coordinating your NDIS supports, paying providers and keeping records.

This support category will have the funding to pay for a plan manager, if you have one.

Improved daily living

This funding is for NDIS supports that help build your living skills and increase your independence and involvement in your community such as assessments, training or therapies.

It can include therapies like speech therapy to help with communication or occupational therapy to build functional skills.

Capacity building supports are stated

The funding in your capacity building support categories is a stated support. This means you can’t move your funding between support categories.

You must buy the NDIS supports described against each support category in your capacity building supports budget.

You can only buy supports that are from the NDIS supports lists.

For example, funding for therapy support in your capacity building budget would appear in your plan as a total amount. This means you can spend this funding on the therapy supports that best support your impairments, such as physiotherapy or occupational therapy.

What capacity building supports are like

Find out what capacity building supports funding is like in our sample plan.

Related information

Guide to NDIS support budgets

What is a support worker

Guide to employment

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