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## Learn about plan reassessments

When your plan is 56 days from its reassessment date, we'll work with you to create a new plan. We call this process a [plan reassessment](#). It used to be known as a plan review.

## When to start thinking about your next plan

About 2 to 3 months before your plan's reassessment date, your [my NDIS contact](#) will be in touch to ask you for a time to [check-in](#). Your my NDIS contact will talk to you about your current plan, how it's been going and whether the NDIS supports in it reflect your needs.

### Tip: How will you contact me?

Your my NDIS contact will get in touch with you the way you've asked us to contact you. This may be by phone, email or letter.

## What happens at your check-in

At your check-in, your my NDIS contact might ask you questions like:

- how you're going
- how you're tracking against your goals
- if you have new goals or want to change the ones you have
- how you're using services in your community
- how you're using the NDIS supports in your plan
- how your NDIS supports are helping you work towards your goals
- if your NDIS supports still meet your disability needs
- if your situation has changed
- if you know of any changes coming up in your life.

Learn more about [how to prepare for your check-in](#).

## Asking for a change to your next plan

Your my NDIS contact will talk to you about the kinds of information and evidence we need to make a change to your plan. They'll also explain how to go about [gathering this information](#).

You can also ask your [support coordinator](#) or [recovery coach](#) for help to collect the information we need.

Your [NDIA planner](#) uses your information and evidence to decide about the change you've asked for, and the types of NDIS supports you might need in your next plan.

If your next plan will be different to your current plan, your NDIA planner will invite you to a plan meeting to talk about your new plan and explain the decisions they've made about your NDIS supports.

**Tip: You don't have to wait until your plan is ending to ask for changes.**

You can ask us to change your plan at any time. Get in touch with your my NDIS contact, support coordinator or recovery coach about what has changed.

## Keep your next plan the same as your current one

### If your plan's working well, you don't have to change it

Let us know at your check-in if your plan is working well for you. We can vary your current plan instead of creating a new one. Or we may continue your plan if it's working for you.

Before you do that, here are some things to consider:

- Do you have the right NDIS supports in place?
- Have your circumstances changed since creating your last plan?
- Are you happy with your goals?
- Are your NDIS supports working well for you?
- Has anything not worked so well in this plan?
- Are you expecting any changes in your life in the coming months?

## Changes can be small

If we need to make small changes, we can vary your current plan. It will be 12 months long and you can manage your plan the same way you do now. Learn more about [plan variations](#).

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## We may continue your plan

We call this a plan continuation. Instead of having a plan reassessment and receiving a new plan, your plan will continue for the next 12 months.

Your continued plan will have the same funding amounts in your core and capacity building budgets as your previous plan. The funding amounts will be indexed.

Any unspent funding for NDIS supports from your previous plan can still be used. These funds will remain in the continued plan.

**Tip: You don't have to do a plan meeting.**

If your we vary or continue your plan, you won't need to have a [plan meeting](#). It will automatically be uploaded to your participant portal and the my NDIS app.

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## Related information

### [What is a plan reassessment](#)

### [What is a my NDIS contact](#)

### [What is a check-in](#)

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