

Understanding Your NDIS Plan

Occupational therapy-related terms, explained plainly

Plan Management Types

- Self-managed: you pay providers directly and claim back from the NDIS; you can use registered or unregistered providers.
- Plan-managed: a plan manager pays providers on your behalf; you can use registered or unregistered providers.
- Agency-managed (NDIA-managed): the NDIA pays providers directly, and only NDIS-registered providers can be used.
- As an unregistered provider, New Leaf works with self-managed and plan-managed participants.

'Reasonable and Necessary' Supports

For a support to be funded, it generally needs to relate to your disability, help you pursue your goals, represent value for money, and be based on good evidence of effectiveness. OT reports and recommendations are usually written with this criteria in mind, explaining how a support connects to your goals and functional needs.

Support Budget Categories

- Core supports: everyday activities, sometimes including consumables an OT might recommend.
- Capacity Building supports: this is where most OT therapy, assessment, and skill-building sits.
- Capital supports: higher-cost equipment or home/vehicle modifications, often informed by an OT assessment.

Functional Capacity Assessment (FCA)

An FCA is a formal assessment of how your disability affects your everyday functioning. It's often used to support funding requests, plan reviews, or applications, and is written to clearly link your functional needs to the supports being requested.

Service Agreements

A service agreement outlines what supports will be provided, at what cost, and under what terms. It's worth reading through and asking questions before you sign; a good provider will be happy to explain anything that's unclear.

This resource provides general information only and does not replace individual clinical assessment or advice. New Leaf Allied Health Services is an AHPRA-registered occupational therapy practice and operates as an unregistered NDIS provider, working with self-managed and plan-managed NDIS participants. If you have concerns about your (or your child's) development, function, sensory needs, or wellbeing, please speak with your GP, paediatrician, or a registered health professional, or get in touch with our team to discuss OT support.

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