

Physical Activity and the National Disability Insurance Scheme (NDIS)

SOCIAL AND RECREATION SUPPORTS



- Social and recreation activities improve your wellbeing.
- These activities also help you meet new people and develop new skills.
- The NDIS funds the extra help you need to take part in these activities.



WHAT ACTIVITIES CAN I DO?



Active hobbies

E.g. Bike-riding, bushwalking, dancing and kayaking.

Sport

E.g. Tennis, basketball, cricket, disability-specific sports.

Health and fitness

E.g. Going to a gym, joining a yoga class or a fitness class.



WHAT DOES THE NDIS COVER?



Can be covered

- Specialised equipment
- Help to build your skills
- Support worker to help you participate
- Help with travel when family/ public transport aren't possible

Not covered

- Standard equipment
- Basic costs that anyone would pay e.g. entry / registration / membership fees
- Professional / elite participation
- Support for young child if parent stays



HOW DO I ACCESS SUPPORT?



Plan your goals

Sport and recreation will only be funded if linked to a goal:

- **Health and wellbeing**
e.g. I want to improve my fitness and/or
- **Social participation**
e.g. I want to make new friends

Do your research

Find a sport or recreation activity. Work out:

1. **How and when** you will access the activity.
2. **What support** you need e.g. help to get about, use the bathroom, take medication, communicate

Meet your coordinator

Gather all your information before meeting with your planner/ local area coordinator.

Visit our website for more information

