

Parent and carer training and supports funded by the NDIS

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Parent and carer training and supports under the NDIS

Parents and carers of children and young people with disability receiving NDIS funds can also receive support and training from the NDIS, including training for support workers, apps for budgeting or bookkeeping or accounting or bookkeeping support.

Training can be one-to-one (one person working with you), delivered online or in a group setting. Training available depends on your NDIS plan and the services you can access.

Training for self-management tasks

If you are the plan nominee for your child or young person with disability, you are carrying out all the administrative tasks of the plan. This includes record keeping, making payment requests in the NDIS portal, finding and employing support workers, and paying directly for services and supports. You can use NDIS funding to access training to help you begin self-managing or improve your skills.

What kind of training can I have?

Some examples of training you might ask for include:

- Help with record keeping: setting up your system, creating your records
- How to recruit and manage staff
- How to self-manage NDIS funding

You can use Core funding to build your self-management capacity.

If you are planning to transition to a self-managed approach or would like more training in self-management, you can include the need for self-management training in the NDIS plan goals.

Support line items for self-management training in the NDIS Catalogue

The NDIS uses different line items to understand which budget a support will be paid from. The following line items are relevant to training for self-management.

Line item: CB and Training in Plan and Financial Management by a Plan Manager

Capacity building and training in plan administration and management with a participant to strengthen their ability to undertake tasks associated with the management of their supports.

Line item: Plan Management and Financial Capacity Building – Set Up Costs

A once-off (per plan) establishment fee for setting up the financial management arrangements for managing the funding of supports.

Line item: Plan Management – Financial Administration

A monthly fee for the ongoing maintenance of the financial management arrangements for managing the funding of supports.

If you have support coordination funding in your NDIS plan, your support coordinator can also provide training to build your capacity to self-manage. You should discuss this option with your support coordinator.

Line item: CB and Training in Plan and Financial Management by a Support Coordinator

Capacity building and training in plan administration and management with a participant to strengthen their ability to undertake tasks associated with the management of their supports. Providers of this support are to assist the participant to build capacity to undertake all aspects of plan administration and management, including engaging providers; developing service agreements; maintaining records; claiming payments from the NDIA; and paying providers.

Training and supports for your caring role

As a parent or carer of your child or young person with disability, you can receive funding to improve your ability to support them to achieve their goals.

The NDIS recognises the importance of family-centered practice to support the wellbeing of your child or young person. You can have a goal in their NDIS plan specific to training.

An example of a goal might be:

- to increase my knowledge about my child or young person's disability
- to understand their behaviour and needs to support them better

To learn more about family-centred practice, please see CYDA's fact sheets on early intervention.

What kind of training can I have?

Some examples of training for your caring role include:

- Circles of support – formal and informal support
- Understanding challenging behaviour
- Supporting positive behaviour
- Understanding family strengths
- Nonverbal communication skills
- Supported decision making
- Supporting friendships and relationships

The NDIS Price Catalogue has a specific item for parent and carer training and it is a good idea to mention your need for training during your planning meeting. You can also bring a list of areas you need support in, information on specific courses or workshops, or details of books or resources relating to your child or young person's needs. You can discuss options with your ECEI, LAC or Planner.

When you request parent and carer training, specify how many hours of support you might need. To get this information, it is a good idea to research training options or to contact service operators in your area and request a quote for the training you need.

Where can I find information about workshops and courses for parents and carers?

Disability peak body organisations relating to your child or young person's disability are a good place to look for courses or workshops. If they do not run courses or are not currently running them, they may be able to recommend options. Many peak body organisations and service providers also produce e-newsletters with information about upcoming events and workshops in the community.

Shadow shift training for support workers

The NDIS can fund up to six hours of shadow shift to train a support worker until it is reasonable for them to provide support independently. Shadow shift training may be available for NDIS participants with any of the following complex needs:

- Very limited communication
- Behaviour support needs
- Medical needs or procedures such as ventilation or Home Enteral Nutrition (HEN).

Shadow shift support is not intended for training new support workers. The funding is available to provide extra support for participants with complex needs. If you think shadow shift training may be of benefit to you and your child or young person, discuss your needs with your ECEI, LAC or Planner.

Other family supports funded by the NDIS

Other supports that can be funded by the NDIS include:

- Family support and counselling due to family members' disability
- Building the skills and capacity of other family members to manage the impact of a participant's disability on family life
- Supports that increase the participant's independence, including supports that enable the participant to enjoy social and community activities independent of their formal carers
- Supports aimed at increasing the sustainability of a family caring arrangement, including personal care and domestic assistance related to the person's disability
- Support workers to provide individual support for the participant during outings and family gatherings. This means the participant can be equally included in family events and increases their social and community participation.

For more information on supports available to families, visit the following NDIS resource.

[NDIS Family Support](#)

Disclaimer: CYDA's In Control Our Way resources have been created to support families of children and young people with disability to self-manage their NDIS plans. Information provided is intended as a general guide and may not contain the most recent information and updates. CYDA is not responsible for decisions made by the NDIA or its partners in the community. For the most current information on the NDIS, refer to the NDIS website. These fact sheets are current as of September 2020.

View the full set of In Control Our Way resources at: cyda.org.au/



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