



# Interchange Outer East

## NDIS ADULT PROGRAMS SUPPORT COSTS - July 2017

### **How will Interchange Outer East (IOE) Adult Services programs be funded under the NDIS?**

All of the current services and programs that IOE provides for adults will continue under the NDIS. However, the way that they are funded will change. In the past, most of the support costs for IOE adult programs have been funded by DHHS (state government funding). This funding will cease when you have an approved NDIS plan and the cost of your supports will immediately come out of your NDIS plan.

### **How are the costs of delivering the programs and services determined?**

There are several factors that contribute to determining the cost of a service, including:

- Type of service - daily living, capacity building, etc.
- Day of service - weekday, weekend or public holiday
- Time of service - day, evening or overnight
- Support ratio - individual support or group based

The combination of the above factors determines the overall cost of support. NDIA have set the prices that registered providers are required to use. The complete NDIS Price Guide can be found here: [www.ndis.gov.au/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment) - 2017/18 Price guide (NSW/VIC/QLD/TAS)

### **In all services and programs it is important to remember:**

- The NDIS is replacing the cost of existing supports. This covers things like planning, wages, administration and overheads directly related to the program.
- The NDIS does not cover the expenses of the program. Program expenses (fees) have always been charged to participants and families. This will continue under the NDIS. Fees cover the cost of things like accommodation, food, transport, tutors, equipment, resources, entry and ticket costs and any other expenses related to the program or activity.

### **How to ensure that you have the funding you need in your NDIS plan:**

To continue to participate in your current programs under the NDIS, you need to ensure that you tell your NDIS planner what your current services are and why it is important that you continue them. Include day service and extended hours programs, intensive programs, skill development in groups or 1:1, recreation programs, holidays, overnight and 1:1 supports.

Think about your goals for the future and what supports you need to have in place to reach your goals. Consider what current services you have in place as well as what additional supports you will need. Remember - your supports need to meet the plan goals and need to be seen as reasonable and necessary by the NDIS.

To assist you with preparing to plan for services under the NDIS, IOE have put together this document, in line with the NDIS price guide, for existing IOE Adult Services programs. Please see the IOE NDIS Recreation Support Costs guide for prices relating specifically to recreation programs.

Please note that this guide outlines support costs only and does not include fees and program expenses.

## Adult Programs and the NDIS

### 1. Day Service Programs and Extended Hours

Located in Ferntree Gully, Lilydale, Bayswater and Yarra Junction, these programs provide a range of options to assist participants to be involved in daily life, participate in the community and increase independence. These programs include options for school leavers, volunteering, health and fitness, community partnership programs and work readiness. Most of our day service sites offer the opportunity to extend beyond the standard six hours per day with our extended hours program.

#### How do I include day service and extended hours programs in my goals?

Think about why you want to participate in these programs, such as:

- *Day Service Program:*
  - To continue participating in current programs
  - To foster friendships, a sense of belonging and reduce isolation
  - To try new things and learn new skills
  - To participate in a variety of different programs and experiences across the week
  - To have a weekly routine
  - To make a meaningful contribution to the local community
- *Extended Hours:*
  - To allow for regular social opportunities in a relaxed setting
  - To assist with family/work commitments and strengthen family support

#### Day Service/Extended Hours Costs

The table below outlines the cost associated with participating at the Network, Community, Link and Enterprises programs (IOE day service sites) or extended hours programs. If you wish to extend beyond the standard 9am to 3pm program times, think about how it fits in with your goals.

	Support Item No	Hours p/day	Cost p/hour	Cost p/day	Cost p/week	Total Cost per Year (46 weeks)
Centre based day programs	04_107_0136_6_1	6 hours	\$20.24	\$121.44	\$607.20	\$27,931.20
	04_107_0136_6_1	7 hours	\$20.24	\$141.68	\$708.40	\$35,586.40
Weekdays support costs	04_107_0136_6_1	8 hours	\$20.24	\$161.92	\$809.60	\$37,241.60

#### Evening and Weekend Centre Based Program Costs

Some programs are take place during the evening or weekends. It is important to create opportunities of experience and development without being limited by weekdays and times and to allow participants the chance to be creative with their goals and supports. The NDIS have set the cost for these hours. See below for the hourly rates for these types of programs.

	Support Item No	Support Hours	Cost per Hour
Centre based day programs	04_110_0136_6_1	Weekday Evenings	\$22.22
Evening and weekend support costs	04_108_0136_6_1	Saturdays	\$29.67
	04_109_0136_6_1	Sundays	\$37.94

## Adult Programs and the NDIS

### 2. Intentional Learning Options (Intensives)

#### a) Independent Living Skills (House Intensive)

This is a customised program designed to develop independent living skills both in the home and in the community. There are two options for this program. One runs after hours (from 3pm) and overnight, allowing you to continue with your daily commitments and programs. The other is a full two-day program including overnight.

#### How do I include independent living skills support costs in my goals?

Think about why this program is important to you and will gain by being part of this program. Such as:

- Increase independence in everyday life, routines and tasks
- Develop problem solving skills and self-management
- Learn how to be safe in the home
- Increase social and community participation
- Explore future living arrangements

#### Independent Living Skills Support Costs

##### a) After 3pm only and overnight program

Support Item	Support Item No	Hours p/Week	Price p/hour or unit	Total per Item	
<b>Independent Living Skills Program After hours and overnight only</b>  <b>Therapy support not included but may be required</b>	Skills development in a group - House Intensive training in a group of three or more	09_007_0117_6_3	3pm-8pm 5 hours	\$28.07	\$140.35
	Social Participation in a group after 8pm	04_123_0136_6_1	8pm-12am 4 hours	\$16.35	\$65.40
	Assistance with self-care - sleepover	01_010_0107_1_1	12am - 8am 8 hours 1 sleepover	\$194.79	\$194.79
<b>Total per session:</b>				<b>\$400.54</b>	

##### b) Intensive two-day program including overnight

Support Item	Support Item No	Hours p/Week	Price p/hour or unit	Total per Item	
<b>Independent Living Skills Program Two days incl. overnight</b>	Skills development in a group - House Intensive training in a group of three or more	09_007_0117_6_3	3pm-8pm 5 hours	\$28.07	\$140.35
	Social Participation in a group after 8pm	04_123_0136_6_1	8pm-12am 4 hours	\$16.35	\$65.40
	Assistance with self-care - sleepover	01_010_0107_1_1	12am - 8am 8 hours 1 sleepover	\$194.79	\$194.79
	Day Service - Support costs weekday Day one	04_0107_0136_6_1	9am - 3pm 6 hours	\$20.24	\$101.20
	Day Service - Support costs weekday Day two	04_0107_0136_6_1	8am - 3pm 7 hours	\$20.24	\$121.44
<b>Total per session:</b>				<b>\$623.18</b>	

**\*Note:** Similar costs can be used for other intensive programs involving overnight support

## Adult Programs and the NDIS

### b) Rural Intensive Program

The rural intensive program offers participants the opportunity to develop real and practical work skills in a rural setting. The program also provides participants with the opportunity to develop independence away from home including sharing day-to-day domestic duties with house mates and all of the things that come with being away from home.

#### How do I include the rural intensive program in my goals?

Think about why you want to participate in this program and what skills and qualities you wish to develop. Some of these things may include:

- To spend time away from home
- To develop work skills that can transfer to local opportunities
- To spend time working outside
- To work in a team
- To develop independence
- To make contacts and network with businesses in a rural area
- To become part of, and contribute in, a rural community

#### Independent Living Skills Support Costs

	Support Item	Support Item No	Hours p/Week	Price p/hour or unit	Total per Item
<b>Independent Living Skills Program - Rural</b>  <b>Five days incl. four overnights</b>	Skills development in a group - Skills training in a group of three or more	09_007_0117_6_3	3pm-8pm 5 hours x 4	\$28.07	\$561.40
	Social Participation in a group after 8pm	04_123_0136_6_1	8pm-12am 4 hours x 4	\$16.35	\$261.60
	Assistance with self-care - sleepover	01_010_0107_1_1	12am - 8am 8 hours x 4	\$194.79	\$779.16
	Day Service - Support costs five weekdays	04_0107_0136_6_1	9am - 3pm x 5 Mon - Fri 30 hours	\$20.24	\$607.20
<b>Total per session:</b>					<b>\$2,209.26</b>
<b>Total per year (10 sessions):</b>					<b>\$22,092.60</b>

## Adult Programs and the NDIS

### 3. Skill Development Programs

These are customised programs for participants who have individual goals but want to develop particular skills and interests in small, tailored groups. The aim of developing individual skills in this type of setting is to provide intensive support to individuals in real life social and community settings while reducing isolation often experienced in a 1:1 setting.

This type of program is delivered by carefully matched support workers who have a strong passion and/or experience in the program or interest area with the ability to design the program and support both group and individual goals.

#### How do I include skill development programs in my goals?

Think about the skills you would like to develop and why this is important to you. Think also about who you might like to share this with and what support ratio you may require. Some of the skills that you may want to develop or build on are:

- Communication skills
- Preparing for employment
- Therapy programs

#### Skill Development Program Support Costs

These costs are based on our current communication skill development program and may differ depending on the specific skills you are working on. You may require the support of a therapist to help design and oversee your program so please note that these costs are an example only.

	Support Item	Support Item No	Price description	Price
<b>Communication Skill Development Program</b>	Individual skills development and training	09_009_0117_6_3	Hourly rate	\$56.14
			Per five hour session	\$280.70
			Cost for 48 sessions per year	\$13,473.60
	Individual assessment, therapy and/or training (includes assistive technology)	15_048_0128_1_3	Hourly rate	\$175.57
			Cost for four hours per year	\$702.28
			<b>Total cost per year:</b>	<b>\$14,175.88</b>

## Adult Programs and the NDIS

### 4. Camps and Holidays for Group Based Day Services

Camps and holidays are a big part of IOE and we hope to continue to provide these as part of day service programs. To participate in these camps or holidays, they will need to be funded individually in a plan, not as part of the day service funding. You will need to specify in your plan meeting that you wish to access day service support as well as the two camps offered as part of the day service program. Note that these camps are in addition to any recreation program camps that you may also include in your plan.

#### How do I include day service camps in my goals?

Think about why you participate in recreation activities and why you would like to continue, as part of your day service program. Some benefits may include:

- To spend time with day service group in a social and recreational setting
- To have new experiences while being supported
- To have opportunities that would otherwise not be possible
- To have a break away from family
- To develop independence
- To learn to feel comfortable being away from home
- To have fun
- To improve social skills

The support cost of other services you receive, e.g. day service, will be suspended for the week are on a camp. The following costs, based on a five-day midweek camp, will then apply and need to be in your NDIS plan. Other types of arrangements for recreation activities can be found in the IOE NDIS Recreation Support Costs guide.

#### Week away Monday to Friday 1:2 ratio

Week away 1:2 ratio	Times and Days	Hours or Units	Support Item No	Price per Hour or Unit	Price
Social and Community Participation (Mon-Fri)	Weekday 9am-8pm	55hrs	04_111_0136_6_1	\$22.35	\$1229.25
	Weeknight 8pm-12am	16hrs	04_114_0136_6_1	\$24.52	\$392.32
	Sleepover	4 units	01_010_0107_1_1	\$194.79	\$779.16
<b>TOTAL</b>					<b>\$2318.80</b>

## Adult Programs and the NDIS

### 5. 1:1 Support for Social and Community Participation

1:1 support is a service where carefully matched support workers are chosen to do both regular and occasional shifts with participants. These shifts can be arranged to support people at any time of the day or night, to participate at home, in the community, at work or any other pursuits needing support. You may also wish to have 1:1 support to pursue a particular goal in a group setting or to effectively participate in a group program.

#### How do I include 1:1 support for social and community participation in my goals?

Think about why you require 1:1 support, how often you require this and how this support ties in with your goals. The reason for requiring 1:1 support will be different for everyone, however, here are some of the reasons that people ask for this type of support:

- To work on individualised programs
- Daily living activities such as shopping or attending appointments
- Assistance with attending education based programs, university, TAFE, etc.
- To assist with participation in group programs if additional support is needed
- Support in employment, volunteering or work experience
- Therapy assistance – working on therapist designed programs with a support worker
- Assistance with exercise programs

#### Support Costs for 1:1 Social and Community Participation

	Support Item	Support Item No	Hourly Rate
<b>1:1 support for social and community participation</b>	Weekday	04_104_0125_6_1	\$44.72
	Weekday evening (8pm - midnight)	04_103_0125_6_1	\$49.04
	Saturday	04_105_0125_6_1	\$62.03
	Sunday	04_106_0125_6_1	\$79.38
	Public holiday	04_102_0125_6_1	\$96.69

**\*\* Please be reminded that all costs included in this booklet DO NOT include activity expenses such as food, accommodation, transport, tickets or entry costs into events.**