

# Psychosocial recovery coach information

A recovery coach can support you with your recovery. Recovery means being able to live a purposeful and meaningful life.

## What is a recovery coach?

A recovery coach is an NDIS funded worker that has mental health knowledge. A recovery coach will:

- spend time with you, and people important to you, to get to know you and understand your needs
- help you to find out about different services and supports, and how these can help you
- help you get support from mental health services
- help you better understand the NDIS and support you with the NDIS

You can choose a recovery coach with lived experience. A recovery coach with lived experience has their own lived experience of mental ill health and recovery and are able to use this experience to inform their work.

## Who will get recovery coach funding?

Generally recovery coach will be funded in plans for people with psychosocial support needs. You do not have to choose a recovery coach if you do not want one.

## How much does a recovery coach cost?

A recovery coach costs \$80.90 an hour in the day time during weekdays. Your NDIS planner or Local Area Coordinator can give you more information on the cost.

## How many hours can I get?

The hours are based on your needs. Your NDIS planner or Local Area Coordinator will work with you to decide on the number of hours you would need.

## I currently have support coordination, how do I get a recovery coach?

You can speak to your support coordinator or contact the NDIS planner or Local Area Coordinator to find out how to get a recovery coach.

## Can I have both?

For most people we recommend that you only have a recovery coach because it is a better use of your NDIS plan. Depending on your plan or situation you may choose to have both.

## **What qualifications do recovery coaches have?**

We recommend that the recovery coaches have a minimum of Certificate 4 in Mental Health or Mental Health Peer work or similar training and/or two years' paid experience in supporting people with mental health challenges.

Some recovery coaches may have other qualifications. It's always good to ask about the qualifications and experience of your recovery coach.

## **Where can I find a recovery coach?**

Your NDIS planner or Local Area Coordinator can help you find a recovery coach.

It is a good idea to talk to two or more recovery coaches before you decide on a recovery coach.

## **Five important questions to consider when choosing a recovery coach**

1. Are they someone you can get along with and easy to talk to? Are they are good at listening to you?
2. Do they have a lived experience of mental illness and recovery?
3. What are their level of qualifications and experience, and ongoing training?
4. Are they registered or not registered with the NDIS Quality and Safeguard Commission?
5. Are they available to support you at times and locations that are suitable to you?

**More information is available on the [NDIS website](https://www.ndis.gov.au).**

<https://www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis>