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## What an NDIS plan is

NDIS plans are built by [NDIA planners](#) with NDIS participants.

We work with you to create a new plan each time you need one.

NDIS plans include funding for you to buy the [NDIS supports](#) you need for everyday life and to work towards [your goals](#).

You'll get a new plan on a scheduled reassessment date, or [when your situation changes](#) and you need more, less or different NDIS supports.

## What NDIS plans are for

Each plan is a package of NDIS supports that work together and alongside the informal, community and mainstream supports you also use.

The NDIS supports we include in a plan are:

- based on the information and [evidence](#) you give us
- what our rules say we can fund
- [reasonable and necessary](#) and related to your disability.

The total funding we include in a plan is based on:

- what types of support are included
- what the NDIS supports should cost
- if any supports are shared with someone else
- how often the supports are needed.

## NDIS plans include your goals

[Your goals](#) are an important part of your plan. They help us get to know you and the things that are important in your life.

Goals can also:

- help you think about what your strengths are and how you can use them
- give you motivation to try different things and build your independence
- be something to work towards where you can measure your progress.

Learn more about [how to set goals](#).

## NDIS plans include your total funding amount

Your plan describes your total funding amount. This is [funding](#) you use to buy NDIS supports.

Your plan also explains which support budgets you have included in your plan. For example, core supports, capacity building supports, capital supports and recurring.

You might not have funding against each support budget. It depends on your situation and your disability support needs.

## Different types of supports

Your plan explains which of your NDIS supports are:

- flexible so you can use your total budget amount in the way that suits you best
- stated, which you can only use the funding for the NDIS support described in your plan.

## How you'll manage your plan

Your plan will also describe how the funding for each support type will be managed. Learn more about [how to manage your plan](#).

## What an NDIS plan is like

Your plan includes information about:

- your situation and who supports you
- the [goals](#) you want to work towards
- your [NDIS supports](#)
- who'll [manage your funding](#)
- your total [funding amount](#) and funding components

- the length of your NDIS plan and funding periods
- how to let us know if you think [your plan needs to change](#).

When we approve your plan, we'll put a copy of it in the [participant portal](#) for you to see and use. We'll ask how you would like to receive any additional copies of your plan.

## Example of a plan

Download an example of an NDIS plan. Newer plans also include information about funding periods.

- [New look plan example](#) (PDF 465.34KB)
- [New look plan example](#) (DOCX 133.82KB)

## Our guideline

Download the your plan guideline:

- [Your plan guideline](#) (PDF 343.61KB)
- [Your plan guideline](#) (DOCX 115.51KB)

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## Related information

### [What is an NDIA planner](#)

### [What are goals](#)

### [What are NDIS supports](#)

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