

On this page:

[What capacity building supports are](#)

[What capacity building supports are for](#)

[What capacity building supports are like](#)

What capacity building supports are

Capacity building supports are one of 4 support budgets in your NDIS plan. Because your plan is based on your individual needs, you might not have funding in all 4 support budgets.

Capacity building supports build your skills to do things for yourself and work towards your goals.

Tip: What support budgets in an NDIS plan are for.

We use support types to group and organise the different support categories you can have in your plan. Learn more about support types and [support budgets](#).

What capacity building supports are for

Each support budget is made up of multiple support categories. Your capacity building budget can have funding in up to 9 support categories.

Because your NDIS plan is based on your individual needs, you will only have funding against the support categories that include the NDIS supports you need.

Support coordination

Support coordination is usually included as a time-limited NDIS support. Having a support coordinator can help you become more self-sufficient and confident to manage your funding, NDIS supports and providers.

Improved living arrangements

To find and keep a suitable place to live, this funding can pay for NDIS supports (like a support worker) to help you apply for a rental property or prepare for a rental inspection.

The cost of a rental bond, or rent payments are not NDIS supports and are your responsibility.

Increased social and community participation

This is funding to buy NDIS supports to help you find and join activities that interest you and connect you with other people in your area.

You can ask your support worker to help you get involved with things like community and hobby groups, sport or outdoor recreation. You can also use this funding to help you attend training to build your social skills, to make new friends, build your social network and increase your independence.

Finding and keeping a job

This is funding for NDIS supports that are employment related, such as building work skills, developing a career plan, work experience and support with transitioning into work or further education.

This is time-limited support for all working aged participants to help you find a job and keep a job.

Improved relationships

This is funding for NDIS supports to help develop positive behaviours and build your skills to interact with others in social situations.

It can include behaviour support plans, behaviour supports, or social skills development.

Improved health and wellbeing

This is funding for NDIS supports to help improve your physical and mental wellbeing to live a healthier life.

It can include working with a dietitian to make a meal plan, an exercise physiologist for an exercise plan, or a personal trainer to exercise safely and effectively.

Improved learning

This is funding for NDIS supports to help you move from school to further education, such as TAFE, university, or short courses.

It can include help to apply for courses, manage your study workload or tutoring to improve your literacy skills.

Improved life choices

This is funding for NDIS supports to help develop your financial and organisational skills to self-manage your NDIS plan, such as coordinating your NDIS supports, paying providers and keeping records.

If you have a plan manager, this support category will have the funding to pay for them.

Improved daily living

This is funding for NDIS supports such as assessments, training or therapies that help build your living skills and increase your independence and involvement in your community.

It can include therapies like speech therapy to help with communication, or occupational therapy to build functional skills.

Capacity building supports are stated

The funding in your capacity building support categories is a stated support. This means you have the flexibility to choose which capacity building supports best suit you. You can only buy supports that are from the NDIS supports lists.

For example, if you have funding for therapy support in your capacity building budget, this funding will appear in your plan as a total amount. This means you can spend this funding on the therapy supports that best support your impairments, such as physiotherapy or occupational therapy.

What capacity building supports are like

Find out what capacity building supports funding looks like in our [sample plan](#).

Related information

[Guide to NDIS support budgets](#)

[What is a support worker](#)

Guide to employment

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