Bree and Mitch built their capacity to self-manage by starting small and learning what works best for them

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Bree and Mitch self-manage their son Dax's NDIS plan. Dax is a young surfer who loves to be around friends, play outside and ride his modified bike.

Dax's goals in his NDIS plan include increasing his independence, communication, and participation in social and community activities.

Over 4 years, Bree and Mitch have gone from self-managing part of Dax's plan to all of it.

'In the first few years we opted for the NDIA to manage Dax's funding for equipment such as wheelchairs and walking frames. We are now self-managing this support,' says Bree.

'I really like having direct contact with the supplier and managing the payments. I have also been kept up-to-date with delivery timeframes, which previously I hadn't.'

Bree and Mitch attended an NDIS workshop on self-management to get a better understanding of what they can use Dax's NDIS funding for. This also gave them the building blocks to develop an administration process.

'I use a basic spreadsheet to manage my claims, which has evolved over time.

'We have also set up a separate bank account for my son's plan and all payments go through this account.

All invoices and receipts sit in a folder in my email.

'I used to use the myplace portal but mostly manage claims through the NDIS app now. I find it efficient and so much easier and quicker to log into on the run. The app has made it easier to stay on top of the administration side of self-managing.'

Both Bree and Mitch appreciate the flexibility and control that self-management offers.

'My confidence has increased in both my approach to self-managing and also understanding the funding system over time.'

Bree and Mitch suggest starting small if you want to give self-management a try but are unsure.

'Have a plan before you go into self-management and perhaps just do one part of your budget. Learn about self-management through workshops and make it a part of your routine.'

'Self-management allows us to look around our community to find out what works best for Dax and our family.' Bree

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