Parents Jennifer and Josh are thinking creatively to get the most from their sons' NDIS plans

Posted on:
14 January 2025

Jennifer and Josh self-manage the NDIS plans for their young sons Henry and Connor. Henry and Connor are both bubbly, energetic kids who love learning new things. Self-management has allowed them to source supports that are both good value and provide long-term benefit.

'It is important to listen to what the boys want and how they wish to pursue their goals,' says Jennifer.

'Self-management has given us the control to make decisions on what we can do and which providers we can use.'

Henry has regular physiotherapy sessions to help build his strength, develop his confidence, and pursue his goal of running faster.

The parents also have personal trainer Robbie to provide fun and engaging in-home sessions.

'Robbie's personal training sessions are half the price of physiotherapy, which means that Henry benefits from having more personal training sessions,' says Jennifer.

Connor, who is hard of hearing, receives Auslan lessons at home with his family. These lessons allow him to learn signs around the house and in a way that works for him. This approach to learning has helped Connor learn 300 Auslan signs. The family also gets to be involved and practise Auslan too.

Jennifer and Josh also use NDIS funds to purchase materials for visual schedules. These use pictures to communicate information to the boys. This has proven to be a cost-effective and creative support.

'We are also building the capacity of supports around the boys. This includes having a deaf advisor attend physiotherapy sessions with Connor.

'We also have our advisor attend pre-school for the same purpose as physiotherapy. The focus there is on providing strategies for the educators to connect with Connor but also for the other children to connect with him.

'It doesn't need to be ongoing. A few sessions several times a year will build the educators' ongoing capacity to support Connor.'

The parents have also used funds for training and workshops.

'These have given us strategies and tools to build our own capacity and understanding as parents so we can better support our kids,' says Jennifer.

'I also did a parent workshop on NDIS self-managing, which gave me confidence that I can tick off the funding criteria for each claim we make.'

'One of the best things we do is have coaching sessions with particular therapists, where it is us, rather than the kids. We can ask questions, raise concerns, plan ahead and problem solve one-on-one. You can achieve a lot in a 30-minute phone consult, and it's less than a therapy session, which is usually one hour.'

'I like the flexibility, independence and control that comes with self-management,' says Jennifer.

She also likes the ease of the my NDIS app, where she can claim for supports straight away.

'I have our preferred providers saved in the app and recommend it to anyone interested in self-managing.'

'I like the flexibility, independence and control that comes with self-management. I have our preferred providers saved in the app and recommend it to anyone interested in self-managing.'

Jennifer

Related Stories and videos

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.

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

14 January 2025
With NDIS support, Jesse is building confidence and social skills through online play

Jesse codes a creative pathway to clinch first paid job

10 June 2022
Matthew, 33, has non-verbal Down syndrome and receives support from the NDIS.

How the little things help Matthew live big

6 October 2021
More stories and videos