

GETTING THE MOST OUT OF YOUR NDIS PLAN

FACT SHEET # 4

What does reasonable and necessary mean?

NDIS representatives need to make sure the supports you want meet the following criteria:

1. Provides value for money
2. Is effective and beneficial
3. Is current good practice
4. Is not reasonable for a family, carer or other informal support to provide.

1. Value for money

All supports must bring value for money. This means the NDIS representatives need to think about:

- Whether there are other supports available that provide the same results, but are much cheaper
- If providing the support will greatly improve the wellbeing of the person with disability
- Whether providing funding for the support will reduce costs and save money in the long run

Example: Early intervention supports like speech therapy may be very expensive, but they might mean you need less expensive supports in the future.

2. Effective and beneficial

NDIS representatives need to know that a support or service is effective and beneficial. They must think about the following factors:

- Whether or not the support is beneficial, meaning it helps
- If the support is good for the person with disability, and won't cause harm
- Whether or not the support does what it claims to do in an obvious and logical way

Example: Physiotherapy is effective and beneficial, because this type of therapy is based on evidence. Therapies such as 'natural' therapies don't have much evidence to show they work.

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3. Current good practice

NDIS representatives must make sure that services are current good practice. This means the following:

- The support is not experimental, as current evidence from professionals shows that the support works
- The support is not outdated, and it's the best option available compared to others

Example: Shock therapy is sometimes used to treat seizures in America, and you want it for your NDIS participant daughter. This isn't funded because it's outdated and there are better options.

4. Reasonable family, carer and other support

NDIS representatives need to work out what is reasonable to expect families and informal supports to provide for free. The NDIS can provide support if:

- The child or adult needs that support, and family or the community wouldn't normally need to provide it to people without disability
- Not providing the support will reduce the ability for the family member to support the NDIS participant in other ways
- There could be negative impacts on the NDIS participant if they overly rely on their family or other informal support networks

Example: A mother provides occasional personal care support for her NDIS participant son; however he's going through puberty and doesn't want his mum to help any more. The NDIS will fund external personal care support, because it's not reasonable for the family to provide this type of support as they wouldn't be expected to if the person didn't have a disability.

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