

NDIS Plan Starter Guide

A plain-English walkthrough of your first NDIS plan — what every line item means and how to use it.

1. What is the NDIS?

The National Disability Insurance Scheme (NDIS) funds reasonable and necessary supports for Australians under 65 with a permanent and significant disability.

2. Reading your plan

Every plan has three budget categories: Core, Capacity Building, and Capital. Core funds are flexible and cover day-to-day supports.

3. Choosing providers

You can choose any registered NDIS provider, or self-manage to choose any provider. Golden Path is a registered provider on the Central Coast.

4. Tracking your spend

Ask your provider for itemised invoices each fortnight. We send these automatically.

5. Getting the most from your plan

Set 2–3 goals you actually care about. Review progress every quarter.

Golden Path Support Services — Central Coast, Lake Macquarie & Newcastle

hello@goldenpathsupport.com.au · (02) 4300 0000 · goldenpathsupport.com.au