

# Your easy guide to NDIS funding for therapeutic supports

What support are you looking for?	
I need help with...	You may want to explore...
Anxiety and emotional wellbeing	Psychology
Emotional regulation	Psychology
Behaviours of concern	Behaviour support
Community participation	Social work
Diagnosis	Diagnostic assessments

## Where should I look in my NDIS plan?

**Capacity Building** → **Improved Daily Living**  
**Improved Relationships** This is where many therapeutic supports are funded.

## Questions to ask your support coordinator

- Do I have Improved Daily Living or Improved Relationships funding?
- What therapeutic supports would help me achieve my goals?
- How much funding is available?
- Do I need assessments before starting services?
- How can I make the most of my funding?

## Need support?

Contact Challenge Community Services to discuss your goals and available funding options.

Therapeutic supports to reach your goals.

 [challengecommunity.org.au](https://challengecommunity.org.au)  1800 795 441



**CHALLENGE**  
Community Services