

NDIS Sports Guide

Have you been approved for the National Disability Insurance Scheme (NDIS)?

Are you waiting for your planning meeting or reviewing your NDIS plan?

Would you like to include sport or recreational activities in your plan?

The following steps will guide you through the things you need to think about when preparing for your planning meeting.

1. Find a sport or recreational activity

Do you already take part in sport or recreational activities? Are there any that you'd like to take part in?

[Follow the SportRec Access steps](#) to find a sport or recreational activity that's right for you.

Or, you can [visit the AAA Play website](#) to find an activity near where you live.

[Become a member of Disability Sport and & Recreation](#) to get the latest news about inclusive sport in Victoria.

2. Do your research

Do you need help or supports to take part in this sport or recreational activity?

Think about the things you might need, including:

- equipment
- transport
- accessibility and support.

[Use this template to write down your needs \(accessible PDF\)](#)

Equipment

The NDIS calls this equipment 'assistive equipment for recreation' or 'assistive technology'.



Things to think about:

- What aids and equipment will you need to take part in this sport or recreational activity? For example, a sports wheelchair or a prosthesis.
- Will an occupational therapist or physiotherapist need to fit your aids or equipment?

Transport

How will you get to and from your sport or recreational activity?

For example:

- public transport
- family
- carers
- taxis.

[Read about the types of transport funding you can get from the NDIS.](#)

Accessibility and support needs

Will you need support while taking part in your sport or recreational activity?

For example:

- Will you need help to use the bathroom?
- Will you need help to take medication?
- Will you need help getting about?
- Will you need a support worker to come with you?

3. Make sport and recreation part of your life

Where will your sport or recreational activity fit into your life?

[Use this template to make a list of the activities you usually do each day of the week \(accessible PDF\)](#)

Now add in the sport or recreational activities you want to take part in.

The more detailed your weekly description is, the more likely you are to get these activities funded.



4. Setting goals

The sport and recreational activities you've chosen will only be included in your NDIS plan if they are part of your goals.

Sport and recreation fits into these four NDIS funding categories:

- Social and community participation
- Health and wellbeing
- Relationships
- Choice and control

Here is an example of linking your sport or recreational activity to an NDIS funding category goal:

Activity: I want to play basketball

Goal: To make new friends (social participation) and take part in my community (community participation).

[Use this template to write down your sport or recreation goals \(accessible PDF\)](#)

5. Putting together your information

The more information you can take to your planning meeting, the better.

[Use this checklist to help you get all the information you need to take to your planning meeting \(accessible PDF\)](#)

6. Things to remember

Ask for help

If you don't feel comfortable speaking up for yourself, take someone to your planning meeting that can support you. Someone who can speak up for you is called an advocate. There are [advocacy organisations](#) that you can contact for help.

What if I'm not happy with my NDIS plan?

If you're not happy with your plan, or a decision that is made, you can [ask to have your plan reviewed](#). You can ask the National Disability Insurance Agency to explain the decisions they make about your plan.

Sport is more than just fun

There is a lot of evidence for why sport and recreational activities are good for people with disability.



Was this guide helpful?

We'd love your feedback on this guide and how you go including sport and recreation in your NDIS plan. Email us: feedback@dsr.org.au

This guide was developed by Disability Sport & Recreation in partnership with Mark Topic, Sophie Lynch and Monash University.