



Riding Develops Ability

2019 NDIS Participant

Planning Guide

Tasmania



PLANNING GUIDE FOR PARTICIPANTS

This planning guide is written for you as a participant, or as a participant's carer/parent/guardian.

The National Disability Insurance Scheme (NDIS) may provide funding for eligible RDA Tasmania participants. Navigating the NDIS can be challenging for our participants and their families, so we've prepared this planning guide to help inform you in readiness for your NDIS planning sessions.

To help you prepare, the following is an overview to explain about RDA to your planner and then explain your individual aims regarding the RDA program.

Riding for the Disabled Association of Tasmania Inc. is an iconic charitable organisation with three centres, RDA Kalang and RDA Kingborough in Glenorchy and RDA St Helens, serving Tasmania. RDA Tasmania is a member of RDA Australia which is under the auspices of Sports Australia..

RDA provides horse-facilitated therapeutic and recreational programs with activities aimed at developing abilities for people living with a disability. RDA offers a wide variety of programs to suit the individual needs of participants, delivered by coaches qualified with RDA Australia and recognised by National Sporting Organisations (NSO). RDA also uses the services of relevant health professionals to assist in the planning of enjoyable and effective programs for participants, including setting and aligning goals. Goal setting sessions between the participant and their coach will happen twice each year to discuss and align goals as much as possible with other goals of the participant for their activities outside RDA, including the goals in their NDIS plan.

Apart from being fun, horse riding exercises the whole body, improving muscle strength and flexibility, coordination and balance. Working with horses encourages responsible and caring attitudes, and helps to build confidence, self-esteem, communication skills, leadership and trust. All participants are able to enjoy equestrian activities appropriate to their abilities; delivered in a supportive and socially-integrated setting.



What are NDIS Supports?

The NDIS provides funding for supports that are relevant to each individual and to enable the participant to achieve the goals and aspirations within their NDIS plan. To identify which supports you will need in your first plan, the NDIS will discuss your current situation and tailor a plan to reflect your individual circumstances. The participant is then free to exercise choice and control over which specific program or provider would be able to assist them with meeting their goals.

For a support to be funded it needs to be linked to an outcome identified in your plan and/or it must:

- a. Be associated with day-to-day living and activities that increase social or economic participation;
- b. Be a resource or piece of equipment, such as a wheelchair, assistive technology or home and car modifications;
- c. Help you build the skills you need to live the life you want; such as opportunities to work, further your education, volunteer or learn something new.

In RDA Tasmania's case, the NDIS will provide funding for increased social and community participation in community-based activities. This means the NDIS will fund the reasonable and necessary costs for an individual to access and participate in activities.

Support Personnel

The NDIS provides funding for support personnel to enable participants to have ***assistance with social and community participation.***

RDA provides support personnel as a part of its program to assist participants' learning and development, and to provide safety and support. The number of support personnel is determined at the rider assessment carried out by one of our RDA Accredited Coaches. This is a risk assessment based on the support needs of the individual and determines the appropriate level of support the participant requires in order to minimize the risk to the participant's safety.

You can request a quote from the State Office for services to be provided to take with you to your NDIS planning/review meetings. This will assist you when putting forward your case for inclusion of RDA activities in your NDIS plan. Further information can be requested from your coach.



NDIS Supports Categories and Items

The following categories are the Support Items that RDA can claim:

Registration Group Name	Participation in Community, Social and Civic Activities (0125 – Core budget)
Support Category Number 4	Assistance with social and community participation
Support Item Number	04_104_0125_6_1
Support Item Name	Access Community, Social and Rec Activities – Standard – Weekday Daytime
Support Item Description	Provision of support to enable a participant to engage in community, social and/or recreational activities.

Your NDIS planner should assist you in determining what is best suited for your needs.

Goals and outcomes

The NDIS does not recognise Riding for the Disabled Association of Tasmania as a therapy provider. We recommend you do not base your goals solely around the therapeutic benefits that RDA can provide when meeting with your NDIS Planner. Your goals should reflect the Social and Community Participation outcomes framework, which RDA is currently registered under (as above).

Goals will differ for each person due to their individual and unique circumstances and life context.

For the NDIS plan, goals may:

- Be aspirational, for example:
 - To be able to be outdoors (riding a horse/pony).
 - To learn to verbalise instructions (to a horse/pony).
- Relate to maintaining current life activities or social participation, for example:
 - To continue being able to participate in (horse riding) lessons and following instructions.
 - To compete at equestrian competitions
 - To improve (horse husbandry) skills
 - Improve socialisation and interpersonal skills through connecting with others who share a common love of horses.



- Relate to skills development or health and wellbeing, for example:
 - To be able to do therapeutic activities outside of a clinical environment.
 - Increase physical capacity and capability, fitness and endurance.
 - Improve gross motor skills such as endurance and balance, coordination and postural control.

Also consider things which could limit your ability to achieve these goals – mobility, fatigue, transport and the need for support or finances. Share these with your planner as well.

RDA fees

Before the NDIS the cost of the RDA program sessions had been heavily subsidised through a small grant from the Department of Health and Human Services (which has been discontinued since 2018), fundraising, grants and through philanthropic donations, thereby greatly reducing participant fees. The cost of providing our program are high, due to the expenses for horse care. Please note that the delivery of the program, the running of the Centre premises and care of our horses are all delivered by volunteers, including coaches.

RDA Tasmania has made the decision that all participants will be charged the same fee of \$49.50 per session (2019), regardless of the amount of support needed. This fee is set well below the cost of a commercial riding school which only provides lessons on how to ride.

Other fees

There are some costs not covered by the NDIS. These include a \$110.00 Rider Registration fee (2019) which must be paid before any horse related activity can take place and needs to be paid every year. It covers the rider for insurance.

Additional information

The participant/carer may choose to Self-Manage their NDIS payments (RDA Tasmania will invoice the participant/carer every month) or have the payments administered by RDA Tasmania through the RDA provider portal.

All participants who have a NDIS plan need to sign a NDIS Service Agreement with RDA Tasmania.



How can RDA personnel help support your NDIS plan?

We would like to provide each participant with tailored information to take to their next NDIS planning/review session. This may include a quote for the program, program goals, additional documentation on support needs or anticipated outcomes.

If your plan reviews are coming up soon, please let your Coach know so that we can book a time to speak with you prior to the review.

Contact us

To discuss any questions regarding your RDA Program, please contact our State Coaching Coordinator on 0429 943 247 or email coaching@rdatas.org.au

Alternatively, you can contact a coach at your local RDA Centre. Contact details are available on our website.