



**Developing abilities and enriching lives
through Therapeutic equestrian activities**

NDIS Participant Planning Guide

POLICY / PROCEDURE 1.3

VERSION 1 - SEPTEMBER, 2021



Planning Guide for Participants

This Planning Guide is written for you as a participant, or as a participant's representative / carer / parent / guardian.

The National Disability Insurance Scheme (NDIS) may provide funding for eligible RDA Carine participants. Navigating the NDIS can be challenging for our participants and their families, so we have 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 Carine to your planner and then explain your individual aims regarding the RDA Carine Equine Therapy program.

Riding for the Disabled Association of Western Australia Carine Group Inc is an iconic charitable organisation and a member of RDA Australia which is under the auspices of Sports Australia.

RDA Carine provides horse-facilitated therapeutic and recreational programs with activities aimed at developing abilities for people living with a disability. RDA Carine 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 Carine also uses the services of relevant health professionals to assist in the planning of enjoyable and effective Hippotherapy programs for participants, including setting and aligning goals.

We utilise the Participant Assessment Plan Goal sheets prepared by our participants/participants representative to set goals across six (6) areas - Communication Skills, Educational Skills, Equestrian Skills, Life Skills, Physical Skills and Wellbeing. This assists the Coaching team to prepare outcome focused Assessment Reports for submission to the NDIS as supporting documentation for NDIS Plan review meetings.

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 Carine'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 Carine provides support personnel as a part of its Equine Therapy 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 RDA Carine Office (info@rdacarine.org.au) 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 Carine Equine Therapy 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 Carine can claim:

Registration Group Name	Participation in Community, Social and Civic Activities (0125 – Core Supports 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 RDA Carine 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 being 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 Carine Equine Therapy program sessions had been heavily subsidised through fundraising, grants and through philanthropic donations, thereby greatly reducing participant fees. The costs of providing our program are high, due to the expenses for horse care. Please note a large part of the delivery of the Equine Therapy program, the running of the Centre premises and care of our horses are delivered with the invaluable assistance of our Coaches, Staff and Volunteers.

RDA Carine has made the decision all participants will be charged the same fee of \$50 per session, regardless of the amount of support needed (total of 38 sessions per year).

This fee is set under the current NDIS Price Guide and well below the cost of a commercial riding school which only provides lessons on how to ride.

If you are unable to attend your session and have not given five (5) clear business days' notice, RDA Carine will claim 100% of the agreed fee. Refer to our NDIS Fees and Cancellation Policy [Click here.](#)

No fee will be claimed if the session is cancelled by RDA Carine or sufficient notice has been given.



Other Fees

There are some costs not covered by the NDIS. These include the \$95 Rider Registration fee 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 and cannot be refunded as this is a Riding for the Disabled Australia National fee.

Additional Information

All participants who have a NDIS plan need to sign a Service Agreement with RDA Carine. Invoices will be issued after the provision of services has been completed, following the conclusion of each Term.

The participant/participant representative/carer may choose to **Self-managed** their NDIS Plan. RDA Carine will need to invoice you directly. The invoice will be sent at the conclusion of each Term, to the email or postal address details you provide with your signature on the Service Agreement.

The participant/participant representative/carer may choose to **Plan-managed** their NDIS Plan. RDA Carine will need to invoice the nominated third party, Plan Management Provider direct. The invoice will be sent at the conclusion of each Term, to the name, email or postal address details you provide with your signature on the Service Agreement.

The participant/participant representative/carer may choose **NDIA-manages** their NDIS Plan. RDA Carine will quarantine funds with an active service booking via NDIS MyPlace Provider Portal, to cover your sessions for the period of the Service Agreement (total of 38 sessions per year). The funds will be claimed from the Core Supports Budget 'Access Community, Social and Recreational Activities'. Following the conclusion of each Term, RDA Carine will directly invoice the NDIA via the NDIS MyPlace Provider Portal.



How can RDA Carine personnel help support your NDIS plan?

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

If your plan review is coming up soon, please let your Coach or the RDA Carine Office know so we can prepare our outcome focused Assessment Report. This report covers six (6) areas - Communication Skills, Educational Skills, Equestrian Skills, Life Skills, Physical Skills and Wellbeing, ready for submission to the NDIS as supporting documentation for NDIS Plan meeting or review meeting.

Contact us

To discuss any questions regarding our RDA Carine Equine Therapy Program, please contact Sarah Lamb Head Coach on 0410 180 346 or email coach@rdacarine.org.au

Alternatively, you can contact the RDA Carine Office on 9448 6375 or email admin@rdacarine.org.au or the NDIS Administrator email info@rdacarine.org.au

To find out more about the work RDA Carine does, please go to <https://rdacarine.org.au/> and to learn more about the programs that we deliver at RDA Carine, please go to <https://rdacarine.org.au/programs/>

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