

# FTTF SCHEDULE OF SUPPORTS

## 1. Schedule of Supports

### Forward to the Future Program Fees

Group/ Program		Price
The Social Club	The Social club is a fun and exciting way for young adults on the Autism spectrum and with other disabilities to connect with other like-minded people to form friendships in an inclusive and supportive environment. Activities are inclusive of, but not limited to; Game nights, BBQ's and Pizza nights, campfires & ghost stories and themed events.	\$80 for 3hrs
Monthly Madness	Monthly Madness is an event that offers individuals on the Autism spectrum and with other disabilities the opportunity to connect with friends, peers and their chosen communities. Individuals can engage in a range of mainstream activities such as; Zoo trips, bowling, Bubble Soccer, Big Splash.	\$150 for 3hrs
Multicultural Cooking	A social recreational and educational group for people on the Autism spectrum and with other disabilities. Individuals will engage in a range of learning activities aimed at building life skills and promoting wellbeing in a small, attentive group setting.  Participants will learn about different cultures and cooking techniques which will culminate in the preparation of a meal. Meals are decided upon by group members with limited assistance, allowing them to exercise choice and express themselves freely.	\$570 (6 weeks)
The Girls Club	Girls club is a social and recreational group designed for individuals with a disability and who identify as female, to meaningfully engage in a range of mainstream activities, including but not limited to; movies, dinners, personal health, and hygiene and fashion. FTTF acknowledges the LGBTQ+ and encourages the choice and control of participants in choosing all groups and supports.	\$80 for 3hrs
Evening with the Boys	Evening with the Boys is an activity group for individuals who identify as male. It is a safe platform where participants can bond, destress and socialise. Participants may also use this environment to share their day-to-day challenges and achievements with their peers. FTTF acknowledges the LGBTQ+ and encourages the choice and control of participants in choosing all groups and supports.	\$80 for 3hrs
Games & Drama	The Games and Drama group is full of highly entertaining activities drawn from variety of sources including traditional games and some not so traditional ones. Games & Drama helps individuals adapt to social situations and encourages creativity and communication. This is a fantastic group for making friends and connecting with likeminded people.	\$80 for 2hrs
Life Skills	Our new Life Skills group aims to assist participants in developing self - awareness, increasing impulse control & confidence and enhancing health and well-being. This group aims to empower participants by assisting them in	\$480 (6 weeks)

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	identifying and achieving life goals. Our staff will focus on developing the skills of each participant essential to enhancing autonomy.	
Social Skills	Learning to navigate social situations requires more than just words. It can be a confronting experience for many individuals and has the potential to lead to anxiety, vulnerability, exclusion, and social isolation. Social Skills development is an important aspect in addressing difficulties in social impairments and a great way to improve social competence and improve the quality of friendships.	\$480 (6 weeks)
Bootcamp	Our dynamic fitness training program is designed to build team work, friendships and fitness through a variety of group intervals. This group combines it all and is a great way to get into a routine of regular exercise and develop social support. This group is designed for individuals who enjoy different environments and a variety in their fitness.	\$850 (6 weeks)
Short Film Makers	The Short Film Makers group is a creative, social and educational workshop. It provides young people on the Autism spectrum and with other disabilities with the opportunity to create short films.  This group provides individuals with the opportunity to form friendships and build life skills in a non-confrontational inclusive environment.	\$640 (8 weeks)
Over 18s	Immerse yourself in a night of entertainment, friends & food. Our over 18's groups meets once a month for a night of laughter and recreation. Join us as we head around Canberra in pursuit of good food, good vibes & unadulterated fun	\$120 for 3hrs

## Forward to the Future Transport Fees

Transport	Flexible transport assistance is available to help you get to where you need to be.	<p>Individual Services:</p> <ul style="list-style-type: none"> <li>Transport will be charged at \$1 per KM (this cost is additional to the hourly rate of support).</li> </ul> <p>FTTF group services</p> <ul style="list-style-type: none"> <li>Transport will be charged at \$1 per KM. An hourly rate will also be charged to account for the time the participant is in the support staff's care.</li> </ul>
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## Forward to the Future NDIS registered items

### Capacity Building

#### Improved Living Arrangements

Category	Description	No.	Price
<b>Assistance With Accommodation And Tenancy Obligations</b> (item-08_005_0106_2_3)	Support is provided to guide, prompt or undertake activities to ensure the participant obtains and/or retains appropriate accommodation. May include assisting to apply for a rental tenancy or to undertake tenancy obligations.	0106	\$63.21 per hr

#### Improved Relationships

Category	Description	No.	Price
<b>Individual Social Skills Development</b> (item - 11_024_0117_7_3)	Social skills development with an individual, for participation in community and social activities.	0117	\$63.21 per hr

#### Increased Social and Community Participation

Category	Description	No.	Price
<b>Life Transition Planning Including Mentoring, Peer-Support And Individual Skill Development</b> (item - 09_006_0106_6_3)	Establishing volunteer assistance within the participant's home or community to develop skills. For instance, assistance in attending appointments, shopping, bill paying, taking part in social activities and maintaining contact with others.	0106	\$63.21 per hr
<b>Individual Skills Development And Training</b> (item - 09_009_0117_6_3)	Individual life skills development and training including public transport training and support, developing skills for community, social and recreational participation.	0117	\$63.21 per hr
<b>Improved Daily Living Skills - Assistance With Decision Making, Daily Planning and Budgeting</b> (item - 15_035_0106_1_3)	Provision of time limited support to assist a person to develop and maintain daily budget, including assisting in planning purchases	0106	\$55.47 per hr

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<b>Individual Skill Development And Training Including Public Transport Training</b> (item - 15_037_0117_1_3)	Individual training provided in the home for general life skills to increase independence.	0117	\$55.47 per hr
<b>Training For Carers/Parents</b> (item - 15_038_0117_1_3)	Training for carers in matters related to caring for a person with disability.	0117	\$63.21 per hr

## Support Coordination

Category	Description	No.	Price
<b>Support Connection –</b> (item - 07_001_0106_8_3)	Assistance for participants to implement their plan by strengthening the ability to connect with the broader systems of supports and understand the purpose of the funded supports and participate in the community. Support Connection will assist a participant to understand the aspects of the plan, assisting in ongoing management of supports, and answer questions as they arise	0106	\$63.21 per hr
<b>Coordination of Supports</b> (item - 07_002_0106_8_3) -	Further qualifications/experience required to strengthen a participant's ability to design and the build their supports with an emphasis on linking the broader systems of support across a complex service delivery environment. Coordination of Supports is to focus on supporting participants to direct their lives, not just their services. This may include resolving points of crisis, and developing resilience in the participant's network.	0106	\$100.14 per hr
<b>CB and Training in Plan and Financial Management by a Support Coordinator</b> (item - 07_003_0117_8_3)	Capacity building and training in plan administration and management with a participant to strengthen their ability to undertake tasks associated with the management of their supports. Providers of this support are to assist the participant to build capacity to undertake all aspects of plan administration and management, including: engaging providers; developing service agreements; maintaining records; claiming payments from the NDIA; and paying providers.	0117	\$63.21 per hr
<b>Specialist Support Coordination</b> (item - 07_004_0132_8_3) -	Generally delivered in a time limited, outcomes focused manner and by an appropriately qualified and experienced practitioner to meet the individual needs of the participant's circumstances. Necessitated by specific high complex needs or high-level risks in a participant's situation, to reduce complexity in the participant's support environment in the context of broader systems of support, whilst also assisting the participant to connect with NDIS supports, negotiate solutions with multiple stakeholders and build capacity and resilience.	0132	\$190.54 per hr

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## Core Supports

### Assistance with self-care activities

Category	Description	No.	Price
<b>Assistance With Self-Care Activities - Standard - Weekday Daytime</b> – (item 01_011_0107_1_1_T)	Assisting with, and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.	0107	\$58.80 per hr
<b>Assistance With Self-Care Activities - Standard - Weekday Evening</b> (item - 01_015_0107_1_1_T) -	Assisting with, and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.	0107	\$64.71 per hr
<b>Assistance With Self-Care Activities - Standard - Weekday Night</b> – (item 01_002_0107_1_1_T)	Assistance with, or supervision of, personal tasks of daily living where overnight support is needed and the care giver will not have the option to sleep.	0107	\$65.90 per hr
<b>Assistance With Self-Care Activities - Standard – Saturday</b> - (item - 01_013_0107_1_1_T)	Assisting with, and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.	0107	\$82.48 per hr
<b>Assistance With Self-Care Activities - Standard – Sunday</b> (item - 01_014_0107_1_1_T)	Assisting with, and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.	0107	\$106.17 per hr
<b>Assistance With Self-Care Activities - Standard – Public Holiday</b> (item - 01_012_0107_1_1_T)	Assisting with, and/or supervising, personal tasks of daily life to develop skills of the participant to live as autonomously as possible.	0107	\$129.86 per hr
<b>Assistance With Self-Care: Overnight - Night-Time Sleepover</b> (item - 01_010_0107_1_1_T)	Assistance with, or supervision of, personal tasks of daily living where overnight support is needed, but the care giver can sleep when not required to provide support.	0107	\$235.81 per hr

### Assistance with daily life

Category	Description	No.	Price
<b>Assistance With Personal Domestic Activities</b> (item - 01_004_0107_1_1) -	Assist participant to undertake and/or develop skills to maintain their home environment where the participant owns their own home and/or has sole or substantial responsibility for its maintenance. Includes assisting participant to do basic house and yard work.	0107	\$51.09 per hr

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<b>House And/Or Yard Maintenance</b> (item - 01_019_0120_1_1)	Performing essential house and/or yard activities that the participant is not able to undertake.	0120	\$49.30 per hr
<b>House Cleaning And Other Household Activities</b> (item - 01_020_0120_1_1)	Performing essential house cleaning activities that the participant is not able to undertake.	0120	\$50.20 per hr

Category	Description	No.	Price
<b>Access Community, Social And Rec Activities - Standard - Weekday Daytime</b> (item - 04_104_0125_6_1_T)	Supporting a participant to engage in community, social and/or recreational activities.	0125	\$58.80 per hr
<b>Access Community, Social And Rec Activities - Standard - Weekday Evening</b> (item - 04_103_0125_6_1_T)	Supporting a participant to engage in community, social and/or recreational activities.	0125	\$64.71 per hr
<b>Access Community, Social And Rec Activities - Standard – Saturday</b> (item - 04_105_0125_6_1)	Supporting a participant to engage in community, social and/or recreational activities.	0125	\$82.48per hr
<b>Access Community, Social And Rec Activities - Standard – Sunday</b> (item - 04_106_0125_6_1)	Supporting a participant to engage in community, social and/or recreational activities. -	0125	\$106.17 per hr
<b>Access Community, Social And Rec Activities - Standard - Public Holiday</b> (item - 04_102_0125_6_1)	Supporting a participant to engage in community, social and/or recreational activities. -	0125	\$129.86 per hr

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## Short Term Accommodation and Assistance (including the provision of respite care)

Category	Description	No.	Price
<b>STA And Assistance (Inc. Respite) – 1:1 – Weekday</b> (item – 01_058_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$72.01 per hr
<b>STA And Assistance (Inc. Respite) – 1:1 – Saturday</b> (item – 01_059_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$91.76 per hr
<b>STA And Assistance (Inc. Respite) – 1:1 – Sunday</b> (item – 01_060_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$115.95 per hr
<b>STA And Assistance (Inc. Respite) – 1:1 – Public Holiday</b> (item – 01_061_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$140.13 per hr
<b>STA And Assistance (Inc. Respite) – 1:2 – Weekday</b> (item – 01_054_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$39.79 per hr
<b>STA And Assistance (Inc. Respite) – 1:2 – Saturday</b> (item – 01_055_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$49.66 per hr
<b>STA And Assistance (Inc. Respite) – 1:2 – Sunday</b> (item – 01_056_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$61.75 per hr
<b>STA And Assistance (Inc. Respite) – 1:2 – Public Holiday</b> (item – 01_057_0115_1_1)	These support items provide integrated support for self-care, accommodation, food and activities in a centre or group residence for short periods.	0115	\$73.84 per hr

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## Assistance to access community, social and recreational activities

### Group based activities in the community - Standard needs

Support ratio	Weekday (max per hour)	Weekday evening (max per hour)	Saturday (max per hour)	Sunday (max per hour)	Public Holiday (max per hour)
1:2	\$32.93 <i>04_111_0136_6_1_T</i>	\$36.24 <i>04_114_0136_6_1_T</i>	\$46.19 <i>04_112_0136_6_1_T</i>	\$59.46 <i>04_113_0136_6_1_T</i>	\$72.72 <i>04_128_0136_6_1_T</i>
1:3	\$24.30 <i>04_120_0136_6_1_T</i>	\$26.75 <i>04_123_0136_6_1_T</i>	\$34.09 <i>04_121_0136_6_1_T</i>	\$43.88 <i>04_122_0136_6_1_T</i>	\$53.68 <i>04_129_0136_6_1_T</i>
1:4	\$19.99 <i>04_136_0136_6_1_T</i>	\$22.00 <i>04_137_0136_6_1_T</i>	\$28.04 <i>04_138_0136_6_1_T</i>	\$36.10 <i>04_139_0136_6_1_T</i>	\$44.15 <i>04_140_0136_6_1_T</i>
1:5	\$17.40 <i>04_141_0136_6_1_T</i>	\$19.15 <i>04_142_0136_6_1_T</i>	\$24.41 <i>04_143_0136_6_1_T</i>	\$31.43 <i>04_144_0136_6_1_T</i>	\$38.44 <i>04_145_0136_6_1_T</i>

### Group based activities in a centre - Standard needs

Support ratio	Weekday (max per hour)	Weekday evening (max per hour)	Saturday (max per hour)	Sunday (max per hour)	Public Holiday (max per hour)
1:1	\$60.85 <i>04_160_0136_6_1_T</i>	\$66.86 <i>04_161_0136_6_1_T</i>	\$84.63 <i>04_162_0136_6_1_T</i>	\$108.32 <i>04_163_0136_6_1_T</i>	\$132.01 <i>04_164_0136_6_1_T</i>
1:2	\$35.08 <i>04_165_0136_6_1_T</i>	\$38.39 <i>04_166_0136_6_1_T</i>	\$48.34 <i>04_167_0136_6_1_T</i>	\$61.61 <i>04_168_0136_6_1_T</i>	\$74.87 <i>04_169_0136_6_1_T</i>
1:3	\$26.45 <i>04_170_0136_6_1_T</i>	\$28.90 <i>04_171_0136_6_1_T</i>	\$36.24 <i>04_172_0136_6_1_T</i>	\$46.03 <i>04_173_0136_6_1_T</i>	\$55.83 <i>04_174_0136_6_1_T</i>
1:4	\$22.14 <i>04_175_0136_6_1_T</i>	\$24.15 <i>04_176_0136_6_1_T</i>	\$30.19 <i>04_177_0136_6_1_T</i>	\$38.25 <i>04_178_0136_6_1_T</i>	\$46.30 <i>04_179_0136_6_1_T</i>



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Support ratio	Weekday (max per hour)	Weekday evening (max per hour)	Saturday (max per hour)	Sunday (max per hour)	Public Holiday (max per hour)
1:5	\$16.66 04_180_0136_6_1	\$18.03 04_181_0136_6_1	\$22.11 04_182_0136_6_1	\$27.55 04_183_0136_6_1	\$32.99 04_184_0136_6_1