Parent to Parent

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Short Term Accommodation (STA)

In HOMESTAY
(Example: Your home or a private home)

What does STA funding include?
- Support provided by a support worker for personal care (including overnight).
- Support you need to take part in community, cultural or social activities (including Activity Based Transport)
- Specialised transport.

What does STA funding not include?
- Any accommodation costs.
- Food or meals.
- The cost of any community, cultural or social activities.
- Your day-to-day travel/transport costs to and from your Homestay

In ACCOMMODATION
(Example: Hotel or Motel)

What does STA funding include?
- Accommodation.
- Support provided by a support worker for personal care (including overnight).
- Support you need to take part in community, cultural or social activities (including Activity Based Transport)
- Specialised transport.

What does STA funding not include?
- Food or meals
- The cost of any community, cultural or social activities.
- Your day-to-day travel/transport costs to and from your Short Term Accommodation.

In a CENTRE or GROUP Setting
(Example: Hostel or Respite Accommodation)

What does STA funding include?
- Accommodation.
- Support provided by a support worker for personal care (including overnight).
- Support you need to take part in community, cultural or social activities (including Acitvity Based Transport).
- Specialised transport.

What does STA funding not include?
- Food or meals.
- The cost of any community, cultural or social activities
- Your day-to-day travel/transport costs to and from your Short Term Accommodation.

Short Term Accommodation (STA)

(If you or your family member is under 18 years of age, please also consider the Additional Information)

The FACTS	
What is STA?	STA allows you to have time apart, for at least one night, from your primary informal supports such as family and friends who give you the majority of your unpaid, active, disability-related support. This provides the opportunity for you to be supported by someone else, while giving your family or friends a short break from their usual caring responsibilities. It lets you try something else and helps you pursue your goals like increasing your independence or building your skills.
How do you get STA in your Plan?	• STA needs to meet the NDIS ***reasonable and necessary*** criteria. • STA is funded based on the level of support you usually need and the NDIS looks at evidence about your disability support needs that describe when and how often you need support. • When STA is included in your plan it is flexible funding in your Core budget. This means you'll need to spend your funding in line with your plan. • If you choose to use your STA funding for more support than you need, you may spend your funding faster than expected. • If you need STA or if your needs have changed, talk to your myNDIS contact or bring this up at your next NDIS meeting.
How many days of STA are funded?	The NDIS generally funds up to 28 days of STA per calendar year, for up to 14 days at a time. Sometimes a specific number of days of STA will be set out in your Plan.
What accommodation choices are funded?	You can use your STA funding in a range of non-moving accommodation settings such as a respite facility, hotel, motel, short stay rental, cabin, cottage, homestay or your own home. It cannot be on a cruise or tour.
Where can I use STA?	Generally, you are expected to use STA in your home State or Territory in Australia. If you live in a remote or very remote area or a border town, you may be funded to use your closest STA in your neighbouring State or Territory.
Can I take my support worker with me?	If you need a support worker to stay at your STA location with you to access the level of support you need, the NDIS can also fund their accommodation. For example, if you need overnight supports, or there isn't a local support worker near your STA accommodation. This means they can stay at the location and give you the overnight support you need and usually get.

What can't I use STA to do?	• **Holidays** - You can't use it to go on a **cruise or tour or holiday**. You **can't use it for accommodation on holidays or airfares or other holiday or travel items**, including interstate and overseas travel for holidays. It's also **not for your family or friends** to stay in accommodation or to attend programs. • **Transport -** you **can't use your STA funding** to pay for transport to get to your respite accommodation or activity **if you can travel or use public transport independently**. If you need specialised transport this may be paid for. If your plan includes separate funding for Transport, you can continue to use this funding to travel to and from your STA. The NDIS will not fund a claim for Activity Based Transport where your carer did not stay and support you in your activity in the community. • **Meals** - **Your food or meals while staying in short term accommodation**, you can't use your NDIS funding for this. These are day-to-day living costs and are not NDIS supports. • **Activities** - You can't use your NDIS funding to pay for activities, **such as tickets, entry fees, equipment, or membership fees** for yourself, your support worker or your family or friends.
When isn't STA funded?	• If you **live alone** independently and don't have drop-in supports. • You **get more than 18 hours paid supports** in your home each date, regardless of who you live with. • You're **not having a break from your family or friends** who you live with, or give your significant daily drop-in support. • It's a **day-to-day living cost** that anyone is expected to pay, for example your mortgage, rent or utilities. • You're waiting for **home modifications** to be done. • You're living in a **supported independent living (SIL)** arrangement. • You have funding for primary or supplementary individualised living options. • You're in a **housing crisis situation** (if you are homeless or need somewhere to live you can contact homeless services in your State or Territory).

If you or your child is under 18 years of age, please also read the next few pages

Short Term Accommodation (STA) for Children younger than 18 years

Additional Information

(Please also refer to Information for persons over 18 years of age)

The FACTS	
Your Need for STA **One of these *exceptional circumstances* must apply to you before you can begin the process of applying for STA support for your child**	• Another member of your household has major disability or developmental delay, and your caring responsibilities affect your wellbeing and the ongoing care you provide; or • You or your child's primary carer have serious health concerns, are aging or at risk of being unable to sustain your caring role; or • There are identified risks with providing supports in the home; or • There's an identified risk of your child entering an out-of-home care arrangement due to their disability or developmental delay related support needs; or • You live in an area where other types of in-home supports aren't widely available and accessible. This might be because you live in a remote or rural area.
What is STA for children?	For children where this is an STA need, short term accommodation can support a family's ability to sustain their ongoing caring role
When is STA funded for children?	STA is only funded for children **in exceptional circumstances (see above)**. The NDIS does not fund supports that all parents or families are reasonably expected to provide, whether their child has a disability or not. The NDIA consider funding supports in the home before considering funding for STA to sustain the family's caring role. STA works together with other disability-related supports and doesn't replace informal or paid supports.
What is considered by the NDIA when making their decision to fund STA for children?	The NDIA consider: • That it's usual for parents to provide almost all the care and support that their child needs, such as going to the toilet and sleep time routines. • The family's support of their child usually changes as the child gets older and their support needs increase or decrease. • How much time your child is not in your care during the day when at school or taking part in activities to develop new skills. • Parents and carers are still responsible for things like food, emotional support, decision-making and providing a safe home.

What additional information does the NDIA consider to fund STA for children?	• Does your child live with you and are you their primary carer? (Note: no STA funding if your child is in statutory residential out-of-home care) • Does your child need greater than 6 hours of daily care for active, disability-related support from their primary informal supports and does your child have high intensity, daily personal support needs or behaviours of concern that need direct supervision due to risk? • Do you need more support to sustain your caring role due to your child's disability-related care needs? • Have other supports been funded or considered such as support in your family home, assistive technology or social and community access?
What additional activities can't STA for children be used for?	STA is only for disability-related support needs and doesn't replace a family's general parenting responsibilities. For example, **it can't be used for babysitting or nannying services.** It also **doesn't replace community and mainstream services**, including school camps children might go to, or other supports that are available to the broader community.

Anything else I need to know?

It is important to us that we provide you with the necessary information to help you to make informed decisions.
We will do our best to answer your questions about Short Term Accommodation. If you have any questions around this, please do not hesitate to contact the team at ndisfinance@p2pqld.org.au

However, if you have questions about your specific NDIS plan and any funding that may be available for STA we strongly recommend that you contact your NDIA Planner, LAC or SC. Contact details as follows:

- NDIS contact details:
    - NDIS enquiry phone line: 1800 800 110
    - NDIS webchat: https://nccchat.ndis.gov.au/i3root/

NDIS information on STR:
https://ourguidelines.ndis.gov.au/supports-you-can-access-menu/home-and-living-supports/short-term-accommodation-or-respite

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CHECKLIST *What can I use my STA funding for?*

Questions to ask yourself:	Yes	No	Information to help you with your question
Am I going on a holiday and/or an overnight visit with family or friends?			You CANNOT use your funding for a holiday/overnight visit of any kind, or for any holiday expenses or activities.
Am I going to be using my own money to buy my food or meals while I am using STA?			You CANNOT use your funding for food or meals while staying in short term accommodation. This is an everyday expense.
Am I going to need transport to get to and from my STA accommodation?			You CANNOT use your funding to cover your transport costs unless you require specialised transport. The only exception is if you have Transport built into your Core budget.
Am I or my family member who needs respite under the age of 18 years?			If you are under 18, additional conditions will apply (refer page 4 above)
Do I have Short Term Accommodation stated in my Plan?			Any STA you choose to use must be in line with what is shown in your Plan. For example, if your Plan gives you STA only on, say, weekdays or for support on a 1:3 basis then that is how you must use it.
Do I have any other supports in my plan that I could use instead of STA?			This may be an option to assist you to achieve giving your informal supports a break and to slow your spending down so you don't spend your Plan funds faster than expected.
Do I have gardening or cleaning services come to my home?			The NDIS will expect you to cancel these services for the period of time you are in your STA.
Will I continue to have employment supports or therapy supports while I am staying at my Short Term Accommodation?			If you answered Yes, you can continue to use these supports while using STA.
If you are going on a holiday or an overnight visit, can I take my support worker with me?			The NDIS can cover **the cost of your support workers time** while they provide support to you during an overnight visit or on a holiday.
Do I have complex support needs that will need to be met while in STA?			If you have complex support needs a second support worker can assist with personal care. This additional support can only be invoiced at level 1 rate.