

# Support Coordination vs Psychosocial Recovery Coach

## WHAT IS SUPPORT COORDINATION?

Support Coordination is a service provided under the National Disability Insurance Scheme (NDIS). It aims to assist individuals with disabilities in effectively implementing and managing their NDIS plans by providing them with guidance, information, and coordination supports both funded and mainstream.

The primary purpose of Support Coordination is to help NDIS participants navigate the complexities of the NDIS system and access appropriate supports and services. Support coordinators work closely with participants, their families, and relevant stakeholders to build their capacity and empower them to achieve their goals.

### Here are some key aspects of Support Coordination:

- 1. Plan Understanding:** Support coordinators help participants understand their NDIS plans, including the funding allocations, goals, and supports outlined in the plan. They ensure that participants have a clear understanding of their rights, responsibilities, and the available options.
- 2. Support Connection:** Support coordinators assist participants in identifying suitable service providers and connecting with them based on their individual needs and goals. They have knowledge about various service providers and can help participants navigate the process of engaging with them.
- 3. Coordination and Collaboration:** Support coordinators work collaboratively with participants, their families, and service providers to coordinate and integrate different supports across various areas of life. They facilitate effective communication, provide ongoing guidance, and ensure the participant's supports are working together in a cohesive manner.
- 4. Capacity Building:** Support coordinators focus on building the participant's skills, knowledge, and confidence to self-manage their NDIS plans over time. They provide information,

resources, and training to enhance the participant's ability to make informed decisions and actively participate in their support arrangements.

- 5. Problem-Solving and Advocacy:** Support coordinators assist participants in resolving any issues or challenges they may face in implementing their NDIS plans.

It's important to note that the specific role of a support coordinator may vary depending on the participant's individual circumstances and needs. Support Coordination is designed to be flexible and person-centered, aiming to empower individuals with disabilities to exercise choice and control in their lives.



## HOW MARLI AND MOE SUPPORT COORDINATORS CAN ASSIST WITH YOUR NDIS PLAN:

- Inform you about the different possible things you can do with your NDIS funds
- Fully exercise choice and control
- Comb through NDIS marketplace and choose the best providers that suit you, your goals and location
- Adequately implement your NDIS plan
- Have better capacity to manage/direct your own supports
- Have more opportunities to explore and connect with community and alternative support
- Identify options (funded, mainstream and informal networks)
- Investigate options
- Understand funding flexibility
- Reach decisions regarding services
- Reach agreement with providers
- Commence service and ensure new support arrangements thrive
- Ensure you get value for money from your plan
- Assist in monitoring your NDIS budget and funding expenditure
- Specialists Coordination Services for resolving points of crisis, parenting training and helping you integrate into your network or community.



## WHAT IS A PSYCHOSOCIAL RECOVERY COACH?

A Psychosocial Recovery Coach (PRC) is a dedicated support professional who is funded by the National Disability Insurance Scheme (NDIS). They are typically individuals who either have a personal experience with a psychosocial disability, or have received specialised education and training.

The primary objective of a PRC is to help NDIS-funded participants develop a personalised recovery plan and provide ongoing support as they work towards their goals. This involves working collaboratively with the participant, their families, carers, and other service providers to design, plan, and implement a recovery plan. PRCs also assist with the coordination of NDIS and other relevant supports.

The aim of a PRC is to help clients achieve long-term recovery, improve their overall quality of life, and build a strong support network. To achieve this, PRCs provide a non-judgmental and empathetic approach to their work, and remain dedicated to helping participants achieve their NDIS goals.

## WHAT IS A PSYCHOSOCIAL RECOVERY COACH?

*"Recovery is about achieving an optimal state of personal, social and emotional wellbeing, as defined by each individual, whilst living with or recovering from a mental health condition."*

– National Disability Insurance Scheme

**Psychosocial Recovery Coaches are equipped to assist individuals in a number of ways, including:**

- Conducting one-on-one meetings with participants and their support network to gain a comprehensive understanding of their unique needs, personal challenges, and mental health status.
- Identifying and connecting participants with appropriate services and supports, both within the funded and mainstream mental health systems.
- Providing personalised assistance to navigate mental health services, drawing upon their own lived experience and specialised skill set to offer a deeper level of insight.
- Helping participants to gain a better understanding of the National Disability Insurance Scheme (NDIS) and providing support similar to that of a Support Coordinator.
- Developing and implementing a comprehensive recovery plan that promotes greater independence and self-sufficiency.
- Maximising the benefits of a participant's NDIS Plan, and providing ongoing coordination of supports.
- Delivering targeted coaching and skill-building interventions to increase motivation, build upon individual strengths, promote resilience, and improve decision-making abilities.

## BUT WHAT IS THE REAL DIFFERENCE??

Support Coordination	Psychosocial Recovery Coach
Generalised support with a variety of expertise	Specific mental health expertise
Lower hour allocation by NDIS	Higher hour allocation by NDIS
Focus on capacity building	Recovery focused
Generalised support around mental health	Supports complex nature of mental health crisis'
Help you work to achieve NDIS goals and connect to services	Supports to set more personal, specific short-term goals

## HOW TO MAKE AN APPOINTMENT WITH MARLI AND MOE

Booking online is quick and easy and can be done by filling out our online form below, follow this link - [marliandmoe.com.au/online-booking](https://marliandmoe.com.au/online-booking)

In completing your online appointment form we have a few essential questions to ask and then we will contact you to discuss your requirements as soon as possible.



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