



ALARA PRICE LIST

FOR SERVICES PROVIDED UNDER THE NATIONAL DISABILITY INSURANCE SCHEME

effective July 2024



*Participants and their nominees are encouraged to compare this price list and NDIS Support Catalogue 2024 – 2024 valid from 1 July 2024

28 June 2024

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The National Disability Insurance Scheme (NDIS) provides funding to participants to purchase a range of supports aimed at increasing their independence, inclusion and social and economic participation. This funding model is designed to be flexible and to allow service innovation.

ALARA's PRICE LIST FOR SERVICES is reviewed periodically as changes occur in the current NDIS Price Guide. Prices reflect the cost of service provision including worker direct and on costs, service facilitation and rostering and overhead costs including insurance, IT, registration, compliance costs and governance. Participants and their nominees are encouraged to compare ALARA PRICES with the most recent NDIS Price Guide.

The NDIS funds supports for participants under three Support Purpose Categories:

CORE

CAPITAL

CAPACITY BUILDING

This price list describes the services delivered by ALARA to participants of the National Disability Insurance Scheme and the prices for different types of service.

CORE SUPPORTS

Core support budgets can include up to four support categories and funding can generally be used flexibly across all the listed categories. There are some exceptions around transport.

These categories are:

- Assistance with Daily Life
- Assistance with Social, Community and Civic Participation
- Consumables
- Transport in some circumstances

The types of core support that ALARA provides that fit into these categories are:

- Assistance with self-care activities and daily life
- Assistance to access the community and social and recreational activities
- A variety of group based community, social and recreational activities
- Support through our Community Hubs (Centre-based Support)
- Supported Independent Living (Shared Living Arrangements)
- Innovative Short Term Accommodation
- General Transport
- Activity Based Transport

Additionally, access to additional Support Coordination is temporarily available through Core to support participants.

An establishment fee may apply to new participants or continuing participants who support arrangements are significantly different from those previously supplied under State or private funding.

Establishment fee for personal care / community access

An establishment fee may apply to all participants who are new to ALARA and purchasing 20 hours of personal care / community access support per month or more for three consecutive months. This will be negotiated on commencement.

Establishment fees are generally waived for existing clients continuing on with ALARA after their transition to an NDIS Plan other than in instances where the services to be supplied are substantially different or more extensive. In this case an establishment fee will be negotiated.

Establishment fees are charged against the individual's NDIS Plan.

Establishment Fees for ALARA services supplied under the NDIS are as follows:

- New participant (new to ALARA and to the NDIS) – up to \$500
- Current NDIS participant changing to ALARA – up to \$250

The establishment fee will be clearly outlined in the quote provided which forms part of your Service Agreement with ALARA.

Consistent with NDIS principles ALARA does not charge exit fees.



Assistance with self-care activities

ALARA provides a range of services designed to assist you with tasks of daily life. We work with you to develop or maintain your skills and maximise your independence and autonomy at home.

This service can be provided on a regularly rostered or drop-in basis. Your staff can assist with meal preparation, household tasks, personal hygiene and care, shopping, attending appointments and household management. Different rates apply for day, evening, weekends and public holidays.

We also provide essential general housekeeping and garden maintenance services during weekdays. (The NDIA Price Guide refers to this latter support as Assistance with Daily Life).

ALARA will assist you to select a team of support workers who you feel comfortable and confident with and will ensure on-going appropriate training and support.

An after-hours on call service is provided on weekends and public holidays to ensure your service runs smoothly and there is a point of contact in the case your needs change.



ALARA prices are structured according to the level of support required (standard needs / high intensity needs)

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As well as direct service provision these support items can also be used to claim for the following at the same rates:

- Non-Face-to-Face Support Provision
- Provider Travel (labour cost)
- Short Term Cancellations

- Provider Travel (non-labour costs) may be negotiated at \$1.00 per kilometre (claimed using 01_799_0107_1_1)

ALARA's prices for self-care activities (standard needs)

NDIS Support Item Description		Price	NDIS Support Item Ref No.
			OFFICE USE ONLY
Daytime weekday		\$67.56 / hour	01_011_0107_1_1
Weekday evening (after 8pm to midnight)*		\$74.44 / hour	01_015_0107_1_1
Weekday night (after midnight to 6am)**		\$75.82 / hour	01_002_0107_1_1
Saturday		\$95.07 / hour	01_013_0107_1_1
Sunday		\$122.59 / hour	01_014_0107_1_1
Public Holiday (minimum 2 hours)		\$150.10 / hour	01_012_0107_1_1

* In accordance with award provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond 8pm.

** In accordance with award and NDIS provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond midnight.

Please note that a minimum shift/support times of 2hrs applies on public holidays where delivered as a stand-alone support.

ALARA's prices for self-care activities (High Intensity needs)

NDIS Support Item Description	Price
Daytime weekday	\$73.09/ hour
Weekday evening (after 8pm to midnight)*	\$80.53 / hour
Weekday night (after midnight to 6am)**	\$82.02 / hour
Saturday	\$102.86 / hour
Sunday	\$132.62 / hour
Public Holiday (minimum 2 hours)	\$162.38 / hour

NDIS Support Item Ref No.
OFFICE USE ONLY
01_400_0104_1_1
01_401_0104_1_1
01_405_0104_1_1
01_402_0104_1_1
01_403_0104_1_1
01_404_0104_1_1

* In accordance with award provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond 8pm.

** In accordance with award and NDIS provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond midnight.

A two hour minimum applies to stand alone supports provided on a public holiday.

ALARA's prices for assistance with daily life

NDIS Support Item Description		Price	NDIS Support Item Ref No.
			OFFICE USE ONLY
Specialised home-based assistance for a child Specialist assistance in the home required due to additional requirements of the child's disability (available weekdays only)	\$57.23 / hour	01_016_0104_1_1	
Yard maintenance Mowing, edging, weeding, trimming low shrubs where the participant is unable to perform these duties (available weekdays only)	\$55.21 / hour	01_019_0120_1_1	
House cleaning and other household activities (Domestic Assistance) Assisting with general household cleaning that the participant is unable to undertake (available weekdays only)	\$56.23 / hour	01_020_0120_1_1	
Assistance with Personal Domestic Activities Assistance to undertake and / or develop skills in maintaining the home environment where the participant has sole or substantial responsibility for maintenance. This includes basic house and yard work.	\$57.23 / hour	01_004_0107_1_1	
Self-Managed Capacity Building Assistance to participants with services to develop skills to enable them to self-manage supports in future plans.	\$77.00/ hour	01_134_0117_8_1	

Disability Related Health Supports

These supports provide nursing care to respond to the disability-related health needs of a participant where that care is not the usual responsibility of the health care system. The following items relate to delivery of health supports by a Registered Nurse (only available currently Monday – Thursday excluding public holidays).

NDIS Support Item Description		Price	NDIS Support Item Ref No.
			OFFICE USE ONLY
Daytime weekday by a Registered Nurse	\$119.82 / hour	01_606_0114_1_1	

Overnight Support

On-Call Overnight Monitoring

This support item provides for overnight on-call assistance (either onsite or off-site) with, or supervision of, personal tasks of daily living. It applies to any day of the week and on public holidays. This support item is for an eight-hour period and includes up to one hour of active support provided to the participant for the duration of the period.

This support item is subject to quotation. It can only be used if it is a stated item in a plan.

ALARA's prices for assistance with on-call overnight monitoring

NDIS Support Item Description		Price
On-call overnight monitoring – off site or onsite (includes 1 hour of assistance)		By quote

Support Item Ref No.
01_017_0107_1_1

Night-Time Sleepover Support

This support item provides a participant with, or supervision of personal tasks of daily life where overnight support is needed but the support worker can sleep when not required to provide support.

This support applies to any day of the week and public holidays and includes up to two hours of active supports provided during the period. A third or additional hour may be claimed at the applicable rate for Saturday's, Sundays or Public Holidays.

ALARA's prices for assistance with night-time sleepover support

NDIS Support Item Description		Price
Assistance with self-care – night-time sleepover		\$286.56

Support Item Ref No.
01_010_0107_1_1

Individual and group-based community – social, economic and community activities

Need support to learn new skills, engage with your community or expand your network of friends?

ALARA will work with you to identify your strengths, interests and aspirations and to create a tailored service to suit your needs and individual funding arrangements. Support can be provided individually or ALARA can investigate shared support arrangements.

ALARA can support you to:

- **Get organised** through assistance to do your shopping, pay the bills and attend appointments.
- **Build on an interest** by taking that passion and linking you to interest groups, courses or one of our in-house programs.
- **Try new things** that your community has to offer.
- **Volunteer** – ALARA works closely with other community groups in the Ipswich, Lockyer and Somerset areas to create new opportunities for people with a disability to be involved in the life of their community and make their own unique contribution.
- **Get healthy and active** – learn to grow and cook healthy food in one of our accessibly kitchen gardens, work out at the local gym or with a personal trainer, participate as a member of a sporting team, joining a walking group or using the local hydrotherapy pool.
- **Get social** – ALARA runs a range of regular and one-off activities to create opportunities for people to develop and foster friendships and enable access to interesting community activities and events.
- **Play sport** – with a local sports team, ALARA Jets Touch Football team, ALARA Darts team or offer ALARA sporting initiatives.
- **Get creative** – ALARA offers a range of Arts Programs to support practicing artists and budding artists with a disability to express their creativity, develop new techniques and explore new mediums. A number of programs are offered each year at the *Dingley Dell Gallery* and through the Salisbury Road Art Studio as well as travelling arts opportunities in the Lockyer and Somerset regions.

Individual and group-based community, social and recreational activities are run for adults, young adults, teens and children.



ALARA's prices for social, economic and community activities
(individual – standard needs)

NDIS Support Item Description	Price
Individual – weekday – 1:1 support	\$67.56/ hour
Individual – weekday evening (8pm – midnight) – 1:1 support*	\$74.44 / hour
Individual – Saturday – 1:1 support	\$95.07 / hour
Individual – Sunday – 1:1 support	\$122.59 / hour
Individual –public holiday – 1:1 support (minimum 2 hours)	\$150.10 / hour

NDIS Support Item Ref No.
OFFICE USE ONLY
04_104_0125_6_1
04_103_0125_6_1
04_105_0125_6_1
04_106_0125_6_1
04_102_0125_6_1

* In accordance with award provisions the entire afternoon / evening will be costed at this rate if the support extends beyond 8pm.
A two hour minimum applies to stand alone supports provided on a public holiday.

ALARA’s prices for social, economic and community activities (High Intensity supports)

NDIS Support Item Description		Price	NDIS Support Item Ref No.
OFFICE USE ONLY			
Individual – weekday – 1:1 support		\$73.09 / hour	04_400_0104_1_1
Individual – weekday evening (8pm to midnight)* – 1:1 support		\$80.53 / hour	04_401_0104_1_1
Individual – Saturday – 1:1 support		\$102.86 / hour	04_402_0104_1_1
Individual – Sunday – 1:1 support		\$132.62 / hour	04_403_0104_1_1
Individual –public holiday – 1:1 support (minimum 2 hours)		\$162.38 / hour	04_404_0104_1_1

* In accordance with award provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond 8pm. A two hour minimum applies to stand alone supports provided on a public holiday.



Group and Centre based Supports

ALARA has Community Hubs or "Luke's Place Centres" in Ipswich, Esk and Lockyer. Each centre provides access to a diverse range of opportunities designed around the interests and preferences of individuals and the group.

Programs offered are tailored to individual needs and may include general life skills development, computer use for recreation or further education, gardening, craft, visual and performance arts, meal planning and cooking, volunteering for a range of community organisations, physical fitness or outings with a recreation and leisure focus.

Subject to availability transport may be offered to and from the centres from some locations and in Ipswich between centres using wheelchair accessible minibuses.

- **Luke's Place Ipswich Area**

Services are provided from three locations in the Ipswich area (Warwick Road, Salisbury Road and the Dingley Dell Art Gallery) and operate on a sessional basis Monday to Friday between 9.00am and 4.00pm, afternoon / evening sessions are held and there is a Saturday session from 9.00am to 3.00pm.

- **Luke's Place Esk**

This service provides support for adults who live within the Lowood, Fernvale, Esk and Toogoolawah areas. This centre is generally open from 9.00am to 4.00pm every Tuesday, Thursday and Friday.

- **Luke's Place Lockyer**

The Lockyer centre operates from 9.00am to 4.00pm Monday to Friday with a Saturday evening session held on a fortnightly basis.

There are a large range of options happening at each hub and new opportunities are being created all the time. To request a sample of our ever-changing monthly calendars simply call the ALARA main office.

Community, Social and Recreational Activities (by Quote)

This support item can be used for camps, vacation and outside school hours care, an ALARA workshop or course services.

NDIS Support Item Description	Price
Community, Social and Recreational Activities	By quote* (claimed by instance)

NDIS Support Item Ref No.
OFFICE USE ONLY
04_210_0125_6_1

Overview - Pricing for Group and Centre Based

National Disability Insurance Agency introduced a new approach for the billing of groups and centre-based services.

Instead of the previous all-inclusive bundled hourly rate, components of the support are now billed separately.

These components are:

- The relevant apportioned price for the service for each participant
- A separate Capital Cost (related to the costs of running and maintaining the Centre where relevant)
- Non-face to face service provision
- Transport charge (labour and non-labour)

Program of Support

Group and centre-based programs, with the exception of one-off events will generally be offered as a Program of Support. Some programs are already offered on this basis.

Programs of Support will be offered for up to 6-month blocks and will be subject to individual agreements. Participants in a program of support will have a permanent booking for the duration of the program.

Support delivered as part of a program of support are not subject to short term cancellation arrangements. Participants can exit a program of support with fourteen (14) days' notice.

Where a participant stops attending an agreed program of support but does not provide notice, ALARA will continue to claim for a maximum of 4 weeks.

Pricing for Direct Support component for Group and Centre Based activities

ALARA's prices for group and centre-based activities

Ratio 1:1 - 1 Staff, 1 Participant (standard needs)

NDIS Support Item Description	Price	NDIS Support Item Ref No.
Group/centre-based activity – weekday - ratio 1:1	\$67.56/hour	04_102_0136_6_1
Group/centre-based activity – weekday evening (8pm to midnight)* - ratio 1:1 – standard needs	\$74.44/hour	04_103_0136_6_1
Group/centre-based activity – Saturday - ratio 1:1	\$95.07/hour	04_104_0136_6_1
Group/centre-based activity – Sunday - ratio 1:1	\$122.59/hour	04_105_0136_6_1
Group/centre-based activity – Public holiday - ratio 1:1 (minimum 2 hours)	\$150.10/hour	04_106_0136_6_1

* In accordance with award provisions the entire afternoon / evening will be costed at this rate if the support extends beyond 8pm.
A two-hour minimum applies to stand alone supports provided on a public holiday.

ALARA's prices for group and centre-based activities
Ratio 1:2 - 1 Staff, 2 Participants (standard needs)

NDIS Support Item Description	Price
Group/centre-based activity – weekday - ratio 1:2	\$33.78/hour
Group/centre-based activity – weekday evening (8pm to midnight)* - ratio 1:2	\$37.22/hour
Group/centre-based activity – Saturday - ratio 1:2	\$47.54/hour
Group/centre-based activity – Sunday - ratio 1:2	\$61.30/hour
Group/centre-based activity – Public holiday (minimum 2 hours) - ratio 1:2	\$75.05/hour

NDIS Support Item Ref No.
OFFICE USE ONLY
04_102_0136_6_1
04_103_0136_6_1
04_104_0136_6_1
04_105_0136_6_1
04_106_0136_6_1

* In accordance with award provisions the entire afternoon / evening will be costed at this rate if the support extends beyond 8pm.
A two-hour minimum applies to stand alone supports provided on a public holiday.

ALARA's prices for group and centre-based activities
Ratio 1:3 - 1 Staff, 3 Participants (standard needs)

NDIS Support Item Description	Price
Group/centre-based activity – weekday - ratio 1:3	\$22.52/hour
Group/centre-based activity – weekday evening (8pm to midnight)* - ratio 1:3	\$24.81/hour
Group/centre-based activity – Saturday - ratio 1:3	\$31.69/hour
Group/centre-based activity – Sunday - ratio 1:3	\$40.86/hour
Group/centre-based activity – Public holiday (minimum 2 hours) - ratio 1:3	\$50.03/hour

NDIS Support Item Ref No.
OFFICE USE ONLY
04_102_0136_6_1
04_103_0136_6_1
04_104_0136_6_1
04_105_0136_6_1
04_106_0136_6_1

* In accordance with award provisions the entire afternoon / evening will be costed at this rate if the support extends beyond 8pm.
A two-hour minimum applies to stand alone supports provided on a public holiday.

ALARA’s prices for group and centre-based activities
Ratio 1:4 - 1 Staff, 4 Participants (standard needs)

The following group rates are only used for approved activities generally where there is also active participation of volunteers or community (e.g., ALARA Jets, darts, specific volunteering initiatives)

NDIS Support Item Description		Price	NDIS Support Item Ref No.
			OFFICE USE ONLY
Group/centre-based activity – weekday - ratio 1:4		\$16.89/hour	04_102_0136_6_1
Group/centre-based activity – weekday evening (8pm to midnight)* - ratio 1:4		\$18.61/hour	04_103_0136_6_1
Group/centre-based activity – Saturday - ratio 1:4		\$23.77/hour	04_104_0136_6_1
Group/centre-based activity – Sunday - ratio 1:4		\$30.65/hour	04_105_0136_6_1
Group/centre-based activity – Public holiday (minimum 2 hours) - ratio 1:4		\$37.53/hour	04_106_0136_6_1

* In accordance with award provisions the entire afternoon / evening will be costed at this rate if the support extends beyond 8pm.
 A two-hour minimum applies to stand alone supports provided on a public holiday.

Centre Capital Costs

The centre-based cost includes the cost of running and maintaining a Centre.

Capital Costs where relevant are claimed per hour, per participant. Where part of the activity occurs in the community, the centre-based charge will still apply to the entire time the group runs where the Centre is available to the group for the duration of the program (e.g., if the community component of the activity is cancelled because of adverse weather conditions).

NDIS Support Item Description		Price	NDIS Support Item Ref No.
			OFFICE USE ONLY
Centre Capital Cost		\$2.53/hr	04_599_0104_6_1

Commuter travel – Centre-based and regular group attendance – Shift costs

Where a client travels on an ALARA commuter to and/or from the program, the cost of the driver will be shared by the participants who normally travel on that run. This will be at the relevant ratio rate that is applicable for that day/time (see page 31).

Commuter travel – Centre-based and regular group attendance – Non labour costs

This relates to the additional costs to run the vehicle (running costs of the vehicle, parking fees, tolls).

Commuter travel for regular runs is charged per person, per zone at:

Zone 1	Up to 10 kilometres	\$10.00 pick up and drop off
Zone 2	Up to 20 kilometres	\$20.00 pick up and drop off
Zone 3	Up to 30 kilometres	\$30.00 pick up and drop off

Where transport is provided during the program, the cost of the program both staff and non labour costs are shared between the participants of the group.

The relevant kilometre charge is:

NDIS Support Item Description	Price	NDIS Support Item Ref No.
Travel provided in an ALARA commuter bus	\$1.57/kilometre	04_591_0136

OFFICE USE ONLY

Core – Activity Based Transport

This is transport that is provided in respect to and from or as part of a community participation support. This is travel time charged at the hourly rate for the type of support (including the time the worker is transporting the participant/s). Where costs are incurred in addition to the workers time when accompanying participants in the community (such as parking fees, road tolls) they will be agreed prior to the support and claimed against the relevant activity-based transport line. The cost of vehicle running costs will be charged as follows.

NDIS Support Item Description	Price	NDIS Support Item Ref No.
Activity based transport associated with social and community participation using a support worker car of service vehicle.	\$1.00 / kilometre*	04_590_0125_6_1
Activity based transport associated with social and community participation using a commuter bus.	\$1.57 / kilometre*	04_590_0125_6_1
Activity based transport associated with group social and community participation supports using a support worker car or service vehicle.	\$1.00 / kilometre*	04_591_0136_6_1

OFFICE USE ONLY

NDIS Support Item Description	Price
Activity based transport associated with group social and community participation supports using a commuter bus.	\$1.57 / kilometre*

NDIS Support Item Ref No. <small>OFFICE USE ONLY</small>
04_591_0136_6_1

* Where more than one participant is supported to travel the per kilometre rate is divided between the participants.

Where another type of vehicle is hired e.g. coach for a larger group then the share of costs (will be negotiated with participants).

Supported Independent Living

Non-face to face charges apply for such items as:

- Service planning
- Specific planning and preparation for the individual's involvement in the group
- Set up costs
- Risk assessments
- Reports/notes

Non-face to face is based on the hourly rate for the service provided (see pages 23 to 25)

Supported Independent Living

ALARA can provide a range of flexible support services in shared living arrangements in this accommodation of choice. This might be a private rental, Department of Housing rental or rental through a Specialist Disability Accommodation (SDA) housing provider.

Depending on the support needs of each individual in the arrangements Supported Independent Living could be provided on a drop-in / rostered basis through to 24 hour / 7 day per week support.

As individuals and their needs vary, a quote will be generated for each shared living arrangement.

Participants and their nominees are encouraged to refer to the *NDIS Price Guide and NDIS Support Catalogue 2024 – 2025 – valid from 1 July 2024*.



Short Term Accommodation

ALARA provides a range of short-term accommodation options aimed at sustaining on-going caring arrangements and meeting crisis needs. We utilise community centre / group residence accommodation and generally provide support on a small group basis. Prices are based on a 24-hour day. Where a fee arrangement for the day of entry or exit is significantly less than 24 hours, a price for that day will be negotiated.

ALARA'S maximum prices for short term accommodation (per 24-hour day)

(Price includes all expenses, in the 24 hours period associated with daily personal activities, accommodation, food and shared group activities)

Ratio 1 staff – 4 participants – (standard needs)

NDIS Support Item Description	Price
Weekday	up to \$684.96 / day
Saturday	up to \$830.84 / day
Sunday	up to \$1009.40 / day
Public holidays	up to \$1,187.96 / day

NDIS Support Item Ref No.
OFFICE USE ONLY
01_045_0115_1_1
01_051_0115_1_1
01_052_0115_1_1
01_053_0115_1_1

Ratio 1 staff – 3 participants – (standard needs)

NDIS Support Item Description	Price
Weekday	up to \$842.05 / day
Saturday	up to \$1,036.56 / day
Sunday	up to \$1,274.64 / day
Public holidays	up to \$1,512.72 / day

NDIS Support Item Ref No.
OFFICE USE ONLY
01_062_0115_1_1
01_063_0115_1_1
01_064_0115_1_1
01_065_0115_1_1

Ratio 1 staff – 2 participants – (standard needs)

NDIS Support Item Description	Price
Weekday	up to \$1,156.24 / day
Saturday	up to \$1,448.00 / day
Sunday	up to \$1,805.12 / day
Public holidays	up to \$2,162.24 / day

NDIS Support Item Ref No.
OFFICE USE ONLY
01_054_0115_1_1
01_055_0115_1_1
01_056_0115_1_1
01_057_0115_1_1

Ratio 1 staff – 1 participant

NDIS Support Item Description	Price
Weekday	up to \$2,098.80 / day
Saturday	up to \$2,682.32 / day
Sunday	up to \$3,396.56 / day
Public holidays	up to \$4,110.80 / day

NDIS Support Item Ref No.
OFFICE USE ONLY
01_058_0115_1_1
01_059_0115_1_1
01_060_0115_1_1
01_061_0115_1_1

Additional support provided at the same time as Short-Term Accommodation e.g. where the person requires a second support worker to assist with the safe transfer

NDIS Support Item Description	Price
Weekday	\$67.56 / hour
Weekday Evening (from 8pm to midnight)*	\$74.44 / hour
Weekday Night (after midnight to 6am)**	\$75.82 / hour
Saturday	\$95.07 / hour
Sunday	\$122.59 / hour
Public holidays	\$150.10 / hour

NDIS Support Item Ref No.
OFFICE USE ONLY
01_200_0115_1_1
01_201_0115_1_1
01_205_0115_1_1
01_202_0115_1_1
01_203_0115_1_1
01_204_0115_1_1

* In accordance with award provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond 8pm.

** In accordance with award and NDIS provisions the entire afternoon / evening support will be costed at this rate if the support extends beyond midnight.

Core - Transport (General)

General transport supports are supports where the participant pays a provider to transport them to an activity that is not in itself a support – or to a support delivered by another provider. This allows the participant to travel to appointments, volunteering, etc. which they are going to attend independently. Where costs are incurred in addition to the workers time when accompanying participants in the community (such as parking fees, road tolls) they will be agreed prior to the support and claimed against the relevant activity-based transport line. The cost of vehicle running costs will be charged as follows. To access this support transport must be listed as a line item in the participant’s NDIS Plan. The transport claim is based on the normal hourly rate for the support plus cost of use of the vehicle.

NDIS Support Item Description	Price	NDIS Support Item Ref No. <small>OFFICE USE ONLY</small>
Travel provided in ALARA commuter bus	\$1.57 / kilometre*	02_051_0108_1_1
Transport provided in Support Worker or ALARA car	\$1.00 / kilometre*	02_051_0108_1_1

* Where more than one participant is supported to travel the per kilometre rate is divided between the participants.

Core – Activity Based Transport

This is transport that is provided in respect to and from or as part of a community participation support. This is travel time charged at the hourly rate for the type of support (including the time the worker is transporting the participant/s). Where costs are incurred in addition to the workers time when accompanying participants in the community (such as parking fees, road tolls) they will be agreed prior to the support and claimed against the relevant activity-based transport line. The cost of vehicle running costs will be charged as follows.

NDIS Support Item Description	Price	NDIS Support Item Ref No. <small>OFFICE USE ONLY</small>
Activity based transport associated with social and community participation using a support worker car of service vehicle.	\$1.00 / kilometre*	04_590_0125_6_1
Activity based transport associated with social and community participation using a commuter bus.	\$1.57 / kilometre*	04_590_0125_6_1
Activity based transport associated with group social and community participation supports using a support worker car or service vehicle.	\$1.00 / kilometre*	04_591_0136_6_1
Activity based transport associated with group social and community participation supports using a commuter bus.	\$1.57 / kilometre*	04_591_0136_6_1

* Where more than one participant is supported to travel the per kilometre rate is divided between the participants.

Where another type of vehicle is hired e.g., coach for a larger group then the share of costs (will be negotiated with participants).

CAPITAL SUPPORTS

ALARA is not a registered provider in relation to capital supports (assistive technology, home modifications)

CAPACITY BUILDING SUPPORTS

You may have Capacity Building (CB) funding in your support plan. This will be allocated in one of the following categories and is aimed to support you to achieve identified goals. If a support has been allocated as a 'stated support' the funding allocation can only be used for this purpose.

The Capacity Building support categories provided by ALARA are:

- Improved Daily Living Skills
- Increased Social and Community Participation
- Improved Health and Well Being

As part of a separate arm of the organisation ALARA also supplies:

- Support Coordination
- Improved Life Choices (Plan Management)

The following section outlines ALARA's prices that apply to Capacity Building Supports.

Coordination of Supports

ALARA is registered with the NDIA to provide Coordination of Supports.

As your Support Coordinator we can:

- help you to understand and implement your NDIS Plan
- work with you to short list and investigate suitable providers
- work with you to choose preferred providers and create an agreement with them and understand what to expect from them
- provide coaching and mentoring to develop your capacity and the resilience of your networks
- assistance to prevent, mitigate and resolve points of crisis
- assist you to build Capacity and Resilience
- help you to move to a different provider if required
- report to the NDIA

The aim is to ensure that you have maximum choice and information about potential providers.

ALARA’s Support Coordination Services are operationally separate from our direct service and we have a Conflict of Interest Policy in operation to ensure you are offered the widest range of local options available.

ALARA holds an extensive register of local providers and services from many years of work with Your Life Your Choice clients, the Emergency Funding Initiative and the Older Carer Initiative Program as well as our strong networks in the local communities in which we work.

NDIS Support Item Description	Price
Level 2 - Coordination of supports Strengthening a participant’s ability to coordinate their supports & participate in the community.	\$100.14 / hour
Assistance with accommodation and tenancy obligations	\$77.00 / hour

NDIS Support Item Ref No.
OFFICE USE ONLY
07_002_0106_8_3
08_005_0106_2_3



Improved Life Choices – Plan Management

ALARA provides **financial plan and financial capacity building and administration services.**

These services include:

- managing provider bookings and claims in the NDIS Portal
- managing payment of invoices
- managing financial disputes or queries
- provide access to a wider range of service providers including non-registered providers (subject to the limitation and the NDIS Price Guide)
- expense claim processing
- providing you with monthly statements
- maintaining financial records
- building your financial skills and enhancing your capacity to develop our supports



NDIS Support Item Description	Price
Financial administration & Plan Management – set up costs A one-off setting up of the financial management arrangements for managing of funding of supports.	\$232.35 each
Financial administration – monthly processing A monthly fee for the ongoing maintenance of the financial management arrangements for managing of funding of supports.	\$104.45 / month

NDIS Support Item Ref No.
OFFICE USE ONLY
14_033_0127_8_3
14_034_0127_8_3

Increased Social and Community Participation

ALARA provides a range of individual or group-based programs to support and assist participants to increase their independence and develop skills for community, social and recreational participation. You may wish to learn to travel independently on public transport where this is available in your community.

NDIS Support Item Description	Price	NDIS Support Item Ref No. <small>OFFICE USE ONLY</small>
Life transition planning including mentoring, peer support and individual skill development – to establish volunteer assistance within a participant’s home or community	\$77.00 / hour	09_006_0106_6_3
Individual skills development and training* Individual life skills development and training including public transport training and support, developing skills for community, social and recreational participation – weekdays and evenings to 8pm (excluding public holidays). * This can also be delivered in groups with the amount listed divided between the groups. 2:1 \$38.50 / hour 3:1 \$25.67 / hour (with any transport being charged separately)	\$77.00 / hour	09_009_0117_6_3
Innovative Community Participation	By quote	09_008_0116_6_3
Community Participation Activities Customised services designed to build skills and independence – designed to recover the cost of participants attendance at community-based activities, e.g., classes, school vacation activities	By quote	09_011_0125_6_3



Improved Health and Wellbeing

Physical activity, along with good nutrition has benefits for people of all ages and ability. Being active and fit provides long term health benefits, helps to create a positive mindset and opens up the possibility of participating in new activities and making new friends. ALARA's qualified personal trainers are available on a group or individual basis to help you to achieve your fitness goals.

ALARA also runs a range of group activities with a health and wellness focus. These include healthy meal preparation classes using produce from our accessible community gardens, walking groups, sporting groups and monthly Megasports program.

NDIS Support Item Description	Price
Personal training Personal training provided to a participant required due to the impact of their disability – conducted during weekdays.	\$64.92 / hour

NDIS Support Item Ref No.

OFFICE USE ONLY

12_029_0126_3_3



Improved Daily Living Skills

ALARA provides a range of training programs to support you, either individually or in a small group to improve your skills in a range of areas. Capacity Building supports for improved daily living skills are provided Monday – Friday (up until 8pm) dependent on your availability.

Support Item	Price
Individual skills development & training, includes public transport training & support Individual training provided in the home for general life skills to increase independence – weekdays only (excluding public holidays)	\$67.56 / hour
Training for carers / parents Training for carers in matters related to caring for a person with disability.	\$77.00 / hour

Support Item Ref No.
OFFICE USE ONLY
15_037_0117_1_3
15_038_0117_1_3



Capacity Building – Delivery of Disability Related Health Support by a Registered Nurse

Support Item	Price
Weekday Daytime (available Monday – Thursday only)	\$119.82 / hour

Support Item Ref No.
OFFICE USE ONLY
15_406_0114_1_3

Capacity Building – Activity Related Transport

Support Item	Price
Activity based transport associated with life transition planning including mentoring peer support and individual skill development provided in a support worker car or service vehicle.	\$1.00 / kilometre*
Activity based transport associated with life transition planning including mentoring peer support and individual skill development provided in a commuter bus.	\$1.57 / kilometre*
Activity based transport associated with skill development in a group provided in a support worker car or service vehicle	\$1.00 / kilometre*
Activity based transport associated with skill development in a group provided in a commuter bus	\$1.57 / kilometre*

Support Item Ref No.
OFFICE USE ONLY
09_590_0106_6_3
09_590_0106_6_3
09_591_0117_6_3
09_591_0117_6_3

* Where more than one participant is supported to travel the per kilometre rate is divided between the participants.

OTHER IMPORTANT INFORMATION

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Support Worker Travel Time

A support worker's travel time from home to work (or first participant) and from work to home will not be charged.

If your services are provided in a run and the worker travels between participants or from a centre to your location, as per the price guide, ALARA may claim a maximum of 30 minutes travel from the previous participant in the Ipswich area and up to 60 minutes from the previous participant in areas of Lockyer and Somerset (where classified as MMM4 and MMM5). This will only apply if travel costs are incurred by the organisation.

Where a worker is travelling to provide services to more than one participant in a region, then the provider with the agreement of participants in advance can apportion travel time (including the return journey where applicable). This is claimed separately from the primary support using the same line item / price as the support and the 'travel time' in the MySpace Portal.

If 4 or more hours is delivered to one client, no worker travel time is deducted from that client.

Explaining GST

Most items in the NDIA Price Guide are GST exempt as described in s38 – 38 of the GST Act. For the small number of items where GST is applicable, (e.g. delivery fees and taxi fares) the price is inclusive of GST.

Exit Fees

ALARA does not charge exit fees to NDIS participants.

Cancellations and 'No Shows'

For more information about ALARA's Policy on Cancellations and 'No Shows' please refer to the *Policy – NDIS Service Cancellations* which can be access via the ALARA website.

Non-Face to Face Supports

Certain types of non-face to face supports are billable and will be negotiated in the Service Agreement. These include report writing (for the NDIS, other agencies or other workers) and communication notes, set up for group and skill building supports completed at the end of support. This will be charged on the base rate for the type of support as the work is completed.