

The NDIS and sport

Who's who and how it all fits together?

What is the NDIS?

The National Disability Insurance Scheme (NDIS) provides funding to people with disability to access the supports they need to live an ordinary and fulfilling life.

This can include daily supports, therapies, equipment, and assistance to participate in community and recreation activities, including sport and fitness. Each person's NDIS plan is individual. It's based on their goals, strengths, and what they need to participate in their community.



How can clubs work together with NDIS participants?

- 1 Start with the person.** Always begin by talking directly with the person with disability. Ask how they would like to be involved and who they want included in discussions or decisions.
- 2 Respect their choice.** Don't assume it's okay to go through parents, carers, or support staff without the person's consent. Keep them involved every step of the way.
- 3 Ask, don't assume.** Everyone's support needs and goals are different. The best way to find out what works is to ask.
- 4 Welcome the support team.** Support workers, therapists, or family members are there to help the person participate successfully.
- 5 Communicate.** Share training schedules, expectations, and accessibility information clearly and early.
- 6 Be flexible.** Adjust drills, timing, or routines where needed.
- 7 Celebrate inclusion.** Every conversation and action help build a stronger, more welcoming club.

Who might be involved in supporting a person to join your club?

Person with disability – New athlete or volunteer

They set their own goals. E.g., “I want to join a local football team” or “I want to volunteer as an assistant coach. Everyone around them supports them with their goals.



Support worker

May come with the person to training or games, help with transport, communication, building confidence, or personal care if needed.



Physiotherapist

Provides advice on safe participation, movement, strength, and equipment.



Occupational therapist (OT)

Supports with daily routines, adaptive strategies, and using assistive equipment for sport.



Exercise physiologist

Helps design fitness programs tailored to the person’s goals and ability.



Behaviour support practitioner

Works with the person, support network, and sometimes the club to understand what might trigger certain behaviours and how to create a positive, supportive environment. They focus on proactive strategies that help the person feel comfortable and confident in community settings.



Support coordinator

Helps connect the person with the right services, manages logistics, and makes sure supports are working together smoothly.



Family/friends/peers

Offer encouragement, social connection, and advocacy.



Club coach and volunteers

Provide inclusive coaching, modify drills, and encourage participation.



Club committee

Ensures policies, facilities, practices and communication are accessible and inclusive.

