

# TIPS: For determining levels of support

[< Previous topic](#) | [Next topic >](#)

Part of the information you need to provide as evidence of a psychosocial disability is about the frequency and duration you require support. This can be difficult to calculate, especially when you may have different support needs at different times.

If you do not know exactly how much support is needed you can give an estimate of the amount of support required with your access request . You can use the following sections of the reimagine.today workbook to help you work this out:

- Daily diary: activity tracker - you can keep a track of what you do and what support you require.
- Step 1 - you can write down your support needs.
- Step 5 - you can write down your goals, aspirations, hopes and dreams.

If you meet the Access Requirements, you can provide more detail about your needs and supports when you begin the planning stage of the process. Any details you provide when applying will help the National Disability Insurance Agency planners or their Local Area Coordinator community partners to work with you to develop your plan.

## **HINTS: For factors that determine the level and frequency of support**

- What activities and tasks do you need support with?
- How often do you perform these tasks?
- How many times do you need support and for how long?
- How does this need for support change when you are not doing so well?
- What support do you currently have? Can these services give you information about how much support you are currently receiving? Is this enough or the right sort of support to live a meaningful and contributing life?
- Do your family and friends help you? How do they help you and how often?
- Will your family and friends always be able to support you in this way? .
- What supports might be grouped or can overlap ?
- Draw up a weekly or monthly timetable and identify when and where you will require assistance and support.
- Does the level of support change? . If so can you work out the average amount of support you might require over a month, 6 months or year?

[< Previous topic](#) | [Next topic >](#)