

NDIS Services List



The following is a listing of all Skylight Services that can be financed through NDIS plan, and the corresponding line items they use.

Some services may use different rates depending on the factors such as:

- a) Your location in accordance to the Modified Monash Model (MMM). Your MMM can be determined at the following website: <https://www.health.gov.au/resources/apps-and-tools/health-workforce-locator/health-workforce-locator>
- b) The time of day that the support is delivered
- c) The day of the week that the support is delivered
- d) The intensity of the support
- e) Public Holidays

For services where such factors apply, all relevant line items are included. More information on code hierarchy can be found in the NDIS price guide.

If a service is marked 'Yes' in the travel column, this means that travel to and/or from the support will be charged in accordance with the NDIS price guide.

Services

Active & Social

Discover a range of group programs where you can develop new friendships, explore new hobbies, and participate in a host of activities in your local community. Programs are held in an inclusive and supportive environment and include a range of activities. The program assists people living with mental illness to engage in activities for the purpose of gaining confidence, building skills, developing social connections and living meaningful lives. Some activities take place within a Skylight Activity Centre; others are out in the community. Activities are developed in response to the interests of participants.

Active & Social supports are financed through core funds.

Activity Program Centers

- Wayville
- Christies Beach (Parnangga)
- Mannum
- Port Lincoln
- Mount Gambier

Below are some examples of Skylight 'Active & Social' activities:

Art Therapy	Walking Group	Guitar Lessons
Art/Painting	Fitness	Open Mic
Art Group	Out There	Drumming Group
Out N About	Photography	Cooking for one

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Activities are billed at the following rates:

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
04_102_0125_6_1_T	Access Community, Social And Rec Activities - Standard - Public Holiday - TTP	Hourly	\$127.21	\$178.09	\$190.82	Yes
04_103_0125_6_1_T	Access Community, Social And Rec Activities - Standard - Weekday Afternoon - TTP	Hourly	\$62.69	\$87.77	\$94.04	Yes
04_104_0125_6_1_T	Access Community, Social And Rec Activities - Standard - Weekday Daytime - TTP	Hourly	\$56.81	\$79.53	\$85.22	Yes
04_105_0125_6_1_T	Access Community, Social And Rec Activities - Standard - Saturday - TTP	Hourly	\$78.14	\$109.40	\$117.21	Yes
04_106_0125_6_1_T	Access Community, Social And Rec Activities - Standard - Sunday - TTP	Hourly	\$101.61	\$142.25	\$152.42	Yes
04_111_0136_6_1_T	Group Activities In The Community - 1:2 - Standard - Weekday Daytime - TTP	Hourly	\$31.81	\$44.54	\$47.72	Yes
04_120_0136_6_1_T	Group Activities In The Community - 1:3 - Standard - Weekday Daytime - TTP	Hourly	\$23.48	\$32.87	\$35.22	Yes
04_124_0104_6_1_T	Group Activities In The Community - 1:3 - Complex - Weekday Daytime - TTP	Hourly	\$25.26	\$35.36	\$37.89	Yes
04_136_0136_6_1_T	Group Activities In The Community - 1:4 - Standard - Weekday Daytime - TTP	Hourly	\$19.32	\$27.04	\$28.97	Yes
04_160_0136_6_1_T	Group Activities In A Centre - 1:1 - Standard - Weekday Daytime - TTP	Hourly	\$58.91	\$82.47	\$88.37	Yes
04_170_0136_6_1_T	Group Activities In A Centre - 1:3 - Standard - Weekday Daytime - TTP	Hourly	\$25.58	\$35.81	\$38.37	Yes
04_175_0136_6_1_T	Group Activities In A Centre - 1:4 - Standard - Weekday Daytime - TTP	Hourly	\$21.42	\$29.98	\$32.12	Yes
04_180_0136_6_1_T	Group Activities In A Centre - 1:5 - Standard - Weekday Daytime - TTP	Hourly	\$18.92	\$26.48	\$28.37	Yes
04_300_0104_1_1_T	Access Community, Social And Rec Activities - Level 1 - Weekday Daytime - TTP	Hourly	\$56.81	\$79.53	\$85.22	Yes
04_302_0104_1_1_T	Access Community, Social And Rec Activities - Level 1 - Saturday - TTP	Hourly	\$78.14	\$109.40	\$117.21	Yes

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04_400_0104_1_1_T	Access Community, Social And Rec Activities - Level 2 - Weekday Daytime - TTP	Hourly	\$61.11	\$85.55	\$91.67	Yes
04_401_0104_1_1_T	Access Community, Social And Rec Activities - Level 2 - Weekday Afternoon - TTP	Hourly	\$67.44	\$94.42	\$101.16	Yes
04_402_0104_1_1_T	Access Community, Social And Rec Activities - Level 2 - Saturday - TTP	Hourly	\$84.08	\$117.71	\$126.12	Yes
04_403_0104_1_1_T	Access Community, Social And Rec Activities - Level 2 - Sunday - TTP	Hourly	\$109.32	\$153.05	\$163.98	Yes
04_404_0104_1_1_T	Access Community, Social And Rec Activities - Level 2 - Public Holiday - TTP	Hourly	\$136.84	\$191.58	\$205.26	Yes

Assistance to maintain Independence – Support with Self-Care Activities

Skylight staff work with you to maintain your independence through supporting your self-care efforts. This is done through the development of self-care strategies, skills and inter-personal support.

Support with Self-Care Activities are financed through core funds.

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
01_011_0107_1_1_T	Assistance With Self-Care Activities - Standard - Weekday Daytime - TTP	Hourly	\$56.81	\$79.53	\$85.22	Yes
01_012_0107_1_1_T	Assistance With Self-Care Activities - Standard - Public Holiday - TTP	Hourly	\$127.21	\$178.09	\$190.82	Yes
01_013_0107_1_1_T	Assistance With Self-Care Activities - Standard - Saturday - TTP	Hourly	\$78.14	\$109.40	\$117.21	Yes
01_014_0107_1_1_T	Assistance With Self-Care Activities - Standard - Sunday - TTP	Hourly	\$101.61	\$142.25	\$152.42	Yes
01_015_0107_1_1_T	Assistance With Self-Care Activities - Standard - Weekday Afternoon - TTP	Hourly	\$62.69	\$87.77	\$94.04	Yes
01_400_0104_1_1_T	Assistance With Self-Care Activities - Level 2 - Weekday Daytime - TTP	Hourly	\$61.11	\$85.55	\$91.67	Yes
01_401_0104_1_1_T	Assistance With Self-Care Activities - Level 2 - Weekday Afternoon - TTP	Hourly	\$67.44	\$94.42	\$101.16	Yes

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01_402_0104_1_1_T	Assistance With Self-Care Activities - Level 2 - Saturday - TTP	Hourly	\$84.08	\$117.71	\$126.12	Yes
01_403_0104_1_1_T	Assistance With Self-Care Activities - Level 2 - Sunday - TTP	Hourly	\$109.32	\$153.05	\$163.98	Yes
01_404_0104_1_1_T	Assistance With Self-Care Activities - Level 2 - Public Holiday - TTP	Hourly	\$136.84	\$191.58	\$205.26	Yes

Learn and Discover

These services and programs are designed to develop your capacity for building skills to live a meaningful life. We are participant driven, and understand that every individual has a unique learning style. The aim of this program is to assist you in learning what's best for you. For example, some participant's find great benefit in being in a supportive group environment, others find it easier to reach their goals on a 1:1 basis. Participants improve relationships, make well-informed decisions and embrace new skills. We tailor the program to help you achieve the things that are important to you through one-to-one coaching or through structured group programs.

Learn and Discover services are financed from capacity building funds, and are billed at the following rates:

09_006_0106_6_3	Life Transition Planning Incl. Mentoring, Peer-Support And Indiv Skill Develop	Hourly	\$60.16	\$84.22	\$90.24	Yes
09_007_0117_6_3	Skills Development In A Group	Hourly	\$29.26	\$40.96	\$43.89	Yes
09_009_0117_6_3	Individual Skills Development And Training	Hourly	\$58.52	\$81.93	\$87.78	Yes
11_024_0117_7_3	Individual Social Skills Development	Hourly	\$58.52	\$81.93	\$87.78	Yes
15_035_0106_1_3	Assistance With Decision Making, Daily Planning and Budgeting	Hourly	\$46.31	\$64.83	\$69.47	Yes

Therapeutic Services

Our Therapeutic Services included individualized counselling and group-based therapy. We will work with you to develop coping strategies and discover areas of your life that require attention and care.

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Our support aims to reduce the impact of stress and anxiety, improve resilience, self-knowledge, well-being and quality of life. All our services are developed and delivered by registered counsellors, clinicians or therapy assistants

Therapeutic Services are financed from capacity building funds, and use the following line items:

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
15_035_0106_1_3	Assistance With Decision Making, Daily Planning and Budgeting	Hourly	\$46.31	\$64.83	\$69.47	Yes
15_037_0117_1_3	Individual Skill Development And Training Including Public Transport Training	Hourly	\$46.31	\$64.83	\$69.47	Yes
15_042_0128_1_3	Counselling Group - Group Of 3	Hourly	\$52.05	\$72.87	\$78.08	Yes
15_043_0128_1_3	Individual Counselling	Hourly	\$156.16	\$218.62	\$234.24	Yes
15_059_0128_1_3	Group Therapy - Group Of 3 - Other Therapy	Hourly	\$64.66	\$90.52	\$96.99	Yes

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Short Breaks

Our short breaks program gives you or your carer the opportunity to step away from your day-to-day life; relax and refresh, learn new skills, focus on your well-being and socialize. We focus these breaks around your recovery. We can accommodate up to 4 people, with one or more Skylight staff members.

The primary residence is a spacious family-style home, with a large living room, dining room and kitchen, private bedrooms and shared facilities.

Short Breaks are financed from core funds, and uses the following line items:

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
01_045_0115_1_1	Short Term Accommodation And Assistance - 1:4 - Weekday	Day	\$546.33	\$764.86	\$819.50	No
01_051_0115_1_1	Short Term Accommodation And Assistance - 1:4 - Saturday	Day	\$644.56	\$902.38	\$966.84	No
01_052_0115_1_1	Short Term Accommodation And Assistance - 1:4 - Sunday	Day	\$765.78	\$1,072.09	\$1,148.67	No

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Carer Support

At Skylight, we value the contribution of family, friends and other informal supports. We also recognize the toll that this can take, and the need for carer support.

Our Carer Support programs aim to assist people who are supporting a loved one with mental illness. We offer a number of short courses for carers and family members. As well as the person themselves who is living with the mental illness.

Courses are led by facilitators; many of whom with lived experience of being a carer. These programs provide practical insight and interventions to negotiate challenges created by mental illness.

Carer Support are financed through capacity building funds, and is billed at the following line items:

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
15_038_0117_1_3	Training For Carers/Parents	Hour	\$58.52	\$81.93	\$87.78	Yes

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Plan Management

NDIS Plan Management is a way for you to control your choices, plan your support and achieve your goals. At Skylight, we manage your NDIS plan with you – handling your budget, reporting and invoicing – so you can focus on your journey

Plan management services are billed from capacity building funds, and use the following line items:

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
14_033_0127_8_3	Plan Management And Financial Capacity Building - Set Up Costs	Each	\$227.53	\$318.54	\$341.30	No
14_034_0127_8_3	Plan Management - Financial Administration	Monthly	\$102.28	\$143.19	\$153.42	No

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Support Coordination

With Skylight, you will work with your own Support Coordinator, who is there to provide guidance and manage your NDIS budget. We work with you to discover the services and programs best suited to achieving your goals, negotiate agreements, service bookings or provide training so you can self-manage your support team.

Support Coordination services are financed through capacity building funds, and uses the following line items:

Support Item Number	Support Item Name	Unit	MMM 1-5	MMM 6	MMM 7	Travel
07_001_0106_8_3	Level 1: Support Connection	Hourly	\$60.16	\$84.22	\$90.24	Yes
07_002_0106_8_3	Level 2: Coordination Of Supports	Hourly	\$98.06	\$137.28	\$147.09	Yes
07_004_0132_8_3	Level 3: Specialist Support Coordination	Hourly	\$186.58	\$261.21	\$279.87	Yes

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