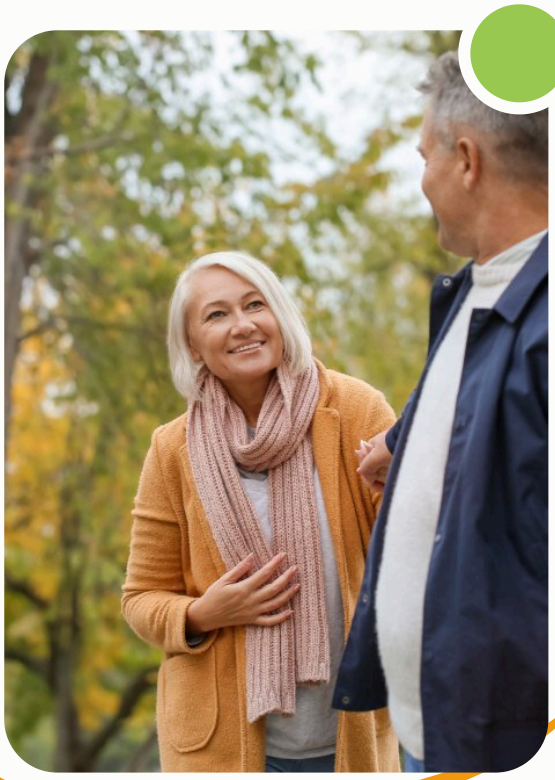
United Health Professionals

Leaving school: a guide for families of NDIS participants.

A guide for families

When school ends, so do the daytime hours, care and transport that came with it. This guide helps you plan what comes next, together with your family member.



1. What changes when school ends
2. Your final year, term by term
3. Work, study and other options
4. Building independence at home
5. Worksheet: a good week after school

Start planning early, one term at a time.

United Health Professionals
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1 What changes when school ends.

School gives your family member much more than lessons. When it ends, the daytime hours, care and transport that came with it all need a new plan.

Many families are surprised by how much school was doing. At a government school, personal care, like help at mealtimes, is paid for by the state government and given by school staff. If your family member uses student transport, the state pays for that too. These stop when school ends, so it helps to plan early.

Weekday hours

School filled most weekdays. After it ends, those hours are open. Think about what your family member wants to do with them, and who could help.

Personal care

Any help with eating or toileting at school came from school staff. After school, this help can be paid from NDIS funding if it's included in the plan.

Getting around

School transport stops. Your family member may learn to use public transport. If their disability stops them using it, ask the NDIS about transport.

Who arranges support

At school, staff arranged most help. Now your family member chooses providers, with help from their my NDIS contact. This person is named in the NDIS plan.

Decisions at 18

Under 18, a parent usually makes NDIS decisions as the child representative. From 18, your family member decides, or can ask for a nominee to act for them.

Money

Your family member may be able to get a Centrelink payment, like Youth Allowance or the Disability Support Pension. Ask Services Australia what fits.

If you're thinking about guardianship

A guardian makes lifestyle decisions, and an administrator manages money and legal matters, for an adult who can't make those decisions because of their disability. In Victoria, VCAT (the Victorian Civil and Administrative Tribunal) can appoint them. In WA, it's the State Administrative Tribunal (SAT). For advice, call the Office of the Public Advocate on 1300 309 337 (Vic) or 1300 858 455 (WA), or talk to a lawyer.

2 Your final year, term by term.

NDIS plans can take time to change, so start talking early. If school has already finished, start at Term 1 now.

Talk to the NDIS in Term 1. Contact your family member's my NDIS contact and say when school ends. Ask about a check-in, which is a talk about how the plan is going. Check-ins happen when big changes are coming up, and you can ask for one. You can bring a family member or trusted person.

If the plan won't suit life after school, your family member may need a plan reassessment. This means a new plan with different supports, after a big and lasting change, such as to education or daily activities. If no check-in is coming up, use the NDIS plan reassessment request form. Since 27 August 2026, only the participant, their nominee or child representative can send it, with recent evidence, usually from the last 4 months. Once the NDIS has what it needs, it decides within 90 days.

From April 2027, the NDIS plans to start a new way of planning, including support needs assessments. Ask how this affects your family member's next plan.

Term 1

- [ ] Ask the my NDIS contact for a check-in
- [ ] List what your family member enjoys
- [ ] Ask the school to start transition planning
- [ ] Pick one home skill to practise

Term 2

- [ ] Gather recent reports from school and therapists
- [ ] Try work experience or a part-time job
- [ ] Ask for a plan reassessment, if needed
- [ ] Start travel training on one regular trip

Term 3

- [ ] Go to open days and information sessions
- [ ] Ask Services Australia about payments
- [ ] Meet providers and ask lots of questions
- [ ] Ask about nominees if they turn 18 soon

Term 4

- [ ] Fill in the good week worksheet together
- [ ] Plan transport for the first few weeks
- [ ] Book supports to start when school ends
- [ ] Keep school reports and certificates safe

3 Work, study and other options.

There's no single right path. Your family member's week can mix a few things, like some work, a course and time with friends.

Start with what your family member enjoys and is good at. The NDIS doesn't fund what a school, TAFE, university or employer must provide. It may fund extra help your family member needs because of their disability.

Building skills for work

NDIS employment assistance can help with work experience, work skills, getting to work and finding a job. You may also hear the name School Leaver Employment Supports (SLES).

Help to find a job

Inclusive Employment Australia replaced Disability Employment Services in November 2025. Some students in their final year may be able to join as an Eligible School Leaver.

Support at work

Supports in employment can include on-the-job coaching and help with work tasks. This can happen in many workplaces, including supported employment services.

TAFE or university

The NDIS may fund personal care while studying, or transport if your family member can't use public transport because of disability, if it's included in the plan.

Building everyday skills

Some young people need more time before work or study. Cooking, getting around, money and social skills can be goals in their own right.

Community and social life

Clubs, sport, art and volunteering help your family member meet people. Some community participation support can be paid from NDIS funding if it's included in the plan.

In Victoria

Raise post-school plans at Student Support Group meetings. Every Victorian TAFE has a Disability Transition Officer for senior students. Ask about Free TAFE courses too.

In WA

Ask the school about transition planning and the individual education plan. Jobs and Skills Centres give careers and training advice. Ask TAFE about Lower fees, local skills.

Ask your my NDIS contact about

- [ ] Employment assistance to get ready for work
- [ ] Personal care at TAFE, university or work
- [ ] Learning to catch the bus or train
- [ ] Extra work experience while still at school
- [ ] Transport, if they can't use public transport
- [ ] Community and social activities

4 Building independence at home.

Small steps, practised often, add up. Start early in the final year, so new skills feel settled before school ends.

Personal care routines

Pick one part of the day, like brushing teeth or choosing clothes. Break it into small steps, use pictures if they help, and practise at the same time each day.

Travel training

Pick one trip they'll make often. Go together, then let them lead, then follow at a distance. The NDIS may fund help to learn to catch the bus or train.

Money skills

Start with small amounts of their own money. Practise paying, checking change and saving up for something they want. Talk about needs and wants.

Getting around in Victoria

At a specialist school, ask about travel training through the Travel Education Framework. Also ask about the Access Travel Pass and the Multi Purpose Taxi Program.

Getting around in WA

PTA Educate helps people build confidence on public transport. Ask about the Pensioner SmartRider, and the Passenger Transport Subsidy Scheme (PTSS) if disability stops them using public transport.

Some NDIS budgets are changing

From 1 October 2026, the NDIS is reducing budgets for two support categories: Social, Economic and Community Participation, and Improved Daily Living Skills. This happens as plans are created or reassessed from 1 October 2026, or renewed from 1 February 2027. Some supports aren't affected, including supports in employment and help with eating, dressing and toileting. Ask your my NDIS contact what this means for your family member.

NDIS (NDIA)
1800 800 110
Plans, check-ins and reassessments

Services Australia
132 717
Disability and carers line

National Customer Service Line
1800 805 260
Inclusive Employment Australia

JobAccess
1800 464 800
Work and disability information

TAFE and Training Line (Vic)
131 823
TAFE courses and support in Victoria

Jobs and Skills Centres (WA)
13 64 64
Careers and training advice in WA

Worksheet

5 What a good week after school looks like.

Fill this in with your family member. In each box, write what they'd like to do, where, and who could help. Take it to the NDIS check-in.

A good week after school

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Midday							
Afternoon							
Evening							

Notes for planning

What they love doing Hobbies, places, people, music, sport

Skills they'd like to build Cooking, travel, money, work skills

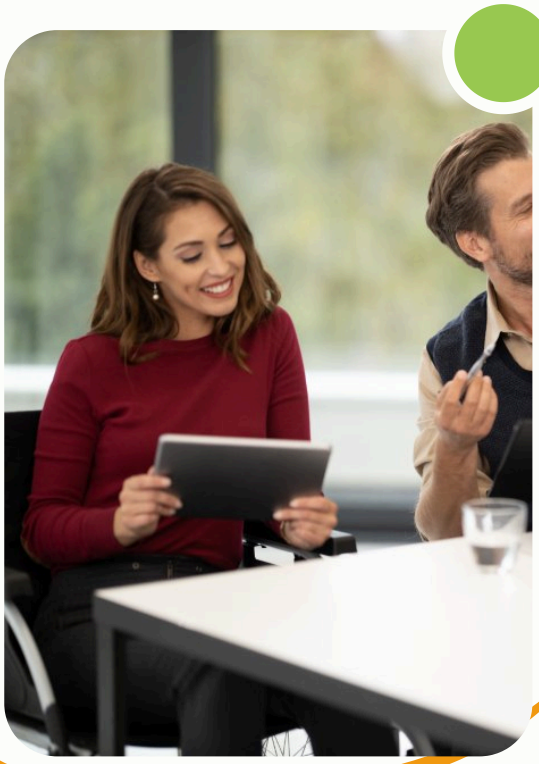
Who helps now Family, friends, neighbours, workers

What still needs a plan Times with no one to help yet

United Health Professionals

Personal care at home, including complex care.

We support adults at home in Melton, Caroline Springs, St Albans, Sunshine and Deer Park. Ask us every question in this guide. We'd rather you compare.



Personal care

Showering, dressing, grooming and toileting, at home and on your schedule.

Complex care

Talk to us about PEG feeding, catheter care, bowel care or seizure support.

Household tasks

Cleaning, laundry and meals, alongside personal care.

Registered NDIS provider

Check us on the NDIS Commission's provider register.

ABN 69 649 956 776

United Health Professionals Pty Ltd.

Your plan, your say

Support can be paid from your NDIS funding if it's included in your plan.

How to start

1

Call us

Tell us who the support is for, what's needed and where.

2

Talk it through

We go through the plan, the routine and what matters to the person.

3

Meet us

At home or wherever suits, with family there if you'd like.

4

Sign when ready

A service agreement with every support and price, before anything starts.

Planning for life after school?

If you'd like to talk through supports for life after school, give us a call. We're happy to answer your questions.

Call 0416 851 984

info.unitedhealthprofessionals@gmail.com

This guide is general information, not advice about a particular plan. Always follow the person's own support plan and their health practitioner's instructions.