



Preparing for Day Program After School



Looking to join a Day Program after you finish school? It's important to plan ahead!

NDIS plan reviews and changes can take months, and some Day Programs may have waiting lists. Planning your transition from school to Day Program early gives you the best chance of:

- Securing NDIS funding
- Avoiding delays
- Gaining a place in your preferred programs
- Ensuring staff are trained and ready to support you

TRANSITION TIMELINE

EARLY PLANNING 6–12 Months Before School Finishes

This is the ideal time to begin planning!

Contact your NDIS Support Coordinator or Local Area Coordinator (LAC)

- Discuss transition from school to adult services
- Request day program and transport funding

Start identifying possible day programs and providers

- Attend information sessions or arrange centre tours

ASSESSMENTS & REPORTS 3–6 Months Before School Finishes

Clinical assessments have wait times, so start this process early.

Behaviour Support (wait times 6-12 weeks)

- Assessment and/or updated Behaviour Support Plan

Speech / Mealtimes (wait times 4-8 weeks)

- Mealtimes or swallowing assessments if needed

OT / Physio (wait times 4-10 weeks)

- Functional assessments
- Continence and mobility plans
- Equipment reviews

Medical (wait times 2-6 weeks)

- Updated management plans for epilepsy, diabetes, asthma, allergies

DOCUMENTS & PROGRAM PLANNING 2–3 Months Before School Finishes

School graduation is just around the corner! It's time to:

Choose a preferred provider

Confirm NDIS plan with correct funding

Provide documentation

- Behaviour plans
- Mealtime plans
- Health care plans
- Medication info
- Personal care / mobility needs

Please note: Day Program providers need 4-8 weeks to review documents, assess staffing levels and arrange staff training.

TRANSITION & FAMILIARISATION 1–2 Months Before Starting

Getting familiar with your Day Program and the people supporting you will help you feel confident ahead of your first day.

Arrange transition visits to your chosen Day Program

Meet the team who will be supporting you

Finalise:

<ul style="list-style-type: none">• Service Agreement• Schedule of days and activities• Transport arrangements• Behaviour support needs• Personal care routines	<ul style="list-style-type: none">• Communication methods• Risk management strategies• All specialist and medical plans• Medication authority forms• Emergency management plans
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HELLO DAY PROGRAM!

Welcome to your first day at your new Day Program!

By now you know the people supporting you and the fun activities you will be doing. Your team has a clear understanding of what you need to thrive at Day Program.

Ability Options Day Programs offer inclusive and flexible in-centre and in-community social groups for NDIS participants of all abilities. Our programs are designed around your goals and interests - with choice and control at the heart of everything we do.

Whether you're looking to build your confidence, meet new people, or try something new - there's a place for you at Ability Options Day Program.

This timeline is a guide only. Waiting times can vary, so please check these with your providers and health professionals.

Start the process now, contact Ability Options

abilityoptions.org.au/disability-services/day-programs-and-social-activities/

info@abilityoptions.org.au

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