

Accessing Short Term Accommodation

Funding For Adults

tip sheet

This guide is designed to help you talk about Short Term Accommodation (STA) at an NDIS planning meeting, plan review, or when asking for a change to your plan. It reflects NDIS information and operational guidelines available at July 2026 and should be used as a general guide only, as NDIS policies and guidance may change over time. If you need help applying this to your situation, please contact MDNSW or your support coordinator.

What is Short Term Accommodation?



STA allows you to have mutually rewarding time apart from your primary informal supports overnight while continuing to receive the disability-related support you need. Primary informal supports are the family and friends who provide most of your unpaid, active disability-related support.

STA can include:

- Time away from your primary informal supports
- Overnight accommodation and support, for at least one night
- Support to continue your usual daily activities while away from home
- Use for up to 14 days at a time and usually up to 28 days per year.

STA is not a holiday. Its main purpose is to help primary informal supports continue caring in a sustainable way while ensuring you continue to receive the disability-related support you need.



How to talk about STA in your planning meeting



The NDIS uses set guidelines when deciding on STA. The sections below reflect these guidelines and may help you organise your discussion.

1. The need for STA is related to disability support needs

STA is only funded when it is related to your disability support needs. To be eligible for STA, the NDIS needs to know that you:

- Live with, or receive daily support from, your informal supports
- Receive more than six hours of disability-related support from your primary informal supports each day, long term.

The NDIS also needs to know at least one of the following also applies to you:

- You have high intensity support needs, such as complex bowel care or respiratory supports.
- You need complex positive behaviour support or specialist behavioural intervention support.
- You live in an area where alternate in-home supports aren't widely available or accessible.
- The wellbeing of your primary informal supports is at risk, affecting their ability to continue in their caring role.
- Your primary informal supports have additional caring responsibilities.

You may find it helpful to explain how these factors apply in your situation. This could include describing the supports you receive each day, the impact on your primary informal supports, any high intensity support needs, or barriers to accessing alternative support options.

The NDIS generally will NOT fund STA if you:

- Live alone and don't receive daily drop-in support
- Receive more than 18 hours of daily paid support in your home
- Are not having time apart from your primary informal supports
- Are waiting for home modifications to be completed (medium term accommodation may be more suitable)
- Live in Supported Independent Living (SIL)
- Have funding for primary or supplementary Individualised Living Options (ILO)
- Are experiencing a housing crisis situation

If you are specifically requesting funding for an MDNSW Retreat, you could describe it is an overnight program for adults living with neuromuscular conditions. However, you typically do not need to specify what program or service provider you are requesting the support for.

2. STA helps to pursue goals

You may find it helpful to include goals in your NDIS plan related to STA.

This may include goals like:

- Maintaining your living arrangements
- Supporting your primary informal supports to continue their caring role
- Having time apart from your usual supports in a safe and supported way.



3. STA helps you participate in the community

STA can help you stay socially connected and continue participating in activities that are important to you.

You may choose to discuss:

- Activities you currently participate in
- Social opportunities you would like to maintain
- How your disability-related support needs affect your ability to access these activities
- How STA would help you continue participating while giving you and your primary informal supports time apart.

Examples may include spending time with peers, attending community activities, participating in hobbies or maintaining existing social connections.

4. STA is value for money

STA can be a practical and cost-effective way to meet support needs. You may wish to compare the cost of overnight and daytime support workers across a 24-hour period versus the daily cost of STA. In many cases, STA is a more cost-effective way to meet support needs while also providing you and your primary informal supports with meaningful time apart.

5. STA is effective and beneficial for you

If you require high intensity supports during STA that are usually provided by your primary informal supports, you may wish to explain:

- What high intensity supports you require
- Who currently provides them
- How those supports could be delivered during STA
- Whether existing support providers may be able to continue providing some or all of this support

Any high intensity supports provided during STA will need to be delivered within your plan budget and by appropriately trained workers.



6. How much support your family and other informal supports provide

The NDIS considers whether your family can continue supporting you in the long term and whether there is a risk to you and your family's wellbeing without STA. They also consider how your family's support affects your independence and whether STA may provide further opportunities for independence.

You may choose to describe:

- The daily and overnight care your informal supports provide
- How long this level of care has been needed
- Whether this support is provided everyday
- The impact on health, work, relationships or wellbeing
- Any barriers to other family members or friends providing support
- Why STA may help sustain current support arrangements over the long term



7. The support is an NDIS support

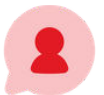
You will want to show you understand that STA:

- Provides disability-related support while you and your primary informal supports have time apart
- Helps maintain ongoing caring arrangements
- Is not a holiday
- Is not a mainstream service



[Download the full STA Operation Guidelines](#)

Ready to connect?



Need Support or Have Questions?

If you are unsure how STA fits your situation, you can talk with MDNSW, your support coordinator or local area coordinator (LAC).

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