

Did you know...

Short Term Accommodation (STA) Fact Sheet



What is STA?

- "STA" stands for Short Term Accommodation.
- STA including respite, is funding provided for support and accommodation for NDIS participants for a short time away from your usual home.
- It's designed to give individuals with disabilities a temporary stay outside of their primary living arrangement, often to promote independence or allow for rest.



Costs/Funding

- Coverage: STA funding covers the cost of care in another place for up to 14 days at a time.
- Funding Source: You may not need STA funding specifically in your NDIS plan. However, you can choose to use your Core budget on supports like STA if it helps you pursue your goals.
- Group vs. Individual Support: Typically, funding is for group accommodation unless evidence shows you require individual support due to your disability. If you need individual care, you may be eligible for more personalized services.



Benefits

- Pursue Your Goals: STA provides opportunities to try new things and increase your independence.
- Community Participation: It helps you engage in community activities, make new friends, and develop new skills.
- Value for Money: STA is considered a cost-effective option for short-term stays.
- Carer Relief: It offers a break for your carers, giving them the chance to recharge.
- Support When Needed: Ideal when your usual support network isn't available for a short period.



Included in STA

- Personal Care: Support with daily living activities such as bathing, dressing, or mobility assistance.
- Accommodation: A safe, comfortable place to stay.
- Food: Meals provided during your stay.
- Agreed Activities: Activities planned in collaboration with the service provider to meet your interests and goals.