



## Short Term Accommodation (STA) Itinerary

Participant Name:

Nominated Support Coordinator:

NDIS Number:

STA Dates:

Location:

Support Ratio: 1:1

Support Category: 01\_058\_0115\_1\_1 (Assistance with Daily Life – Short Term Accommodation)

Plan Goal Alignment:

### Inclusions (aligned with NDIS STA Price Guide):

- **Accommodation** short-term residential
- **24/7 support staff** based on agreed ratio 1:1
- **Meal preparation and provision**
- **Support with personal care and daily tasks**
- **Community access and supervision**
- **Transport during STA**

### What to Bring

Respite will mostly be a casual affair; however, below are a few suggestions below:

- Toiletries
- Medication (clearly labelled)
- Suitable warm/cool casual clothing and shoes
- Comfortable casual outfits for meals and activities
- Pyjamas / sleepwear
- Any assistive equipment, mobility aids or communication devices (if applicable)
- Medicare or concession card (optional)
- Favourite sensory, comfort or entertainment items

## DAILY ITINERARY (3-DAY STA) suggestion

### Day 1 – Arrival & orientation

<b>Time</b>	<b>Activity</b>
10:00am	Arrival & Welcome
10:30am	Room orientation & unpack
12:00pm	Lunch
12:30pm	Community outing
3:00pm	Rest time
6:00pm	Dinner
7:30pm	Evening routine (shower, medication)
8:30pm	Wind-down activity – movie or music
9:30pm	Bedtime

### Day 2 – Exploration & Skills Building

<b>Time</b>	<b>Activity</b>
8:00am	Morning routine & breakfast
11:00am	Visit local attraction (e.g. museum)
1:00pm	Lunch
2:30pm	Rest /independent time
4:00pm	1:1 support for daily living skills
6:00pm	Dinner (participant involved in prep)
7:00pm	Group games or karaoke
9:00pm	Bedtime preparation
Overnight	Sleepover support

### Day 3 – Wrap-Up & Departure

<b>Time</b>	<b>Activity</b>
8:00am	Morning routine & breakfast
9:30am	Reflections/journaling
10:30am	Pack-up and room check
11:30am	Farewell and check-out