

SUPPORTED TRAVEL

A Complete Guide to Supported Getaways with Johnny H

Johnny H has proudly been supporting participants to travel across Australia and overseas for over a decade. We provide structured, inclusive and supported overnight travel experiences for people with mild to moderate intellectual and developmental disabilities. Travelling in a group environment allows participants to build social skills with like minded peers while sharing new experiences together. Our trips are delivered as small group supports at a 1:3 ratio, encouraging independence and connection while ensuring participants receive the support they need. Some overnight stays involve larger groups for those who enjoy a more social environment, while others are intentionally smaller to provide a comfortable transition for first time travellers. These experiences support participants in working towards their NDIS goals, including skill development, increased independence and broader community participation. All supports are delivered in accordance with the participant's approved NDIS plan and current NDIS guidelines.



What Is Supported Travel?

Supported travel refers to travel experiences where a person continues to receive the disability related support they require while away from home. For many people with mild to moderate developmental and intellectual disabilities, support needs do not disappear simply because they are in a different environment.

Assistance with daily living, supervision, communication, emotional regulation, personal routines and decision making may still be required when travelling. Supported travel allows those supports to continue in a new setting so that participants can safely take part in experiences outside their usual environment. The travel itself is not the support. The support is the assistance provided so the person can participate.



Does the NDIS Pay for my travel?

A common misunderstanding is that supported travel means a holiday is funded. This is not the case. People without disabilities pay these costs themselves when they travel. The same applies for NDIS participants. The difference is that some people require support to travel safely and participate fully in the experience. Just like anyone else, participants are responsible for paying their own travel costs, such as:

- Flights or other transport
- Accommodation
- Meals
- Activities and entry fees
- Personal spending money

Johnny H offers structured payment plans so that travel costs can be paid off gradually prior to departure.



How can NDIS funding be accessed for support while I travel?

NDIS funding may only be used for disability related supports that are considered reasonable and necessary, and are included in the participant's approved plan. This means funding may apply to the cost of support staff required to assist the participant to pursue their NDIS goals during the overnight experience. Core and capacity costs can be used, we do not use STA or STR funding. Johnny H provides clear cost breakdowns separating participant travel expenses from disability related support costs to ensure transparency and compliance.

All supports must:

- Be directly related to the participant's stated goals
- Be reasonable and necessary
- Represent value for money
- Not replace informal supports
- Comply with current NDIS pricing arrangements



Which line items are used for travel supports?

Transparent invoicing is aligned to the correct line items, with proper service agreements in place.

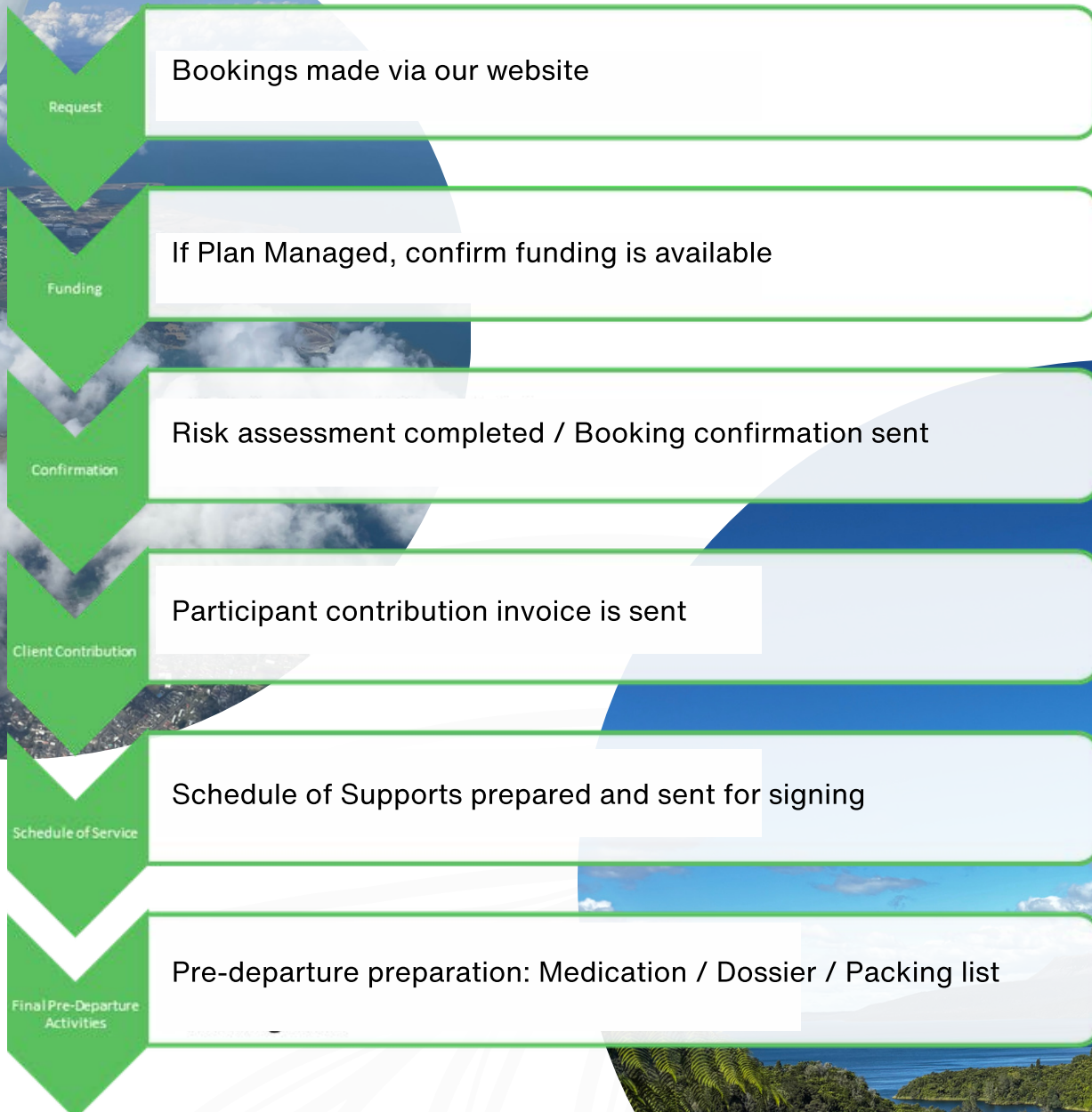


04_103_0136_6_1 - Group Activities - Standard - Weekday Evening
01_010_0107_1_1 - Assistance With Self-Care Activities - Night-Time Sleepover
04_591_0136_6_1 - Activity Based Transport
04_103_0136_6_1 - Groups NF2F Weekday Evening
04_104_0136_6_1 - Group Activities - Standard - Saturday
01_010_0107_1_1 - Assistance With Self-Care Activities - Night-Time Sleepover
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04_105_0136_6_1 - Group Activities - Standard - Sunday
01_010_0107_1_1 - Assistance With Self-Care Activities - Night-Time Sleepover
04_591_0136_6_1 - Activity Based Transport
04_105_0136_6_1 - Group NF2F- Sunday
04_102_0136_6_1 - Group Activities - Standard - Weekday Daytime
04_591_0136_6_1 - Activity Based Transport
04_102_0136_6_1 - Groups NF2F Weekday Evening



The above line items are more commonly used. Additional line items may be used depending on what is included in your plan.

How does the booking process work?



How does supported travel align with NDIS criteria?

Johnny H structures supported overnight experiences to align with the NDIS reasonable and necessary framework.

Pursuing Goals and Aspirations: Each experience is linked to the participant's stated goals, such as building independence, improving social skills or increasing community participation.

Social and Economic Participation: Participants engage in broader community settings and may practise financial skills such as budgeting and managing personal spending.

Reasonable Expectations of Families and Carers: Multi day travel in unfamiliar settings may require structured disability support beyond what is reasonably expected of informal carers.

Value for Money: Where aligned with the participant's plan, structured day and overnight support may address multiple goals within one experience and be considered alongside alternative support options.

Effectiveness and Benefit: When delivered with appropriate supports, time in unfamiliar environments can support development of independence, confidence and social capability.

How can supported travel support participant goals?

Johnny H designs supported overnight experiences around common NDIS goal areas for people with developmental and intellectual disabilities, including:

- Increased independence
- Social development
- Confidence building
- Emotional regulation
- Community participation
- Capacity building

Supports are individualised and aligned with each participant's approved plan.



Daily Living Skills and Independence

Overnight experiences provide practical opportunities to develop independence, including:

- Packing and organising personal belongings
- Navigating transport systems
- Following daily schedules
- Maintaining personal care routines away from home
- Managing personal spending and budgeting

Successfully managing these responsibilities in unfamiliar environments can strengthen practical life skills and increase confidence in independent functioning.

Social Participation and Inclusion

Overnight experiences can provide structured opportunities to:

- Participate in group activities outside usual environments
- Engage with new peers and members of the public
- Strengthen peer relationships through shared experiences
- Reduce social isolation



Participants practice communication, adaptability and appropriate social conduct across varied environments and cultural contexts. These experiences may support increased confidence and broader community inclusion.

Capacity Building and Skill Development

With structured disability related support, participants may be supported to:

- Make decisions in new environments
- Manage unexpected changes
- Develop emotional regulation strategies
- Navigate group dynamics
- Practice self advocacy
- Strengthen problem solving, planning and adaptability skills

Completing an overnight or international experience can support a sense of achievement and may increase motivation to pursue further personal goals.

Health and Wellbeing

Overnight experiences often include increased movement and shared participation in activities. Depending on the individual and their goals, this may:

- Support improved mood
- Reduce feelings of isolation
- Strengthen self esteem
- Encourage mobility and physical activity

Wellbeing outcomes depend on individual circumstances and alignment with the participant's plan goals.



Community Participation Beyond the Familiar

For many participants, 'community' primarily consists of family, familiar support workers and regular local environments.

Johnny H overnight experiences extend participation beyond these familiar settings into broader community contexts, including:

- New towns and cities
- Public transport systems
- Shared accommodation
- Group and cultural environments
- National and international communities

With structured support, participants practice interacting with unfamiliar people, adapting to new social expectations and engaging confidently in wider community settings.

Community is not only where someone lives. It also includes where they participate, contribute and build belonging.



JOIN THE JOHNNY H COMMUNITY

Johnny H offers group social and learning programs for participants with learning and developmental disabilities.

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