

Time (hourly)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 AM - 1:00 AM	Inactive Sleep	Inactive Sleep	Inactive Sleep	Inactive Sleep	Inactive Sleep	Inactive Sleep	Inactive Sleep
1:00 AM - 2:00 AM							
2:00 AM - 3:00 AM							
3:00 AM - 4:00 AM							
4:00 AM - 5:00 AM							
5:00 AM - 6:00 AM	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT
6:00 AM - 7:00 AM							
7:00 AM - 8:00 AM							
8:00 AM - 9:00 AM	Community Access Activities, Social Connections, Employment/ Volunteering and Personal Appointments (Therapy etc)	Community Access Activities, Social Connections, Employment/ Volunteering and Personal Appointments (Therapy etc)	Community Access Activities, Social Connections, Employment/ Volunteering and Personal Appointments (Therapy etc)	Community Access Activities, Social Connections, Employment/ Volunteering and Personal Appointments (Therapy etc)	Community Access Activities, Social Connections, Employment/ Volunteering and Personal Appointments (Therapy etc)	SW to help with daily household chores	SW to help with daily household chores
9:00 AM - 10:00 AM							
10:00 AM - 11:00 AM							
11:00 AM - 12:00 PM							
12:00 PM - 1:00 PM							
1:00 PM - 2:00 PM	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT	NO SUPPORT
2:00 PM - 3:00 PM							
3:00 PM - 4:00 PM							
4:00 PM - 5:00 PM	SW to help with daily household chores	SW to help with daily household chores	SW to help with daily household chores	SW to help with daily household chores	SW to help with daily household chores	SW to help with daily household chores	SW to help with daily household chores
5:00 PM - 6:00 PM							
6:00 PM - 7:00 PM							
7:00 PM - 8:00 PM							
8:00 PM - 9:00 PM							
9:00 PM - 10:00 PM	Sleep shift	Sleep shift	Sleep shift	Sleep shift	Sleep Shift	Sleep Shift	Sleep Shift
10:00 PM - 11:00 PM							
11:00 PM - 12:00 AM							

**LEGEND**  
 Overnight Sleep (inactive) - ABC Service Provider  
 ABC Service Provider  
 No Support - practicing independence  
 Community Access/ Employment Provider

Item Name	Item Number	Unit Price	Hours Per Week	Total	
Assistance With Self-Care Activities - Level 1 - Weekday Daytime	01_300_0104_1_1	\$57.10 Hour	15	\$44,558.00	DELETE
Assistance With Self-Care Activities - Level 1 - Weekday Evening	01_301_0104_1_1	\$62.85 Hour	20	\$65,364.00	DELETE
Access Community Social And Rec Activities - Level 1 - Weekday Daytime	04_300_0104_1_1	\$57.10 Hour	20	\$59,384.00	DELETE
Assistance With Self-Care Activities - Night-Time Sleepover	01_010_0107_1_1	\$242.53 Each	364	\$88,280.92	DELETE
Assistance With Self-Care Activities - Level 1 - Saturday	01_302_0104_1_1	\$80.10 Hour	9	\$37,486.80	DELETE
Assistance With Self-Care Activities - Level 1 - Sunday	01_303_0104_1_1	\$103.11 Hour	9	\$48,255.48	DELETE
<input type="button" value="PRINT"/>		Weeks in Plan <input type="text" value="52"/>	<b>Total \$343,309.20</b>		<input type="button" value="RESET"/>

Use an online calculator to work out the weekly and annual costs of your ILO  
 Try [www.supportcalculator.com.au](http://www.supportcalculator.com.au) or <https://coability.com.au/ndis-budget-calculator/>

**OTHER CONSIDERATIONS FOR THE YEAR**

- Holidays (for you and/or your primary supports)
- Regular Hospitalisation/ Illness
- Annual Leave or Sick Leave from Work
- Other irregular (not weekly) activities to consider