

## NAVIGATING YOUR NDIS

### 1. Assess your eligible.

Eligible participants need to meet certain criteria before they can apply for the NDIS, including:

- You must be 65 years of age or younger
- You must be an Australian Resident
- You must have a permanent disability or require early intervention supports

Find out more about your eligibility by visiting [NDIS Eligibility Checklist](#).

If you are eligible, find out more about the [NDIS Participant Service Charter](#), to better understand what to expect when you deal with the NDIS

### 2. Prepare for your initial NDIS meeting

Make a checklist of what you may need to take with you to your first NDIS meeting. This should include:

- Information about your/your child's individual needs
- Information about your/your child's current living arrangements
- Diagnosis reports and assessments
- Questions you may want to ask

### 3. Take a trusted friend, parent or partner with you to the NDIS meeting for support

If you think you may need help with interpreting or advocating for your needs, don't be shy to take a friend/partner/parent with you for additional support.

### 4. Be clear about your needs

When thinking about what support you need try thinking about what you can't do but would like to? Or make a list of where you need to go each week, how you get there, and the support you need in order to get ready to go and when you arrive at the destination. And plan for worst case scenario, not just when everything is running smoothly.

The NDIS asks participants to show that the support they need is both *reasonable* and *necessary*. An explanation of these terms is listed below, but it is worthwhile being clear with yourself around what a *reasonable* and *necessary* support

looks like for you. The NDIS says that supports need to be related to your disability, provide value for money, be effective and beneficial.

## 5. Understand what your NDIS entitlements/plan

NDIS Support Coordination is funded through your NDIS Plan and can assist you with understanding and implementing supports to assist you to with;

- Understanding your NDIS plan and budget
- How to best manage your plan
- Provide links to other NDIS supported services
- Help you to review your current plan; and
- Provide advice and assistance if your circumstances change

## 6. Work with a Support Coordinator to prepare for your annual plan review

Every 12 months the NDIS reviews your plan to see if it is still meeting your needs. There is an opportunity to make important changes to your plan if there have been changes in your life, or if there is something you are not happy with.

- **Understand key words used regularly by the NDIS and what they mean for you**
- **Permanent and significant disability** - A permanent and significant disability means a disability is likely to be lifelong and has a substantial impact on a person's ability to complete everyday activities.
- **Supports and services** - Assistance or products that help a person to complete everyday tasks, to work or participate in the community, and reach their goals.
- **Early intervention** - Providing support to a person, either a child or an adult, as early as possible to reduce the impacts of the disability or developmental delay and build skills and independence
- **Reasonable and necessary** - 'Reasonable' means something fair and 'necessary' means something a person needs. The NDIS funds supports and services that relate to a person's disability to help them pursue their goals and meet their needs.
- **NDIS participant** - People who apply and meet the access criteria for the NDIS are called participants.
- **Early Childhood partners** - Teams of allied health professionals and early childhood educators who are contracted to deliver the early childhood approach

- **Local Area Coordinators (LAC)** - People who help others understand and access the NDIS. They also work with NDIS participants to develop and use their NDIS plan
- **Support Coordinators** - A person who helps a participant to understand and use NDIS funded supports in their plan to work towards reaching their goals. They also help to build skills so the participant can use their plan more independently and connect with community supports and services. If a participant lives in an area where there are no LACs, or they have complex needs, their NDIS plan may include funding for a Support Coordinator

## 7. Call NDIS for more information

And finally, if you are not sure about anything that you are hearing or reading call the NDIS for more information on **1800 800 110** or talk to your Support Coordinator.

## UNDERSTANDING YOUR NDIS PLAN

The NDIS allows you to have as much choice and control as possible over the supports funded or provided in your NDIS plan.

Your early childhood partner, LAC or Support Coordinator will help you start your NDIS plan.

## What's in your plan?

Your NDIS plan will be based on the discussion you had in your planning meeting.

Your plan will include the following information:

### Information about you

This section includes basic information about your disability, your day-to-day activities, where you live, who you live with, or who cares for you.

### Family and friends

This section includes information about the support you get from family and friends that is not funded but will help you pursue your goals.

### Services and community groups

This section includes information about services and supports funded and delivered by community or other government services like support groups, health centres, libraries and public transport.

### Your goals

This section includes the current goals you would like to pursue as part of your plan and the long-term goals you have identified for your life. Goal-setting is an important part of the NDIS. The supports you receive may help you pursue the goals in your NDIS plan.

## Funded supports

This section tells you what funding you have been allocated in each support category and what this funding is for. You may not have all the support categories funded in your plan. Some people might have one or two support categories funded and others may have more.

This will depend on your individual needs and may change from plan to plan based on the supports and services you need. Your funding is based on what is reasonable and necessary for your needs, in addition to the support provided by family, friends and other community and government services that you need to live your life. You must only use your NDIS funding on supports and services that are related to your disability.

Find out more about support categories in your support budgets in [Managing your budget](#).