

# My NDIS Pathway

Your guide to being  
an NDIS participant

# My NDIS pathway

The National Disability Insurance Scheme (also called the NDIS) is a new way of providing disability support.

It's important to understand how the NDIS works and whether you are eligible to participate. If you are, you will develop a plan with the NDIS to help you access the supports you need. Your plan will be reviewed over time so you'll get the right support for as long as you need it.

This booklet will help you understand the path you will travel as the NDIS works with you. It will provide an overview of what to expect at each stage.

You can refer back to this booklet as you move from stage to stage to help you understand what happens next.

Some words we use to talk about the NDIS might be new to you, so we've explained them along the way. For example when you are eligible for NDIS support, you are called a **participant**.

## The NDIS and you

The NDIS will provide all Australians under the age of 65 who have a disability that is likely to be permanent and significant with the supports they need to live an ordinary life.

The NDIS funds supports that are reasonable and necessary for you to achieve your goals.

### **Everyone's needs and goals are different.**

That's why the NDIS provides you with the flexibility to manage your individual support needs. It also means your experience with the NDIS might be different to another person's.

### **Your first plan with the NDIS will continue to give you the support you need now.**

It will make sure you have time to learn more about all of your options with the NDIS and consider your goals for your next plan.

The NDIS will support you throughout your life for as long as you need it, so this pathway will continue on, and you'll update your plan as your needs change.

**The National Disability Insurance Scheme (NDIS) is a new way of providing disability support. The National Disability Insurance Agency (NDIA) is responsible for delivering the NDIS.**

Start your NDIS journey here.



### What is the NDIS?

The NDIS is a new way of providing disability support that takes a lifetime approach.

### Can I access the NDIS?



You can access the NDIS depending on your age, residency and disability.



### My first plan

Your first plan is the start of a lifelong relationship with the NDIS.

### Starting my plan



You can choose the providers you want. Your existing provider may need to continue to deliver some supports initially.



We review your plan with you every 12 months to make sure you're getting the support you need.



### Reviewing my plan

# What is the NDIS?

## The NDIS is a new way of providing disability support.

It takes a lifetime approach investing in people with disability. The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.

The NDIS helps you to:

### Access mainstream services and supports

These are the services available for all Australians that you receive from people like doctors or teachers through the health and education systems. It also covers areas like public housing and the justice and aged care systems.

### Access community services and supports

These are activities and services available to everyone in your community, such as sports clubs, community groups, libraries or charities.



**The NDIS supports people with disability to build skills and capability so they can participate in the community and employment.**

### Maintain your informal support arrangements

This is help you get from your family and friends. It is support you don't pay for and is generally part of most people's lives.

### Receive reasonable and necessary funded supports

The NDIS can pay for supports that are reasonable and necessary for you. This means they are related to your disability and are required for you to live an ordinary life and achieve your goals. You can read more about reasonable and necessary supports on our website [www.ndis.gov.au](http://www.ndis.gov.au).

The NDIS will be available to you as long as you need support to manage your disability.

Once you have a plan, it is generally in place for 12 months. If your needs change you can ask for it to be reviewed.

To learn more about the NDIS visit [www.ndis.gov.au](http://www.ndis.gov.au).



What is the NDIS?



Can I access the NDIS?



My first plan



Starting my plan



Reviewing my plan

# The NDIS helps you:

The help you get from your family and friends.

**Maintain your informal support arrangements**



The activities and services available to everyone in your community, such as sports clubs, community groups, libraries or charities.

**Access community services and supports**



**What is the NDIS?**



**Receive reasonable and necessary funded supports**

The NDIS can pay for supports that are reasonable and necessary for you. This means they are related to your disability and are required for you to live an ordinary life and achieve your goals.

**Access mainstream services and supports**

The services available for all Australians that you receive from people like doctors or teachers through the health and education systems.



# Can I access the NDIS?

**You can access the NDIS depending on your age, residency and disability.**

## 1. Age

If you are under 65 years of age.

## 2. Residency

If you live in Australia and are an Australian citizen, or you have paperwork that gives you permission to live here permanently.

## 3. Disability

If your disability is likely to be with you for life and substantially impacts how you manage everyday activities. This means you need help from other people or special equipment to do certain things.

## Early intervention

Early intervention helps people with a disability that is likely to be with them for life but could be improved by getting some additional support now.

The focus of early intervention is on people getting services and supports now so they require fewer services and supports in the future and can live a more independent life.

Early intervention can also help children under six years old with developmental delay.

More information about early intervention is available on our website [www.ndis.gov.au](http://www.ndis.gov.au).

## So what do I need to do?

To access the NDIS, we'll need to know some information about you. Everyone will provide this information in different ways. You might be asked to fill in a form or tell someone over the phone.

If you currently get disability supports, your provider may be able to give us this information for you. If you are not currently receiving supports, you will need to contact us when the NDIS is available in your area. You can find out when the NDIS is available in your area on our website [www.ndis.gov.au](http://www.ndis.gov.au).

Once we have this information, we will contact you to let you know if you are able to access the NDIS, and we will also tell you what the next steps are.

People who meet the NDIS access requirements are called participants.



**The NDIS can support you even if you're not eligible for funding.**

If you are not eligible for funding, you may still be able to access disability and mainstream supports available in the community. You can find information about your options to build skills and capability and to link to these services on our website [www.ndis.gov.au/people-disability/information-and-referral](http://www.ndis.gov.au/people-disability/information-and-referral).



What is the NDIS?



**Can I access the NDIS?**



My first plan



Starting my plan



Reviewing my plan

**Age**

If you are under 65 years of age.



**Residency**

If you live in Australia and are an Australian citizen, or you have paperwork that gives you permission to live here permanently.



**Disability**

If your disability is likely to be with you for life and substantially impacts how you manage everyday activities.



# My first plan

## Your first plan is the start of a lifelong relationship with the NDIS and will continue to give you the support you need now.

It will make sure you have time to learn more about all of your options with the NDIS and consider your goals for your next plan.

Your first plan may include the same supports and services you currently receive. It might include a range of supports provided by your family, friends, doctors, school and paid disability providers.

To create your first plan you will have a conversation with an NDIS representative about your current situation and supports. We will ask you how you do everyday things like having a shower or cooking food. This information will form the basis of your first plan. You will keep receiving your current supports until you have an NDIS plan in place.



### Your first plan will be in place for 12 months.

This will give you time to think about how those supports are working for you, and what else you might need to help you achieve your goals before you do your next plan.

Your plan may include:

- **Informal supports** – the care and help you get from your family and friends.
- **Community supports** – the activities and services you can get from people or groups in your local community.
- **Mainstream supports** – the support and services you get from your doctor or school.
- **Reasonable and necessary funded supports** – the supports and services the NDIS can fund. These are things related to your disability that you need to live your life and increase your options such as getting a job or doing more activities in the community.

Your first plan will be in place for 12 months. This will give you time to think about how those supports are working for you, and what else you might need to help you achieve your goals before you do your next plan.

It will also give you an opportunity to explore options to get involved in your local community through activities such as sports clubs and special interest and community groups.



What is the NDIS?



Can I access the NDIS?



**My first plan**



Starting my plan



Reviewing my plan



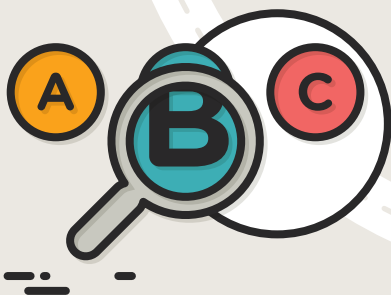
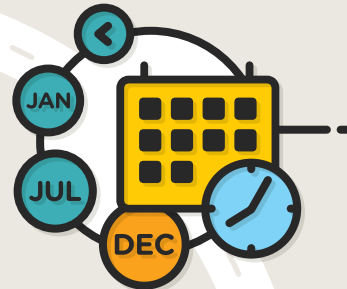
Your first plan with the NDIS will continue to give you the support you need now.

### The start of a lifelong relationship



This will give you time to think about how those supports are working for you.

### In place for 12 months



### Learn the options available

It will make sure you have time to learn more about all of your options with the NDIS. It will also give you an opportunity to explore options to get involved in your local community.



### Consider your goals

Your first plan will give you time to think about what you might need to help you achieve your goals before you do your next plan.

# Starting my plan

**Once your plan is approved, it is time to put it into action.**

**The NDIS can work with you to start your plan.**

This support may include Local Area Coordinators (LACs) who can help you find community activities and the mainstream services that help you achieve your goals. Local Area Coordination is designed to support people with disability to explore and build an ordinary life within their communities.

## Self-direction

Self-direction means **you have control over your supports and how they are provided.**

The National Disability Insurance Agency can help you manage payments to your providers or you can manage these payments yourself.

You can get information on self-directing and self-managing your plan on our website [www.ndis.gov.au/participants](http://www.ndis.gov.au/participants).



**You can choose your own support providers and how this support is delivered.**

## Choosing your providers

**You can choose the providers you want to deliver the services you need.** You will normally need to make a written agreement with your providers to do this. Your existing provider may need to continue to deliver some supports initially.

## Participant Portal

You can access your plan on the Participant Portal, an online tool available through the myGov website that keeps all of your documents together. You'll receive portal access instructions once your plan is ready. If you choose to self-manage your funding, you can also process payments through the portal.

## Starting your plan

While you are starting your plan, you might like to:

- Think about your future goals.
- Consider activities and ways of achieving your goals.

It is important to think about how your first plan is working for you – what is good and what is not. This will help you prepare for your next plan at your plan review.



What is the NDIS?



Can I access the NDIS?



My first plan



**Starting my plan**



Reviewing my plan

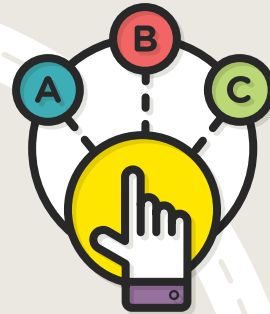
You have control over your supports and how they are provided.

### Self-direction



You will normally need to make a written agreement with your providers to do this.

### You can choose your providers



## Starting my plan



### Participant Portal

An online tool available through the myGov website that keeps all of your documents together.



### Think about your future goals

It is important to think about how your first plan is working for you – what is good and what is not.

# Reviewing my plan

**While everyone is different, your first plan will generally be in place for 12 months before we work with you to make any changes.**

**This is called a plan review.**

Have a think about your goals in both the short and long term. Knowing what you would like to work towards will help you to think about the supports and services you may need to achieve those goals.

It's important your NDIS plan, and any funded supports, continue to work well for you.

This means your plan is helping you to achieve your goals.

Before you start your plan review, it can also be helpful for you to explore options to get involved in your local community through activities such as sport clubs, local theatres, special interest groups and community gardening.

If your circumstances or needs change you can talk to us about potentially changing your plan. You can ask a family member, friend, carer or provider to support you during a plan review.



## Changing providers

If you feel a support or service provider is not helping you as much as they could, you can change provider. You don't need to wait until your plan review. See 'choosing a provider' on our website for more information.



What is the NDIS?



Can I access the NDIS?



My first plan



Starting my plan



**Reviewing my plan**



## Reviewing my plan

This checklist helps you get ready for making your next NDIS plan.



Think about your life now, including which supports are helping you and which are not.



Identify your strengths, interests, opportunities and challenges.



Consider your current informal, mainstream, funded and community supports.

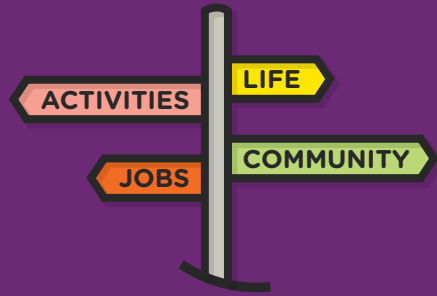


Think about your goals and what you want to achieve.



Write this down so that you are prepared for your plan review.





**For more information about this booklet,  
please contact:**

**National Disability Insurance Agency**

 Telephone 1800 800 110

**For people with hearing or speech loss**

 TTY: 1800 555 677

 Speak and Listen: 1800 555 727

**For people who need help with English**

 TIS: 131 450

**This publication can be accessed online at [www.ndis.gov.au](http://www.ndis.gov.au)**

 Find us on Facebook/NDISAus

 Follow us on Twitter @NDIS