



# Preparing for the NDIS

*We're here to help*







## **This booklet covers the following topics:**

What is the National Disability Insurance Scheme (NDIS)?

What is the National Disability Insurance Agency (NDIA)?

Who is eligible for the NDIS?

What type of assistance is available?

What is the process for accessing the NDIS?

What do I need to do now?

About your NDIS plan

- Who will help me develop my plan?
- Approving your plan and deciding how to manage supports
- Implementing your plan
- Reviewing your plan

Tools to help you prepare for your NDIS plan

# What is the National Disability Insurance Scheme (NDIS)?

The NDIS is a new way for people with disability to access support and services. It's about helping you to achieve your goals, by tailoring a support package that suits your individual needs.

The NDIS is being rolled out across Australia. To find out when the NDIS will be introduced in your area, visit [www.ndis.gov.au](http://www.ndis.gov.au).

## What is the National Disability Insurance Agency (NDIA)?

The NDIA is the agency responsible for implementing the NDIS. They work with people who are eligible for the NDIS to develop a plan and support them to reach their goals.

## Who is eligible for the NDIS?

About 460,000 Australians under 65 years old with a permanent and significant disability will be eligible. The NDIS isn't means tested and there's no impact on income support such as the Disability Support Pension or Carers Allowance.

## What type of assistance is available?

The NDIS will provide assistance towards supports, aids and equipment that are reasonable and necessary to help you achieve your goals. Everything will be set out in a plan that is agreed between you and the NDIA.

The NDIS can cover a range of support, including:

- Capital funding - purchase of equipment, specialised aids, technology or modifications
- Core funding - for the 'usual support' required to undertake daily activities
- Capacity funding - for learning, training, skill building, capacity building to help you achieve your work, study or life goals.

The NDIS will fund reasonable and necessary support that must:

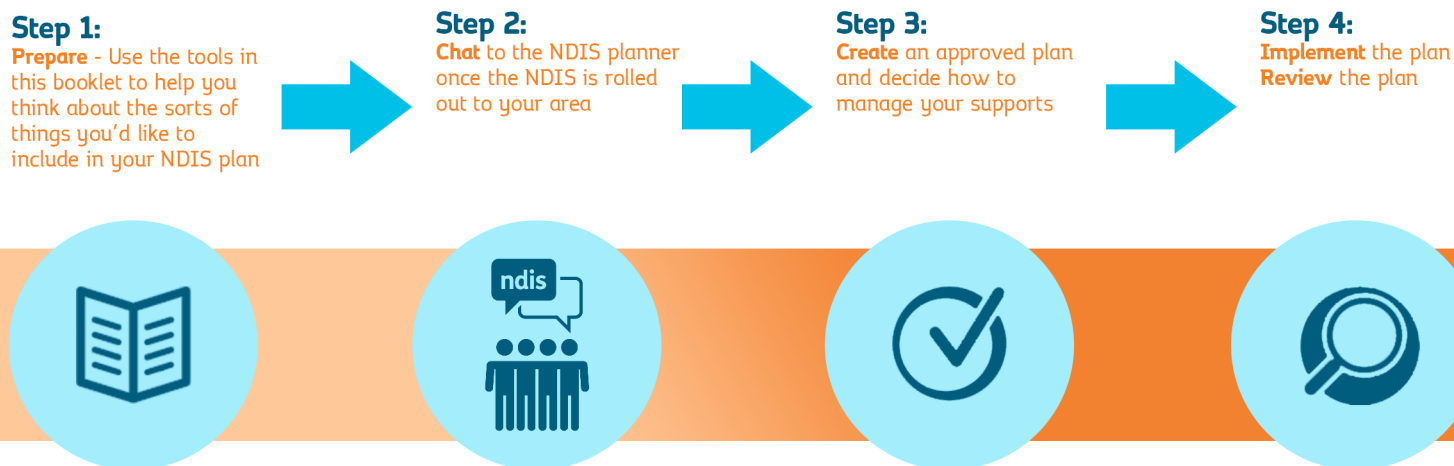
- Be related to your disability
- Represent value for money
- Be likely to be effective and beneficial for you
- Take into account informal family, carer and community support that is available to you.

Each year (or earlier if required), you will review the plan with the NDIA to make sure it continues to reflect your goals and how you can be supported to achieve them.

# What is the process for accessing the NDIS?

When the NDIS is rolled out to your area (you can check when this will be by looking at the NDIS website [www.ndis.gov.au](http://www.ndis.gov.au)), you will meet with a planner to discuss your goals and how the NDIS can support you. We can help you with this if you are a current Able Australia client.

The diagram below shows the pathway for accessing the NDIS.



**Able Australia is here to help you every step of the way.**

## What do I need to do now?

At this stage, it's a good idea to do some preparation so you're ready when the NDIS becomes available in your area. The first step is to think about the sorts of things you'd like to include in your NDIS plan.

## About your NDIS plan

Your plan is about you, so it's important to think about what your goals are – now and in the future.

In the meantime, you can use the questions and tools in the 'Preparing for your NDIS Plan' section of this booklet to help you start thinking about the sorts of things you want to include in your plan. Consider all aspects of your life, including:

- Your current situation: living arrangements, social activities, employment
- Your current supports and what is working well
- What you would like to change (if anything)
- Your goals and aspirations.

You don't have to do this alone. Start talking to your family, friends and carers about what your goals might look like now and into the future – if you haven't given it much thought before, now is the perfect time to really think about what you'd like to achieve. Your Able Australia representative is available to support you as well.

## Who will help me develop my plan?

After you have been confirmed as eligible for the NDIS, a planner from the NDIA will arrange to meet at a time and place that is convenient for you.

At this meeting, you will have a conversation about your goals, needs and what you would like your future to look like. You can bring someone with you if you like, so start thinking about who you would like to attend the meeting with you (it can be more than one person).

We can help you with this if you are a current Able Australia participant.

If the NDIS is not in your area yet, you'll receive more information from the NDIA once it gets closer to the time the scheme is rolling out to you.

## Approving your plan and deciding how to manage supports

The NDIA will work out what funds will be allocated to meet your needs and goals, based on your plan. The planner will write up your plan and give you a copy. It is very important you review the plan and make sure it lists all the support you think you will need.

The NDIA will work with you to decide how to manage your plan. There are a number of options. Your plan can be managed by:

- You
- Someone else that is nominated by you (nominee)
- A person who is funded under the plan to manage it (i.e. outsourced)
- The NDIA
- A combination of the above.

Whatever option you choose, the NDIA will support you to make the arrangements and set up processes.

## Implementing your plan

Once your plan is agreed, your NDIA planner will talk to you about how you would like to implement it. There is a range of assistance available to you, depending on how confident you feel about managing money and coordinating the supports set out in your plan.

You can have as much or as little assistance as you want. For example, you may request support to:

- Research and interview potential providers
- Decide which provider will deliver your support
- Make agreements with providers about the services you will receive.

The important thing to remember that it's your plan, and you get to choose how you would like to implement it, and how much help you'd like in doing that.

## Reviewing your plan

Most plans will be reviewed after 12 months, but if your needs change sooner, you can arrange for an earlier review.







## Tools to help you prepare for your NDIS plan

The following is a guide to help you start thinking about your goals - in life, work, the community and/or study - and how you can be supported to achieve them.

Doing this preparation now will mean you're ready and well prepared for the discussion with the NDIA planner when the time comes.

### Regular activities

#### Monday

**What do I do now?**

Go to swimming at 9am

**What help do I have?**

I get picked up and dropped home by the bus

**What I'd like to do**

**What support I'd need**

**What do I do now?**

**What help do I have?**



The NDIA will have a workbook that they will ask you to use when the actual planning takes place, and this pre-work will be useful for that process too.

Ask your family, friends and carers to help you complete some of the questions to make sure you don't miss anything out. And remember, we're here to help you too.

Please visit [www.ableaustralia.org.au](http://www.ableaustralia.org.au) for more information.

## Occasional/sometimes activities

September

**What I do**

Attend local footy match

**What help do I have?**

My carer drives me

**What I'd like to do**

**What support I'd need**

## My goals

At the moment, I live \_\_\_\_\_.

I work/study or do not work/study at \_\_\_\_\_.

I enjoy (list any hobbies/sports/interests) \_\_\_\_\_.

In the future, I would like to live \_\_\_\_\_.

I would like to: (insert goals involving work, leisure, community, study etc)

\_\_\_\_\_.

To do this, I would need: \_\_\_\_\_.

## My equipment

CATEGORY	TYPE OF AID / EQUIPMENT	WHAT DOES THIS HELP ME DO?
Mobility Communication Self-care Access Environmental control At work At school Other		
DOES IT NEED REPAIR / MONITORING / REPLACEMENT?	ADDITIONAL NEEDS	



My equipment (cont.)

TECHNOLOGY	PAID SUPPORT (FORMAL)	PAID SUPPORT (INFORMAL)
CONSUMABLES	TYPE OF AID / EQUIPMENT	WHAT DOES THIS HELP ME DO?
Continence Nutrition		
NON-DISPOSABLE PRODUCTS	DISPOSABLE PRODUCTS	SUPPLY ROUTINE
EQUIPMENT		TECHNOLOGY

You can also learn more about the NDIS at [www.ndis.gov.au](http://www.ndis.gov.au)

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