

# How can the NDIS support recovery?

## Step 2 - How can the NDIS support recovery?

This video was developed by the NSW Mental Health Commission. It shares the mental health and NDIS experiences of people affected by mental health conditions.

Recovery is about living a life of personal, social and emotional wellbeing, whilst living with a mental health condition. Recovery is individual and defined by each person for themselves.

The purpose of the NDIS is to help you get the disability support you need. Everyone's goals will be different, but the NDIS may help you with things like:

1. Making choices about the way you're supported, e.g. a Recovery Coach or Support Coordinator to support you to understand and choose your supports
2. Support with daily living activities:
  - Caring for your home, e.g. assistance with cleaning or gardening, skill building to help maintain your tenancy
  - Caring for yourself, e.g. motivation and prompting for activities like showering
3. Strengthening relationships with family or friends, e.g. behavioural support plan
4. Equipment and modifications to increase your independence, e.g. a talking calendar to provide prompts and reminders
5. Managing your home arrangements, e.g. support finding a new place
6. Health and wellbeing support, e.g. support for healthy eating and exercise
7. Learning and education, e.g. support starting a course
8. Skills to manage the impact of your disability, e.g. skills to build your independence
9. Employment, e.g. workers to assist you with your employment
10. Being involved in your community, e.g. motivation and support to join local activities.

The addition of psychosocial Recovery Coaches to the support participants can get as of 1 July 2020 is one way the NDIS is working to support recovery. You can read more on [this page](#).

Remember: you decide what your recovery looks like and how to make the NDIS meet your needs in life! Later, this website will help you explore your goals, whether you are funded for NDIS services or not.