

# What is the NDIS?

[< Back to Step 1](#) | [Next topic >](#)

This is just a basic explanation. The other sections of this resource will explore the NDIS in more detail.

NDIS stands for National Disability Insurance Scheme. It supports the belief that people may develop a disability at any time and that everyone's support needs will be different. The NDIS is available to help all eligible Australians access disability supports and services if they choose to do so.

It is important to include people living with high levels of psychosocial disability in the NDIS because it enables them to access disability services and supports alongside mental health treatment.

The NDIS might be called an investment scheme because it is investing in the health and wellbeing of Australia through encouraging the economic and social participation, and community inclusion, of people with disabilities!

It is the new way of providing disability support in Australia. This can include supporting you if you are living with a psychosocial disability.

Remember, everyone's support needs are different. The NDIS is about enabling people with disability to take charge of their own lives by using a person-centred and self-directed funding approach and by providing choice and control for their individual needs.

## Useful links

[About the NDIS](#)

[NDIS ready](#)

[National Disability Insurance Scheme Act 2013](#)

Information for carers: [NDIS Supporting Families and Carers](#)

[< Back to Step 1](#) | [Next topic >](#)