

# 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. The NDIS understands that people may develop a disability at any time and that everyone's support needs will be different.

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

The NDIS is available to make it easier for all eligible Australians to get the disability supports and services they choose.

The NDIS is important for people living with high levels of psychosocial disability because it enables them to access disability services and supports alongside their mental health treatment.

The NDIS could 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!

Remember, everyone's support needs are different. The NDIS uses a person-centred and self-directed funding approach to enable people with disability to take charge of their own lives by providing more 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 >](#)