



## Rural and Remote Hub

### Welcome

This Hub was co-designed with people living in rural and remote areas with lived experience of mental health concerns, as well as their carers and other supporters. Two groups, one in Launceston, TAS and one in Ceduna, SA worked on these resources over 18 months in 2019 - 2020.

We've made resources for you in plain English, to simplify the NDIS, and address some of the barriers faced in rural and remote areas. Most of these resources are handy to print and use offline. We hope these resources help you along your NDIS journey.

*If you would like to order printed versions of any of these resources, please contact us via [reimagine@mhcc.org.au](mailto:reimagine@mhcc.org.au)*



## Resources to support you

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### Steps to the NDIS?

This simple graphic based resource in easy English that shares how to access NDIS support:

- [Steps to the NDIS](#)

#### Rural Tip!

If/when you are making your NDIS plan, request to 'self-manage' or 'plan-manage' your money. This will allow you to choose service providers in your local area, so you don't have to travel as far to get support.

You can learn more about these budget management options [here](#).

### Workbook in plain English

We've worked to make a plain [English version](#) of our workbook:



The following sample workbook goes together with the workbook, to support you with ideas for completing it:

- [Example Workbook](#)

The following easy guide was made by our group in Ceduna, SA, as a quick, printable companion for your NDIS journey and the reimagine.today website:

- [6 Steps to the NDIS](#)

## Checklist for GPs

The following checklist can be used by GPs or other health professionals to help them with supporting someone through accessing the NDIS. If you're a consumer, you may also wish to take this along with you to your GP appointment(s).

- [GP Checklist](#)

## Learning Activity

The following activity was designed by people in Launceston, TAS, to support others with some of the steps of applying for the NDIS. Take a look!

[Rural NDIS adventure](#)

### Useful links

[Carers Australia - Remote and rural carers](#)

[Department of Social Services - Connect with your regional coordinator](#)

[Department of Social Services - Understand NDIS demand in your area](#)

[NDIS - Price guides and pricing](#)

