
How to Apply for an NDIS Package?

Step 4 - How to Apply for an NDIS Package?

By now you've probably thought about your hopes, goals and supports that might help you to make these happen. You can use this information to help prepare your NDIS application. This is called an 'access request'.

There are two paths for submitting an access request, based on whether you already receive disability or mental health services.

Yes, I receive existing services

If you currently receive disability services that are being moved into the NDIS, you should have been contacted by the NDIA by letter or phone.

You also will have been contacted by the NDIA if you were in the following programs:

- Partners in Recovery (PIR)
- Personal Helpers and Mentors (PHaMs)
- Day-to-Day Living (D2DL)

Note: if you were receiving support from Mental Health Respite: Carer Support (MHR:CS), your provider should help you connect with the NDIS or you can contact the [National Disability Insurance Agency](#) yourself.

If the NDIA contacts you but you aren't ready to apply, you can arrange a phone call at a later date/time. You may want to gather information, have a support person with you, or meet in person rather than on the phone. It is OK to ask for this.

No, I do not currently receive services

If you don't receive services currently or are not sure, contact the [National Disability Insurance Agency](#).

For your access request you may need to submit other documents to support your application - the next sections will explain some of these.

Pathways: Improving the NDIS Experience

The NDIA is seeking new ways to support people with NDIS access and to promote participation in the planning process. This is the NDIS Pathways Program. As part of this, the NDIA is improving the Psychosocial Service Stream, which includes training staff to better understand psychosocial disability and making new resources for participants, providers and government services.

For more details see the [Improving the participant and provider experience \[Website\]](#).



WORKBOOK TIP

In your reimagine.today workbook (or App), use the **My Appointments** section in Step 4 to record when and where your appointments are, and any questions or important information.