



Reimagine My Life Workbook

The book is designed to support people living with mental health conditions through the NDIS. It can also be used by workers, supporters, family, carers and more. Download your reimagine.today workbook

[Download](#)

Self-Care Hub

The Self-Care Hub is full of resources...

[Self-Care Hub](#)

Resources

[Aboriginal and Torres Strait Islander Hub](#)

[LGBTIQ Communities Hub](#)

[Multicultural Hub](#)

[Rural and Remote Hub](#)

Step 1: Understand psychosocial disability

Learning Activities

Get to know us

[Start Activity](#)

Exploring psychosocial disability

[Start Activity](#)

Exploring our challenges

[Start Activity](#)

Videos

What does psychosocial disability mean to you?



Permanent, lifelong and episodic

United Nations Convention on the Rights of People with Disabilities

Step 2: Understand the NDIS

Videos

What is the NDIS?

https://www.youtube.com/watch?v=JZvnB5g7HB0&feature=emb_logo

What is a local area coordinator?

NDIS - mental health perspectives

Who are the NDIA?

https://www.youtube.com/watch?time_continue=313&v=JZvnB5g7HB0&feature=emb_logo

What difference can the NDIS make for me?

Reasonable and necessary supports

Step 3: Check if you can access the NDIS

Video

Accessing the NDIS

https://www.youtube.com/watch?v=EM03PSz3Ar8&feature=emb_logo

Step 4: Apply for NDIS support

Videos

Advice for applying

What barriers or challenges have you faced with the NDIS?

What information did you collect?

Step 5: Reimagine your life

Learning Activities

Exploring our goals

[Start Activity](#)

Exploring our hopes and dreams

[Start Activity](#)

Videos

Decisions decisions decisions

How could the NDIS support me?

What do you think about self-managing a plan?

What are your goals?

What do you think about support coordination?

Advice for applying

Step 6: Plan with the NDIS

Videos

Developing your first NDIS plan

What barriers or challenges have you faced with the NDIS?

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