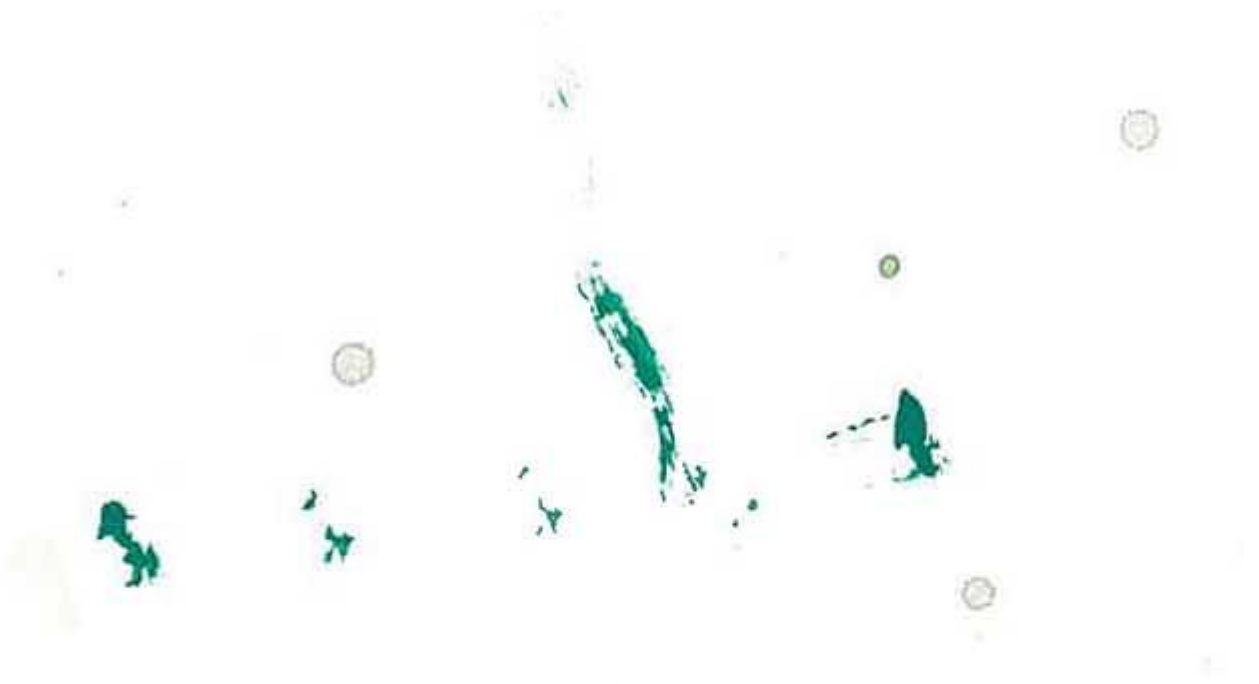


## Welcome

\*This Hub was 'co-designed' (created and built) with Aboriginal and Torres Strait Islander people with lived experience of mental health concerns, and their mobs. A mob from the NT in Darwin and people from the Cherbourg community in Queensland, who worked on these resources over 18 months in 2019 - 2020. These resources were made for you - to help you along your NDIS journey.

*The 'NDIS logo' you see above was inspired by the Cherbourg community - it depicts N - nulla nullas, D - a person sitting, I - a didgeridoo, and S - 2 boomerangs - brought to life by Casey Coolwell (CHABOO) from Queensland. The artwork flowing through the Hub is from a young Indigenous girl from the Cherbourg community (used with permission).*

The NDIS journey can be hard, but worth it. The NT-Darwin mob have shared stories of Aboriginal and Torres Strait Islander people and their experiences of the NDIS, getting a plan, and how it can help. People in the Cherbourg community worked to share simple messages about the NDIS, and NDIS language, using interactive puzzles. And more.



## Our Stories

### Lawurrpa Maypilama (Elaine)'s Story

Meanings of the images in this story: the collection and gathering of pandanus, clays, roots and dyes represents the learning around the NDIS and family meetings and decision making. The weaving of the mat is the creation of the plan, and the process of planning meetings. The finished mat is the approved and implemented plan for the NDIS.

## Man's Yarning on the NDIS

This story is about a man that has mental health issues and is confused by this. He seeks help, learns about the NDIS and how it can support him with his journey of recovery. We have shared this story in the following languages:

- [Woman's Yarning on the NDIS - Pitjantjara](#)
- [Woman's Yarning on the NDIS - Torres Straits Creole](#)
- [Woman's Yarning on the NDIS - Walpiri](#)
- [Woman's Yarning on the NDIS - Western Arrernte](#)
- [Woman's Yarning on the NDIS -Yolngu](#)

## Resources to support you

There are a few printable resources you may find useful to support you with your NDIS journey.

**The First People's Disability Network (FPDN) have created the 'Our Way Planning Resources' - take a look at these on their website:**

<https://fpdn.org.au/our-way-planning-resources/>

Contact them to find out more: [lisah@fpdn.org.au](mailto:lisah@fpdn.org.au)

*The resources below can be printed off and used by yourself, or you can print them to use with someone you're supporting.*

### What is the NDIS?

Here are some fun learning activities we made to help you understand it:

- Crossword - NDIS
- Find-a-word - NDIS
- Crossword - Mental health conditions
- Word scramble - Mental health conditions

### Yarning About the NDIS?

Menzies University created these resources to help you when Yarning About the NDIS:

- [Can I Get NDIS?](#)
- [How To Connect](#)
- [Yarning About NDIS - Brochure](#)
- Yarning About NDIS - ACTIVITY

### You have an NDIS plan, now what?

These flyers will give you some tips:

- [You have an NDIS plan, now what?](#)

- [You have an NDIS plan, who can help?](#)

## Resources for workers

The following eLearning resource is for workers that may be new to or continuing their learning for working with Aboriginal and Torres Strait Islander people and communities. It explores examples, and uses advice given by people in the Cherbourg community in Queensland.

[http://mhcc.learningcart.com/uploads/Reimagine/Working-with-Aboriginal-and-Torres-Strait-Islander-people-v1/story\\_html5.html](http://mhcc.learningcart.com/uploads/Reimagine/Working-with-Aboriginal-and-Torres-Strait-Islander-people-v1/story_html5.html)

Learn more about cultural safety:

<https://healthinfonet.ecu.edu.au/key-resources/health-professionals/cultural-safety-for-health-professionals/>

### Our Way Planning Resources

Created by the First People's Disability Network (FPDN) - <https://fpdn.org.au/our-way-planning-resources/>

Contact FPDN to find out more: [lisah@fpdn.org.au](mailto:lisah@fpdn.org.au)

## Other useful links

[Menzies School of Health Research- Resources](#)

[Australian Indigenous Health Info Net - Resources](#)

[Overview of Aboriginal and Torres Strait Islander health status](#)

no results