



## 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?**

**What is a local area coordinator?**

**NDIS - mental health perspectives**

**Who are the NDIA?**

**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**

## **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?**

no results