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# How can the NDIS support you?

## Step 2 - How can the NDIS support you?

The NDIS aims to provide support to all Australians living with psychosocial disability and their families and carers, depending on their needs. This support is divided into two main groups.

### 1. NDIS Participants

If you live with psychosocial disability and you meet the [NDIS 'access requirements'](#) you may be able to become an NDIS participant. If you become a participant, you will be eligible for funding for 'reasonable' and 'necessary' support services.

This is explored more on the [Reasonable and necessary supports](#) page.

### 2. All Australians

Not everyone who applies will become an NDIS participant with individually funded supports. However, if you are not eligible for NDIS funded supports you can talk to the NDIA and LACs about services in your community that can support your recovery journey. For more detail, see the [I do not meet the access requirements, What can I do?](#) page.

Through 'Information, Linkages and Capacity building' activities the NDIS provides every person with a disability, or at risk of developing a disability, with the following support:

- information about supports in their community
- referral to services and links to local support groups, clubs or programs
- individualised plans and supports.

## How does the NDIS support NDIS participants?

If you become a funded NDIS participant, you can receive support to develop an individual NDIS plan. A plan includes information about NDIS supports to help meet your needs, informal support (from family and friends), and information about mainstream supports you might access.

For more information about funded supports go to the [What may or may not be funded?](#) page.

With your plan you can choose:

- your support providers
- how the support is delivered
- how much control you want in managing your plan

A final approved plan gives you control and responsibility for making the plan happen. However, you might choose to have someone support you to put your plan into action (this may be called 'plan management' or 'coordination of supports').



**Useful link**

[What help can I get?](#)