







# NDIS ACCESS

## Checklist for appointment with my GP

Take this checklist to your GP or other health professional (psychiatrist or psychologist) to help complete your NDIS access forms. You may want to ✓ the boxes as you go through each step.

 Before starting these tasks, you may also want to read the brochure '6 Steps to the NDIS' to help you better understand the NDIS.

I want to access the NDIS to get support for my psychosocial disability		
<input type="checkbox"/>	I have called the NDIS on <b>1800 800 110</b> and requested an <b>Access Request Form</b> .	
I have my NDIS Form and I need to get my doctor or health professional to help complete my NDIS paperwork		
<input type="checkbox"/>	I have my <b>NDIS Form</b> .	
<input type="checkbox"/>	I have made an <b>appointment with my GP or health professional</b> and let them know that I have my NDIS Access Request Form or Supporting Evidence Form. I have requested a long appointment.	
Getting ready for my appointment		
<input type="checkbox"/>	I have <b>all the information together</b> about myself, about my disability and how it impacts upon my day-to-day life, to take to my appointment.	
<input type="checkbox"/>	I have gone through each of the six areas of functional impact and written down detailed information about which ones impact upon me, by how much and how often. I have included details about what it means to me and how it affects me. Areas of need are: <b>mobility and motor skills, communication, social interaction, learning, self-care and self-management</b> .	
<input type="checkbox"/>	I have <b>other assessments or reports</b> from other health professionals and have contacted them and asked for copies to be sent to my GP.	




















Going to your appointment		
<input type="checkbox"/>	Bring any letters from other doctors or previous assessments from therapists and health professionals	
<input type="checkbox"/>	Have a <b>support person</b> with you. Decide if you want someone to go with you. You can take a family member, friend or a support person from a service you already use with you.	
At your appointment - talking with your doctor		
<input type="checkbox"/>	You need to ask your doctor to write down your <b>Primary Disability</b> . That's the disability or impairment that impacts on you the most. The GP then needs to write down information in <b>one or more of the six areas of functional impact</b> that matches your Primary Disability.	
<input type="checkbox"/>	It is important that the language you GP uses talks about how this <b>Primary Disability impacts</b> upon you, the type of support you need, how often and how much on a daily, weekly or occasional basis.	
<input type="checkbox"/>	It is also really important that your doctor is clear that your <b>disability is permanent</b> and that it is likely you will need support for your lifetime.	
Who can support me if I need more help?		
<input type="checkbox"/>	NDIA <b>Local Area Coordinators</b> in your area can help you get your evidence together for the NDIA. For more info visit: <a href="http://www.ndis.gov.au/contact/locations">www.ndis.gov.au/contact/locations</a>	
<input type="checkbox"/>	The NDIA can also provide you with extra help. Call them on <b>1800 800 110</b>	

Table to take to your GP Visit - write down how your Primary Disability impacts on your life and your support needs.

	Functional Area	
AREA OF NEED	HOW DOES MY DISABILITY IMPACT ON MY LIFE?	WHAT ARE MY SUPPORT NEEDS?
<b>Mobility and motor skills</b> 		
<b>Communication</b> 		
<b>Social Interaction</b> 		
<b>Learning</b> 		
<b>Self-care</b> 		
<b>Self-management</b> 		

You might like to refer to the Reimagine Today Workbook or the brochure '6 Steps to the NDIS'.

	Support Needs	
AREA OF NEED	HOW MUCH SUPPORT DO I NEED?	HOW OFTEN DO I NEED SUPPORT?
<b>Mobility and motor skills</b> 		
<b>Communication</b> 		
<b>Social Interaction</b> 		
<b>Learning</b> 		
<b>Self-care</b> 		
<b>Self-management</b> 		



**reimagine**  
 MENTAL HEALTH, MY RECOVERY AND THE NDIS

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