

## 6 Steps to the NDIS

This brochure is made by and for people living in rural and remote areas, to guide you through 6 steps of accessing the NDIS. With the help of the NDIS, you can better tackle your mental health issues, and reimagine your life.




This brochure is designed to be used with the Reimagine Today website and the Reimagine Today Workbook which can be downloaded from: [www.reimagine.today](http://www.reimagine.today)

### 1. What is psychosocial disability?



Psychosocial disability means that how you think, how you feel and how you interact with other people, stops you from being fully involved in life.

Psychosocial support services, can support you with your mental health and help you to be more independent. This could be things like help with personal care, help to get a job, study or support to join a group.

 *Pages 12 - 15 of the workbook will help you think about the kind of supports that might work for you.*

### 2. Understanding the NDIS

The National Disability Insurance Scheme or NDIS helps people under 65 with a disability, get care and support. The NDIS also helps families and carers with information about services to support people with a psychosocial disability.



When people get help from the NDIS, they get the support they need to enjoy an ordinary life. A person who gets the NDIS is called a participant.

To find your local NDIS or Local Area Coordinator (LAC)'s Office call **1800 800 110**. LAC's are partners with the NDIS, and they can give you advice and support.

Some areas do not have a LAC. Call **1800 800 110** to find out who can help you.

📄 *On page 16 of the workbook, you can record information about your LAC, so it is easy to find next time you need it.*

🔗 *For more information about the NDIS check out Step 2 of the [reimagine.today](https://reimagine.today) website.*

### 3. Check if you can access the NDIS

Not everyone can be an NDIS participant.

#### **To be a participant:**

- A person must be allowed to live in Australia forever.
- A person must be under 65.
- A person must have a permanent psychosocial disability, that will not go away.



#### **If a person is not able to get the NDIS, the NDIA or LAC can still help.**

For example, they can tell you about other services available to support you.

### 4. Apply for the NDIS

The first step is to fill out an access request. An access request can be started over the phone by calling the NDIA on **1800 800 110**. You can also contact your LAC and they will post you an Access Request Form.



You will need to provide information about yourself to help the NDIA make a decision about whether you can access the NDIS. You can also give permission for someone you trust to do this for you.

### **You will need:**

- Your name, age and whether you can live in Australia permanently
- Details about your disability and how it impacts you each day
- Current reports from doctors or other health professionals
- Whether you give permission for the NDIA to talk to other people about your disability like your GP or a support person.

Once your access request is made, the NDIA will send you a letter asking for any evidence you need to provide.

 You can record all this information on pages 19 – 23 of the *Reimagine Today* workbook.

## 5. Reimagine my life

### **What happens next?**

The NDIA will make a decision about whether you can access the NDIS. You will get a letter with their answer, called an ‘access decision’.


If you get access to the NDIS, someone from the NDIA will call you to help you make your first plan. In this conversation you will talk about your needs, supports and goals. The things you say to the NDIA will go into your first NDIS plan.



### **How to prepare for this phone call?**

- Get help from a person you trust like a family member, a friend or a carer.
- You will be asked about the supports you get now including health services, help to study or attend community groups.
- You will be asked about your everyday activities. For example, how you take care of yourself and how you get to your activities.
- You will also be asked about your safety and whether you ever feel unsafe in situations like being at home or going to the shops.
- And you will be asked about your goals for the next year. This may be things like to be more independent, learn new things or keep a job. You can also talk about your future goals.

**If you are not able to access the NDIS, you can still get help from your LAC to access supports and services in your community.**

 *Pages 23 - 31 of the reimagine.today workbook can help you work through your plans and goals and get ready to make your first NDIS plan.*


## 6. Plan with the NDIS

### Who will manage your plan?

The NDIA will ask you who will manage the money in your plan. There are a range of choices including yourself, someone you trust like a family member, a Plan Manager, or you can get the NDIA to manage these funds.



You can also get help to find the right services and supports from a Support Coordinator, or an LAC.

 *You can plan these steps using pages 32 - 34 of the reimagine today workbook.*



**reimagine**

MENTAL HEALTH, MY RECOVERY AND THE NDIS

Co-designed by people living with mental health concerns and their supporters in Ceduna, SA, along with MHCSA and the <http://reimagine.today/> team.

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