



## Video: What advice do you have for someone wanting to apply for the NDIS?

**Simone:**

00:07

Oh wow, there's a lot of information.

00:12

I would suggest to be patient, it is a long process.

**Janet:**

00:16

When you go along to any meetings you can take support people with you,

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you can take peer support, you can take, like you can take a carer, or support person or, you know,

00:28

any support that you feel that you need to bring with you to the planning meeting,

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you can do that.

**Stephen:**

00:36

I went with other people because I'm a bit, not backwards or nothing,

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but it just takes a bit of time for stuff to sink in with me and all that.

00:46

But I went with another person for that, so they did a lot of the talking.

00:52

Unless you can do it yourself but yeah I had to get someone to help me with it.

**Annaliese:**

00:57

Stick to your guns, no one knows your health and yourself better than you do.

01:02

Don't let anyone tell you what you are and are not capable of.

**Michael:**

01:05

The thing I recommend to everyone is prepare, prepare, prepare.

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Sit down with someone that you know,

01:12

download all the information off the NDIS about what you have to do to prepare and plan,

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go through it and get someone to explain it to you in layman's terms.

**Cathy:**

01:23

Know what you want and don't be scared to speak up and ask for it.

**Sue:**

01:30

If you're applying, get your paperwork together. Get it as thorough as you can.

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Maybe even, I shouldn't say this but you can cut it out,

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write out the letter for your psychiatrist and tell him what you want him to say.

01:44

You need to make sure you get all— your documentation's the make or break,

01:49

and you do have to get a lot of different sources, so put a bit of work into that part.

**Simone:**

01:54

Definitely present your worst case scenario days because you need to know

02:00

what your needs are if you do become unwell.

02:03

So even though you might be well,

02:05

definitely be insightful to what your worst case scenarios would be.

**Erika:**

02:11

When we heard, it turned out they've lost the paperwork so we had to reapply again,

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so definitely good advice to keep a copy of everything and keep a diary.

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You know, just write in your diary, spoke to this person on that day.

**IC:**

02:27

Anyone who's considering applying, to make sure that you have all your paperwork in order,

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and make sure your treating professionals are very familiar with the kind of language

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that they need to use in their documents and reports in order to get you included.

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I would recommend that they talk to other people with psychosocial disability who have applied,

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there are some great facebook groups and resources out there,

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that people can talk to other people or look at.

**Michael:**

02:55

Get the person's name, email, and phone number, and if you've got any questions for them

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in the meantime you can contact them.

**Cathy:**

03:02

The NDIS might seem quite scary at first, but keep persevering, embrace it,

03:12

because I know from my own experience it has made the world of difference.