

About the NDIS

How to get ready to make my first NDIS plan



Easy English

Hard words

This factsheet has some hard words.

The first time we write a hard word

- the word is in **blue**
- we will write what the hard word means.

About this factsheet

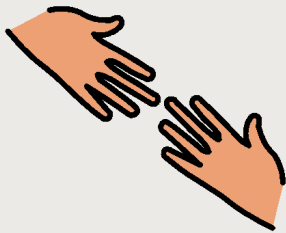
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This factsheet is about how to get ready for your first **National Disability Insurance Scheme** plan.



The National Disability Insurance Scheme is called the NDIS.

The NDIS helps people under 65 with a disability get

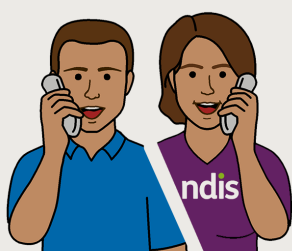


- care
- supports.



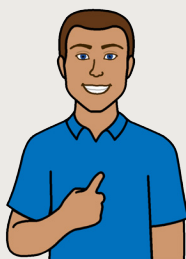
When you join the NDIS someone from the **National Disability Insurance Agency** will help you make your first plan.

The National Disability Insurance Agency or NDIA are the people that manage the NDIS.



A person from the NDIA will contact you to have your first **plan conversation**.

A plan conversation means a phone call to talk about your



- needs



- supports



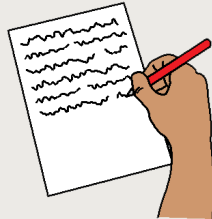
- goals.



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The things you say to the NDIA will go into your first NDIS plan.

What can I do to get ready for the NDIA phone call?



You can write down information about your life.

You can get help from people you know.

For example



- a family member



- a friend



- a carer.

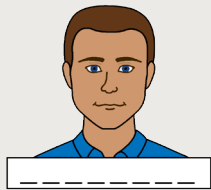


What questions will I need to answer?

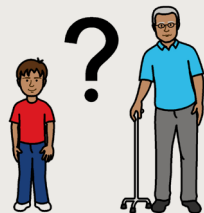
Your personal details

You will be asked to give your personal details.

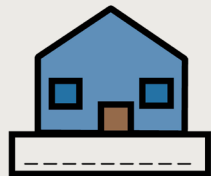
For example



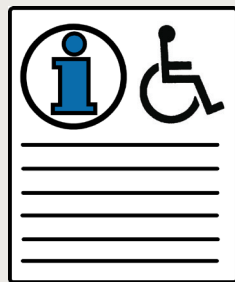
- your name



- your age



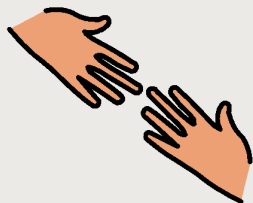
- where you live



- information about your disability.



You must have these things ready for the NDIA phone call.



Your supports

You will be asked about the supports you get now.

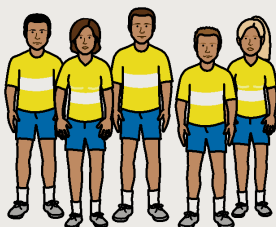
For example



- health services



- help at school



- sports and community groups



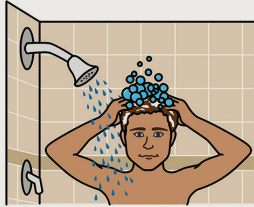
- help from family



- help from friends.

Your everyday activities

You will be asked about how you do everyday activities. For example, how you



- take care of yourself



- get to your activities.



Your safety

You will be asked if you ever feel unsafe. For example



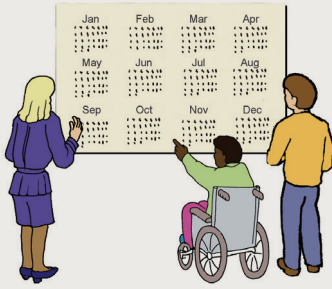
- at home



- when you go to the shops



- when you are cooking.



Your goals

You will be asked about your goals for the next year. For example to



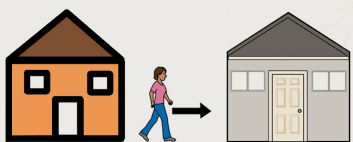
- be more independent



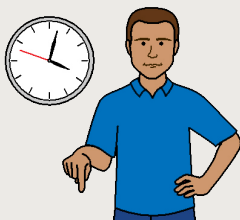
- learn new things



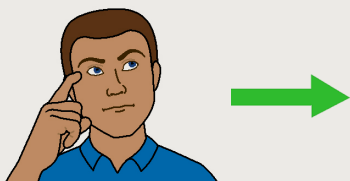
- work or volunteer
- join community groups



- live somewhere else.



The goals in your first plan are about what you need now.



You can also get help to think about your future goals.

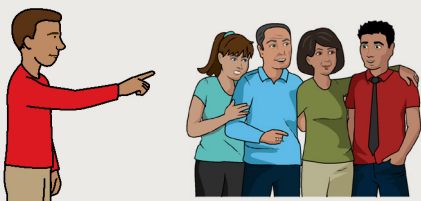
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Who will manage your plan?

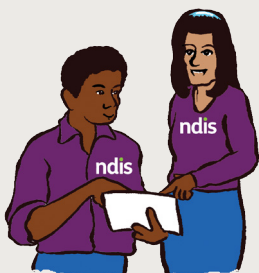
You will be asked who will manage the money in your plan. You can choose



- yourself

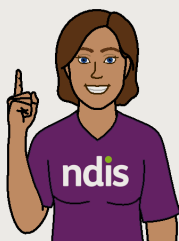


- someone you know, for example a family member

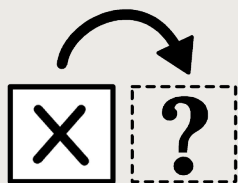


- the NDIA

or



- someone the NDIA thinks could do a good job.



Next steps

After the NDIA gets your information you will be told

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- how your plan will be approved

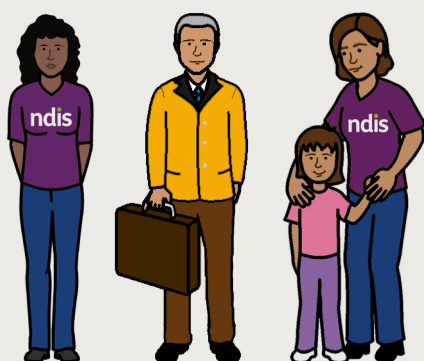
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- how to make your plan happen.



You will get help to find the right services and supports. You might get help from



- a Local Area Coordinator
- a Support Coordinator
- an Early Childhood Partner.



More information



Go to our website

www.ndis.gov.au



Call 1800 800 110

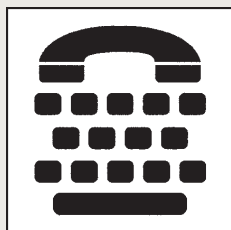
Monday to Friday

8 am to 11 pm



Telephone Interpreting Service

131 450



TTY users

1800 555 677 then ask for 1800 800 110



Speak and listen users

1800 555 727 then ask for 1800 555 727

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Scope's Communication and Inclusion Resource Centre
wrote the Easy English. March 2017 www.scopeaust.org.au.

To see the original contact The National Disability Insurance Agency.

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