# **Transcript – What community participation means**

Over your life, your social activities or participation in the community may change.

The NDIS did research to learn what supports can help you to maintain your social connections as your life changes if you have an intellectual disability, are on the autism spectrum or have psychosocial disability.

**What we did:**

We talked with participants, families, and carers and NDIS staff and listened to what they told us. We looked at what other research told us.

**What we learned about what helps you:**

You told us and the research found that it is important to maintain your social skills, your health and your access to money or transport so that you can continue to participate socially and get about the community.

As you reach different life stages you may want to learn more about new life roles like being a parent.

You may also want support to move from one life stage to the next with someone who can coach you through those changes or who can give you peer support when you graduate from school or retire from work.

Over time, the way you want to participate in the community may change. Sometimes the way your family and friends support you may also change. The supports that are best for you will depend on your individual needs at the time.

**How you can use this information.**

As your life changes, you can look at our guides for understanding support to think about different supports. You can find these on the ndis.gov.au website.

You can also talk to your family, friends, other supports in your life or you contact at the NDIS about what supports will be best for you.

For more information, please visit ndis.gov.au or phone 1800 800 110

[End Transcript]