

The following websites may provide helpful information and advice on self-management. These organisations received grant funding from the [Information Linkages and Capacity Building \(ILC\)](#) program for self-management resources.

## Resources

### Community Resource Unit

- Self-management webinar
- Self-management resources
- Self-management podcasts

[Read more \(External website\)](#)

### Imagine More

- Self-management guide
- Self-management resources
- Podcasts

[Read more \(External website\)](#)

### Muscular Dystrophy WA

- Self-management resources

[Read more \(External website\)](#)

### Self Manager Hub

- Membership service
- Library of self-management resources
- Peer support network

[Read more \(External website\)](#)

## The Growing Space

- Self-management webinar
- Self-management resources
- Self-management podcasts

[Read more \(External website\)](#)

## Workforce innovations through self-managed supports

- Provides practical information about self-managing
- Tips and traps
- Peer support

[Read more \(External website\)](#)

You can also visit the [Disability Gateway website](#) for additional information:

- Self-management webinar
- Self-management resources

Reasonable and Necessary podcast

- The Reasonable and Necessary: Making Sense of the NDIS podcast series features an episode on self-management.
- The episode looks at the benefits of self-managing your plan. It is available on the [Summer Foundation website](#).

## Disclaimer

The information and resources provided on these websites is general in nature and is not endorsed by the NDIA.

You can always talk to your NDIS contact, local area coordinator or early childhood partner to find out more about self-management.

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