

# Starting my NDIS plan with a Local Area Coordinator (LAC)

When your NDIS plan is approved, you will work with a LAC to put it in to action. This is called plan implementation and helps you connect with and maintain the supports in your NDIS plan as well as helping you to achieve your goals.

## What happens?



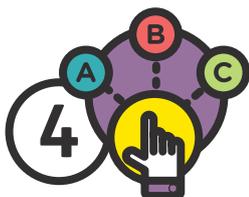
1 You will be notified in writing that your plan has been approved.



2 You will be contacted by a LAC to talk about what help you need to implement your plan.



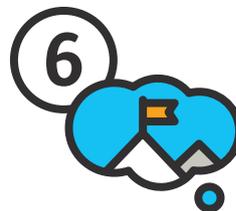
3 You will have a plan handover meeting. This may be in person or over the phone depending on your preference and the level of support you need to implement your plan.



4 The LAC will help you understand your plan and help you choose and connect with service providers.



5 The LAC will help you explore and link with community and mainstream options as required.



6 The LAC will talk with you and your family about any other options to be considered as the year progresses and help with developing goals for your next plan.



7 The LAC is your NDIS contact person to discuss any questions about your plan.

## Getting ready to meet your LAC

Getting ready to meet with your LAC is important. Some things to think about before your meeting are:



Your current supports. Do you have established relationships with providers that you would like to continue? Would you like to connect with new service providers?

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Service providers in your area. Are there any providers that you already know about? You might like to ask family or friends about their experiences with providers. Using the internet to explore service providers that are available in your area is also a good option.

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The activities you are currently doing in your community. Would you like help to find social or community based groups or activities to participate in?

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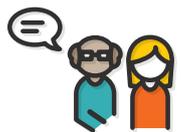
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Would you like help to investigate education, training or employment options?

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Have you thought about developing your self-advocacy skills? Your LAC can help you link with training or peer support groups in your area.

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## Getting started

Your LAC will work with you to explain:

- your NDIS plan
- how to identify options for community, mainstream and funded NDIS supports
- how you could meet with, choose and establish service agreements with providers
- how to register for myGov website and link to NDIS Participant Portal myplace
- how to navigate and check you details on myplace
- If you are self-managing any element of your plan:
  - how to make Service Bookings
  - monitor funding
  - submit Payment Requests and
  - provide feedback.

### More information

[www.ndis.gov.au](http://www.ndis.gov.au)

 1800 800 110  
8am to 11pm (local time)  
Monday to Friday

### For people with hearing or speech loss

 TTY: 1800 555 677  
 Speak and Listen: 1800 555 727

### For people who need help with English

 TIS: 131 450  
 Follow us on Twitter @NDIS  
 Find us on Facebook  
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\*1800 calls from fixed lines are free.  
Calls from mobiles may be charged.