



Health supports for people with disability

Easy English version



ndis.gov.au

How to use this document



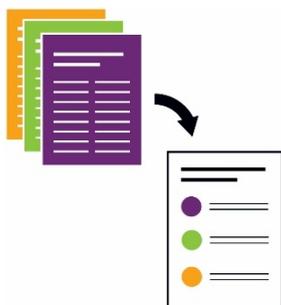
The National Disability Insurance Agency (NDIA) wrote this document. When you see the word 'we', it means the NDIA.



This document is written in an easy to read way. We use pictures to explain some ideas.



Some words are written in **bold**. We explain what these words mean. There is a list of these words on page 31.



This document is a summary of another document.



You can find the other document on our website at www.ndis.gov.au



You can ask for help to read this document. A friend, family member or support person may be able to help you.

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About the National Disability Insurance Scheme



The National Disability Insurance Scheme provides support to people with disability.



It is usually called the NDIS.



The supports and services that people with disability receive with the NDIS must be **reasonable and necessary**.

This means the support should:



- be about your disability



- be good value for money



- work well and help make your life better.

Health supports and the NDIS

We want to help people with disability to:



- reach your goals



- live more independently



- take part in the community and work.



In the past, reasonable and necessary supports did not include many health supports.



Now, this is changing.



From 1 October 2019, the NDIS will include more health supports that are related to your disability.



This means the NDIS will pay for these kinds of health supports.

We explain the types of supports that will be included in the NDIS on page 7.

The health system will still look after and pay for:



- hospital visits



- health problems that are not related to your disability.

What health supports will be included?

8



There are 8 types of health support that will be included in the NDIS.



Below, we list examples of each type.



These are just examples. Other supports may be available.



You can read the full list of supports in the **fact sheet** on our website.

Each of the different types of health supports can include time to:



- make a plan



- train support workers in how to use the plan and put it into place



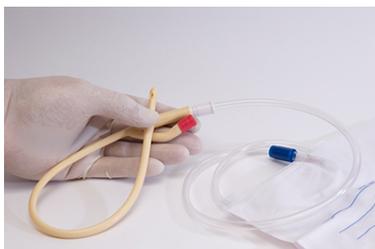
- make sure the plan is working.

Types of health support



1. Some people need help to go to the toilet.

Supports for toileting include:



- having a special tube put in to help you go to the toilet. The tube also needs to be taken out, changed and looked after.



- the **consumables** you need.
Consumables are things that are used, then thrown away. Or they can be things that are eaten.



In this case, a consumable might be the tubes you use or the bag that collects waste when you go to the toilet.



2. Some people need help to keep breathing.

Supports for breathing include:



- having a special tube put in your throat to help you breathe. It also needs to be taken out, changed and looked after



- tubes and other equipment such as machines to help you breathe or stop you from coughing a lot



- consumables to go with the equipment you need



- help to use the equipment.



3. Some people need help to eat.

Supports for eating include:



- help from an expert to decide what you need to eat and help you to make a meal plan



- equipment to help you eat if this is what you need



- formula and supplements if this is what you need.



4. Some people have trouble swallowing.

Supports for swallowing include:

- making plans for:



- meal times



- eating and drinking safely



- therapy to help you swallow if this is what you need



- consumables that help with swallowing, like powder that makes drinks thicker.



5. Some people have sores or wounds.



This might include pressure wounds. These happen when someone has been in bed or sitting for a long time.

Supports for managing wounds include:



- consumables like bandages



- equipment like a pump that helps blood flow better



- help to manage sores or wounds.



6. Some people have **diabetes**. This is a health condition that affects the way your body uses sugar.



You might need support to help you manage your diabetes.



7. Some people have problems with their feet.

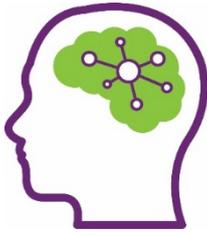
Supports for feet include:



- making a plan to look after your feet



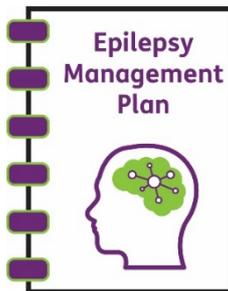
- putting the plan into place.



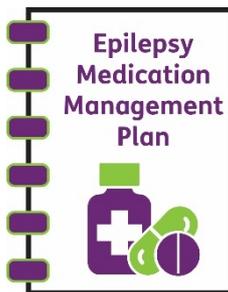
8. **Epilepsy** is a health condition that affects the nerves in the brain.

It can cause seizures.

If you have epilepsy, you might need:



- an Epilepsy Management Plan (EMP)



- an Emergency Medication Management Plan (EMMP)



- help to manage your seizures

- technology to manage your seizures.



For example, some people wear a bracelet to give them an alert if they might have a seizure.

Who can use these health supports?



To use these health supports, you must be using the NDIS.



And the supports must be reasonable and necessary.

There are some other important rules:

- the supports must be about a health problem that is:



- significant – it has a big impact on your life



- permanent – it will last your whole life



- ongoing – you must need constant support.

NDIS



- the NDIS must be the best way to get and use these supports.



If you are using the NDIS, health supports will be discussed in your plan review.

We explain this in more detail on page 18.



If you are not using the NDIS, you can check if you can apply.

To do this, you can:



- use the **checklist** on the website to find out if you can apply



- call **1800 800 110**.



Soon, we will contact people using the NDIS who we think might be able to access these supports.

We explain more about this on page 21.

How can people buy these health supports?



People who are using the NDIS now will have a **plan**.



This is a document that explains the amount of money you have to spend on disability support.



From 1 October 2019, you'll be able to ask for health supports to be included in your plan.

This will give you money to spend on:



- Consumables – the things you need to use every day.



- Assistance – getting support from a support worker, a nurse or an **allied health worker** to look after your health.



An allied health worker is someone who works in health who is not a doctor, dentist or nurse. Examples are dietitians, physiotherapists or occupational therapists.



- **Assistive technology** – devices and equipment to help you manage your health.



Some people will already have money in their plans for some of these supports.



Some people will need to have a plan review.



This is when you have a meeting with the NDIA planner and you work on the kind of support you need.

You can ask for a plan review by contacting:



- the NDIS contact centre



- your Local Area Coordinator (LAC)



- your NDIA planner.

What will happen next?

What we will do



We are working with the state, territory and Australian governments to make sure people with disability can get the health supports they need.



We will make sure that health supports you are already receiving do not stop while the changes are happening.

In the coming months, we will contact people who we think might need health supports by:



- letter



- email



- SMS

or



- phone.

We will:



- explain what different health supports you might be able to use



- make sure these supports are included in your next plan.



At your plan review, you will talk about the supports.

What you can do

Situation 1: You already have health supports in your plan and don't want new supports



Nothing will change.



You don't need to do anything.



You can keep on buying these supports like you normally do.

Situation 2: You want health supports added to your plan



If you have a plan review in the next 3 months, you can use some of the money you have left in your plan to buy supports while you wait for your review.



There are different rules if you want to buy assistive technology that costs more than \$1,500.



This needs to be added to your plan when it is reviewed.

We explain what to do if you need expensive Assistive Technology equipment urgently on page 27.

If you:



- don't have a plan review in the next 3 months



- *and* you think you won't have money left in your plan to pay for supports



tell your state or territory health service that you are using the NDIS.



They will make sure you do not miss out on supports while you wait.

Situation 4: You are using the NDIS but you won't be able to get these supports



Nothing will change.



We won't contact you.



Your plan will stay the same.

Situation 5: You think you should get health supports but we don't contact you



Contact your LAC or NDIA planner.



Also, check with your health services about what ongoing supports you receive.



Make a note of these for your plan review.

For everyone who is using the NDIS and who wants health supports



Before your next review, it's a good idea to collect information about why you need health supports.



For example, you might have reports or care plans.



Bring these to your plan review.



They might help your planner understand your health needs.

What about urgent cases?



Some people need help faster.



This might be because their needs are more complex.



For example, someone might urgently need assistive technology that costs more than \$1,500.



To do this, they need an early plan review.



We are working with the governments to find out who those people are.



We will help them as fast as possible.



They will get an early plan review.



People who need help urgently can also use their current plan to buy health supports.



Or, they can tell their state or territory health providers that they need help.

The health providers will:



- tell us that the person needs help



- help them get an early plan review.



How to get more information

To get more information, you can:



- visit the **NDIS website**



- phone the NDIS National Contact Centre on **1800 800 110**



- email **enquiries@ndis.gov.au**

- contact your nearest **NDIS office**.

This might be:



- your LAC



- Early Childhood, Early Intervention (ECEI) for children aged 0 to 6 years



- your local NDIS office.

Word list



Allied health worker

Someone who works in health who is not a doctor, dentist or nurse. Examples are dietitians, physiotherapists or occupational therapists.



Assistive technology

Devices and equipment to help you manage your health.



Consumables

Things that are used, then thrown away. Or they can be things that are eaten.



Diabetes

A health condition that affects the way your body uses sugar.



Epilepsy

A condition that affects the nerves in the brain.



Plan

A document that explains the amount of money you have to spend on disability support.



Plan review

When you have a meeting with the NDIA planner and you work on the kind of support you need.



Reasonable and necessary support

This means the support should:

- be about your disability
- be good value for money
- work well and help make your life better.



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