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

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.
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.
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

- how your plan will be approved

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