About the NDIS

How to do my first NDIS plan

**Easy English**

This is the text only version of the Easy English document.

This factsheet has some hard words. The first time we write a hard word we will write what the hard word means.

About this factsheet

This factsheet is about how to do 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 can I join the NDIS?

The NDIS is available to different people at different times.

When it is your time to join the NDIS the National Disability Insurance Agency will contact you by

* mail
* phone

The National Disability Insurance Agency or NDIA are the people that manage the NDIS.

You must be eligible to join the NDIS.

Eligible means you meet the NDIS rules.

You can find these rules at this website:

[www.ndis.gov.au/people-disability/access-requirements](http://www.ndis.gov.au/people-disability/access-requirements)

What is my first plan about?

Your first plan has information about

* your goals
* The goals in your first plan are about what you need now
* You will have time to think about your future goals
* reasonable and necessary supports
* Reasonable means something that is fair
* Necessary means something you must have

Reasonable and necessary supports can help you to be more independent. For example

* a communication device
* help to join a community group
* a bathroom that is easy and safe to use

Who will help me do my first plan?

When you join the NDIS someone from the NDIA will help you do your first plan.

A person from the NDIA will call you to

* talk about
* your supports
* your needs
* your goals

The things you say to the NDIA will go into your first plan.

Your plan will be reviewed regularly or when things in your life change.

Reviewed means talking with the NDIA to make sure your plan is still right for you.

You can ask to meet with someone from the NDIA to talk about your first plan.

If you can not do this on the phone you can meet in person.

Someone you trust can be with you to help you make your first plan. For example a

* family member
* friend
* carer

When will I get the supports I need?

When the NDIS says yes to your plan they will send it to you by

* mail

or

* email

After the NDIS says yes to your plan you will get a call. This is to help you

* find the right services and supports

and

* make your plan happen

More information

Go to our website

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

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