# **Transcript – Connecting young people to the community**

Helping young people connect with their community is important for building lasting relationships and developing skills for life.

The NDIS did research to learn how young people can connect with their community while still at school. We wanted to understand what it is like for young people who have an intellectual disability, are on the autism spectrum or have a psychosocial disability and to find out what supports, and services work best for them.

**What did we do?**

We talked with participants, families, and carers and NDIS staff and listened to what they had to say.

**What did we learn?**

You told us that schools and homeschooling networks can:

* Support young people to try new activities and develop interest
* Provide after school programs like sport or music that help young people to connect with their local communities through networks and other school families.

You also told us that extra support may be needed to help keep these connections when young people leave school.

We learned that places in the community are not always easy to access for young people with disabilities.

Parents and carers often have to plan ahead to make sure they have a positive experience, and some parents and carers choose disability only spaces to avoid negative community attitudes.

You told us in order for places in the community to be welcoming, they may need to:

* control noise levels or provide quiet zones
* Cater to different types of communication needs
* Offer sessions where people can move around and make noise

Everyone is responsible for making sure communities are welcoming and accessible for young people.

**How you can use this information.**

We have developed guides for understanding supports that can help you understand what support might help you participate in the community. You can find these on the ndis.gov.au website.

You might also talk to your family, teachers, and your contact at the NDIS about what communities or networks might be available to you.

For more information, please visit ndis.gov.au or phone 1800 800 110.

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