5 July 2023

We have released a research report called “Having a go: Making individualised living a reality”.

The research focuses on supports NDIS participants use to build their capacity to work towards their home and living goals. The research is part of our work to develop a new approach to home and living.

We partnered with Scope to do the research. A panel of NDIS participants, family and carers also advised us.

The research focused on adult NDIS participants with:

- Autism
- Cerebral palsy
- Down syndrome
- Intellectual disability
- Psychosocial disability

We identified 4 key areas for action that can help participants work towards achieving their home and living goals:

1. It is important to provide opportunities for NDIS participants to explore home and living options early and at different life stages and with clear and accessible information.
2. Enabling NDIS participants to have a go at trialling different options increases their confidence and shifts expectations and helps them to understand what best meets their needs.
3. Formal and informal supports to build, practice and maintain skills increase the home and living options available to participants.
4. Flexible NDIS plans can support participants to build capacity at different stages in their life.

Read the full research report here . A summary and easy read version are also available.

For any questions about the research, contact research@ndis.gov.au.

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