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About the NDIS

How to do 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

	
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This factsheet is about how to do your first **National Disability Insurance Scheme** plan.



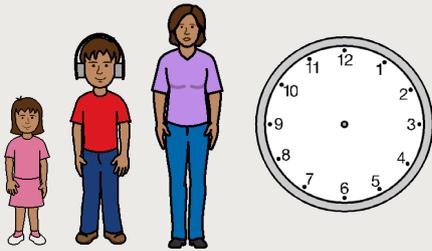
The National Disability Insurance Scheme is called the NDIS.

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.



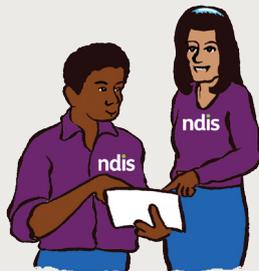
When it is your time to join the NDIS the **National Disability Insurance Agency** will contact you by



- mail

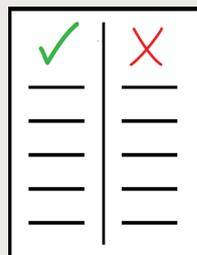


- phone.



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:

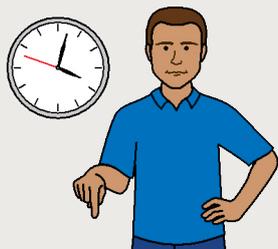
www.ndis.gov.au/people-disability/access-requirements

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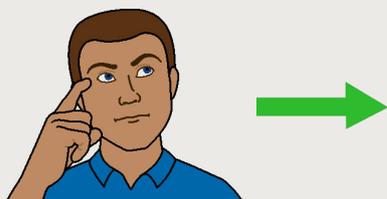
What is my first plan about?

Your first plan has information about

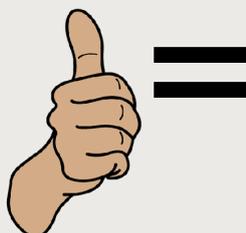
- your **goals**.



- The goals in your first plan are about what you need now.

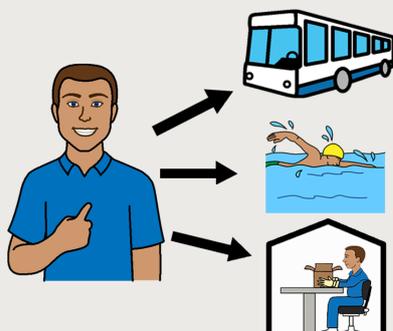


- You will have time to think about your future goals.



- **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



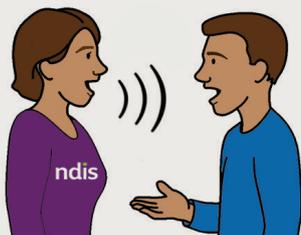
- your needs



- your goals.

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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.

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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



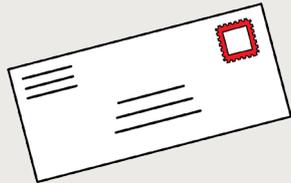
- carer.

When will I get the supports I need?

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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

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- make your plan happen.



More information



Go to our website

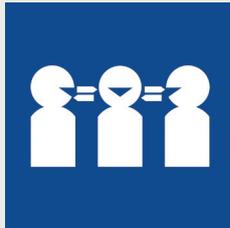
www.ndis.gov.au



Call 1800 800 110

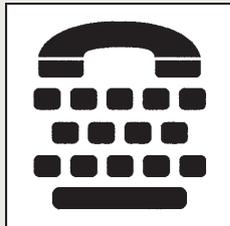
Monday to Friday

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

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Scope's Communication and Inclusion Resource Centre wrote the Easy English. March 2017 www.scopeaust.org.au.

To see the original contact The National Disability Insurance Agency.

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