

# NDIS FUNDED GOALS

**'CULTURE IS KEY'**  
TO FIRST NATIONS  
PEOPLE'S  
DISABILITY  
SUPPORT

*Connecting to culture is critical for our health and wellbeing and provides opportunities to connect to community, socialise and develop new skills to help us in our life.*

*When you set your NDIS Goals in your Planning Meeting – think about if you have any goals that connect you to your culture or Country. These could be enabled by your **Core Supports** budget or **Capacity Building** Supports budget:*

## ✿ CORE SUPPORTS

*These supports help you with daily life and activities, and staying social and connected to community:*

### **Cultural immersion:**

- Language
- Connect/re-connect with family
- Story-telling with Elders

### **Practice lore**

- Art
- Music
- Dance/theatre/performance
- Back to Country
- Healing

## ✿ CAPACITY BUILDING SUPPORTS

*These types of supports help you build your skills:*

### **Cultural immersion:**

- Hunting/fishing
- Traditional artefact making

### **Gathering**

- Materials to make artefacts
- Food
- Medicine

## PARTICIPANT STORY

*After a stroke, Doomadgee NDIS participant, Edward Walden said he's grateful to the NDIS and remote disability provider, My Pathway, for supporting him to get back to Country so he can heal physically and spiritually.*

*"The NDIS and My Pathway play a big part in my healing. When I came home I was wondering how I was going to get back out into Country for bush medicines... to get things like sandalwood and healing water to make herbal tea, but My Pathway organised trips to help me do these things.*

*"This means I can still get into Country and carry on these traditions for future generations. We need that balance. If we have that balance we can heal much faster and be close to what we were before."*

*Edward said through his NDIS Plan he receives 11 hours of support a week, where five Indigenous support workers from his community support him at various times.*



**Aboriginal Health Council**  
of South Australia Ltd.

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*Outcomes from cultural activities can be clearly linked to outcomes described in the Core Supports and Capacity Building Supports budgets in a Participant's Plan.*

IN PARTICIPANT'S PLAN	IN THE MY PLACE PORTAL	DESCRIPTION	CULTURAL ACTIVITIES <small>(examples which could be made more specific to the activity of course)</small>
<b>Increased Social &amp; Community Participation</b>	CB Social Community and Civic Participation	Development and training to increase your skills so you can participate in community, social and recreational activities.	<ul style="list-style-type: none"> <li>Participant spends time in social setting, where conversations and interactions facilitated and supported by teacher/host.</li> </ul>
<b>Improved Relationships</b>	CB Relationships	This support will help you develop positive behaviours and interact with others.	<ul style="list-style-type: none"> <li>Participant practices relating to others, working collaboratively in a group in supported environment.</li> </ul>
<b>Improved Health &amp; Wellbeing</b>	CB Health and Wellbeing	Including exercise or diet advice to manage the impact of your disability. The NDIS does not fund gym memberships.	<ul style="list-style-type: none"> <li>Participant exercises during activity e.g. long walk in nature, being on Country, good for wellbeing and mobility.</li> </ul>
<b>Improved Learning</b>	CB Lifelong Learning	Examples include training, advice and help for you to move from school to further education, such as university or TAFE.	<ul style="list-style-type: none"> <li>Participant is introduced to supportive learning environment, gains confidence asking questions and working with others.</li> </ul>
<b>Improved Daily Living</b>	CB Daily Activity	Assessment, training or therapy to help increase your skills, independence and community participation. These services can be delivered in groups or individually.	<ul style="list-style-type: none"> <li>Participant practices how to set up and Plan for art class, pack down and put away items in organised way.</li> <li>Participant practices routine, being ready for activity, travelling to and from with support.</li> </ul>

## EXAMPLE: ARTEFACT MAKING CLASS

*The class builds a Participant's capacity by enabling them to:*

- Spend time in social setting, where conversations and interactions facilitated and supported by teacher/host.
- Exercise when collecting artefacts, long walk in nature, great for wellbeing, mobility and independence (if applicable).

- Spend time in supportive learning environment, gains confidence asking questions and working with others.

*These outcomes are linked to the following items in a Participant's Capacity Building Budget in the Plan:*

- Increased Social and Community Participation
- Improved Relationships
- Improved Health & Wellbeing
- Improved Learning
- Improved Daily Living



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