

An illustration of a young person with dark skin and short dark hair, wearing a bright yellow hoodie and dark blue pants. They are holding a silver cane with both hands. The background is a vibrant purple with large, stylized white and yellow shapes, including a large yellow 'S' and several white 'U' shapes. There are also smaller yellow and white polka dots scattered throughout.

WHAT IS THE NDIS?

NDIS stands for National Disability Insurance Scheme and aims to support people living with disability achieve their goals.

The NDIS is for people 0-65 with permanent and significant disability.

Permanent means the disability will not go away
Significant means the disability affects how you live everyday.



Aboriginal Health Council
of South Australia Ltd.

For more information
visit ahcsa.org.au or call 08 8273 7200



IF YOU THINK YOU MAY BE ELIGIBLE FOR THE NDIS, BUT DON'T HAVE INTERNET ACCESS, YOU CAN ALSO:

Talk to someone at your local Aboriginal Health Service Email NAT@ndis.gov.au

Call the NDIS on 1800 800 110 and ask to make an Access request or download the Access Request Form - available on line.

Go to your nearest NDIS office or Partner in Community (see website for locations) You will be asked some questions about your disability and your life.



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YOUR RIGHTS

If you are not happy with an NDIS service, speak to your provider first. If you are still not happy you can speak to the NDIS Quality and Safeguards Commission.

The NDIS Commission helps you and listens when you are not happy with your NDIS services. The NDIS Commission helps to make sure NDIS Providers are doing a good job.

To find out more about your rights as an NDIS Participant go to their website
Homepage | NDIS Quality and Safeguards Commission
(ndiscommission.gov.au)
Or call 1800 035 544



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IF YOU ARE ELIGIBLE FOR THE NDIS,

you will meet with them to make a plan. You can talk about how you live now and what your plans and goals are for the future.

Everyone's NDIS plan and goals are different, but you may get funding in your NDIS plan to help pay for:

- ✿ Equipment you need
- ✿ Support you need at home
- ✿ Support you need to go out

YOUR PLAN MAY HELP WITH EVERYDAY THINGS LIKE

Cooking meals

Going to the shops

Going onto Country

Trying new things

When your NDIS plan is done you will get a copy to keep.



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USING YOUR PLAN

When your NDIS plan is approved, you can start to choose who you want to work with who will give you the help you have asked for.

You have choice and control about who you work with and what supports and services.

Some of our Aboriginal Community Controlled Health Organisations are also now offering NDIS services.

Ask your local health services for more details if you are interested.



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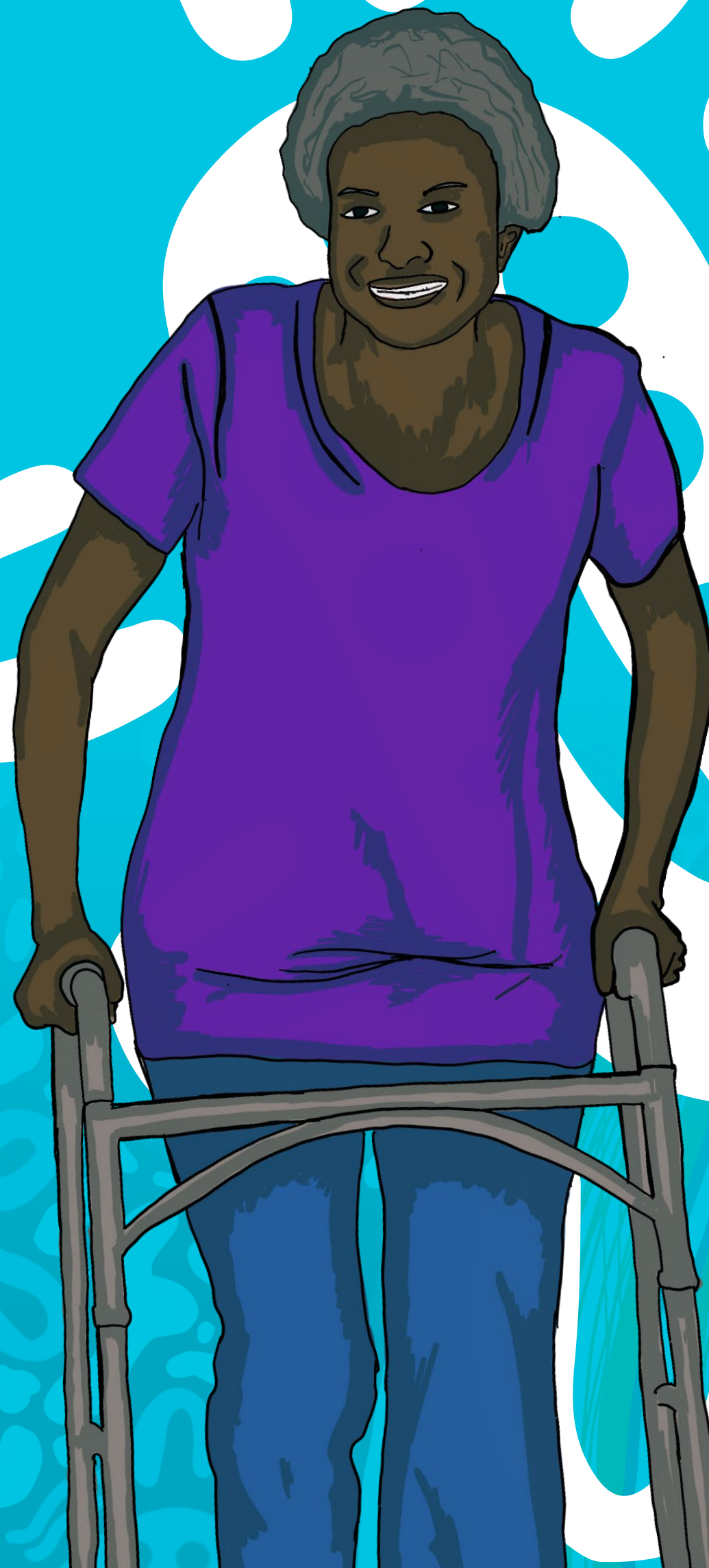
THE NDIS JOURNEY

**STARTING YOUR
NDIS JOURNEY**

MAKING A PLAN

USING YOUR PLAN

REVIEW YOUR PLAN



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