

REVIEW YOUR PLAN

STEP 4

About a year after your first plan, you will have another meeting to check your plan. This is called a Review Meeting.

You can have a family member, friend or advocate with you at your Review Meeting.

Think about things you want to discuss in your planning meeting, like:

- What worked well?
- What goals did you achieve?



YOUR RIGHTS

- If you are not happy with an NDIS service, speak to your service/support 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

Your local Aboriginal Community Controlled Health Organisation may be able to help you connect to the NDIS Commission.

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



WHAT IS THE NDIS?

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



Aboriginal Health Council
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STEP 1

STARTING YOUR NDIS JOURNEY

If you have access to the internet, visit the [Am I Eligible](#) page on the NDIS website.



Your disability may make it hard to:

- Understand things
- Move and get around
- Talk
- Eat
- See
- Hear
- Learn

If you think you may be eligible for the NDIS, you can also:

- Call the NDIS on 1800 800 110 and ask to make an Access request
- Email NAT@ndis.gov.au
- Talk to someone at your local Aboriginal Health Service
- Go to your nearest NDIS office or Partner in Community (see website for locations)

You may need to provide ID and reports from doctors or other health workers.

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.
- The NDIS is a way of getting support and helps you improve your living skills so you can be part of your community. The NDIS can help you learn to be independent, find a job and connect with people.

MAKING A PLAN

STEP 2

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 will say:

- Your Goals – what you want to do

- What kind of help you need to do the things you want – your supports

Your plan may help with everyday things like:

- Cooking meals
- Going to the shops
- Going onto Country
- Trying new things

You may wish to ask for a Support Coordinator at your planning meeting. They are someone who can help you understand your plan, connect you to providers and help you reach your goals.

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

USING YOUR PLAN

STEP 3

When your NDIS plan is approved, you can start to choose who you want to work with.

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

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.

You can also talk to your:

- Local Area Coordinator
- Early Childhood Partner - Kudos,
- Aboriginal Disability Liaison Officer
- Rural Community Connector
- Support Coordinator (if you have one)
- NDIS office

You can ask for a Service Agreement with your provider.

- If you, your child, or someone you care for has a permanent and significant disability, the NDIS may be able to help.
- The NDIS will pay for reasonable and necessary supports you need to live and enjoy your life.

