

Imagine
what's
possible



Discover

A National Disability Insurance Scheme
Help Guide



NDVR
Endeavour
Foundation



This Easy Read Guide was prepared in partnership between Endeavour Foundation and La Trobe University, and was funded by the Community Inclusion and Capability Development Fund from the National Disability Insurance Agency.

Copyright for this edition 2015 © Patrick Keyzer, Gail Casey.

For more information, please contact us on:



endeavour.com.au/ndis



hello@endeavour.com.au



1800 112 112

What is the National Disability Insurance Scheme?



The NDIS will be a new government disability service. It is different to Centrelink. The NDIS aims to help all Australians with disability for the long term.

The NDIS will provide information and support and encourage people to have their own individual plan for the future.

The NDIS will help people find the right services in their local area. These may be services especially for people with disability or other services they choose.

The NDIS will help carers with their role.

The NDIS will provide support to people with disability if they need it.



Becoming a participant in the NDIS



Becoming a participant in the NDIS



The NDIS will help people who are born with disability or who develop disability later in life.

A participant must have a disability.

The disability must be permanent which means it will not go away over time.



A participant will need to be a resident of Australia.

There are Rules which help work out who can become a participant and who can receive services and support.



The NDIS will help with the use of therapy (for example) so that support can improve a person's life.

The NDIS wants to make sure that people who need disability services will get disability services.

Early intervention



The NDIS will help adults or children as early as possible.

This means that help and support may help things improve or stop things getting worse.

Being able to get help and support early is important – the earlier you get help the better things will be.

Children often benefit if they receive help with their disability whilst at school such as how to manage their behaviour so they can continue to go to school.



NDIS will help an older person with equipment or aids in their home so they can stay at home, rather than go into an aged care home.

NDIS and Human Rights



Everyone has rights.

There are laws in Australia which require people to treat people with disability the same as everyone else.

Australia has agreed to the United Nations Convention on Persons with Disabilities to make sure people with disability have rights in Australia.



The United Nations Enable website is all about the Convention on the Rights of Persons with Disabilities: www.un.org/disabilities.

Advocacy & advocates



There are people outside your family who can also speak up for you and they are called 'advocates'.

Advocates listen to what you have to say.



Advocates can go with you to speak on your behalf when you want them to or they can help you speak up for yourself.

Advocates work with you to help fix a problem.

Communicating with people with disability



It is sometimes hard for some people with disability to let people know what they think because of their ability to speak, or to hear, or to read or write.

Everyone has the right to let you know what they are thinking and to use whatever means they can to express their feelings, needs and wants.



We are all individuals and communicate in different ways, for example, people with hearing loss sometimes use their hands and sign language.

People with a disability can always communicate more effectively, if they are given appropriate support, for example, they may use a computer to express themselves rather than speaking.

What is 'Capacity' and why



'Capacity' is a legal word for a person's ability to make decisions and understand the consequences.

The law in Australia says that everyone over the age of 18 years has 'capacity' including people with disability.



This means that a person with a disability is supposed to be able to make decisions about their own life, just like everyone else.

Some decisions are harder to make, some decisions are easy to make.

People can be supported to understand that they are making a decision and what the consequences may be.



When making a decision people can be supported to think about all the different choices, what can happen when a choice is made and how they can let people know about their decision.

Independent, Supported and Substitute decision-making



‘Independent decision-making’ is when you make the decisions by yourself – you do not need any help.

Sometimes you may need help making everyday decisions such as which bus to catch to get to work or big decisions such as agreeing to medical treatment. Supported Decision Making is asking for help to make a decision.



Most people talk to people such as friends and family when they make decisions, especially big decisions.

Some people who are unable to make major decisions are done so by ‘substitute decision-makers’. Substitute Decision Makers are called Guardians.

The Role of Parents, Carers, Guardians & Nominees



'Nominees' are people like your family members or people you trust who are able to help you and act on your behalf – they are different from advocates.



You can ask a person to help you put a plan together. This person is called a 'plan nominee'.



You can ask a person to receive and explain letters about the NDIS to you. This is called a "correspondence nominee"

Planning for the future with NDIS



The NDIS is a new way to assist you make more choices and have more control over your life.

Your First Plan is the start of a lifelong relationship with the NDIS.

The NDIS Representative will have a meeting with you to help you with your First Plan.



Your First Plan will give you the support you need now. It will make sure you have time to learn more about all of your options with the NDIS and consider your goals for your next plan.

A goal is:

- What is important to you.
- What are your dreams? What supports you need to achieve your dreams.



The NDIS Representative will guide you to make a plan.

Your family and friends can help you too, if you choose. A plan nominee can also help you.

Planning for the future with NDIS



Each participant in the NDIS will have their own individual plan. This explains the things that people want to do with their lives and what support is needed to help people meet their goals.

The Plan will help you have more choice and more control over your life.

The Plan will help you understand what supports you need to achieve your goals and how much it will cost.



You might need an aid or appliance like a wheelchair to help make your life easier or a hearing aid so you can hear well. You might also need changes made to your home or car so you can be more independent. These are things you can put in your plan.

The pathway to the NDIS



Step 1

Contact with the NDIA

- Phone 1800 800 110
- Internet www.ndis.gov.au
- Visit a Shop



Step 2

NDIS will check if you are eligible

- ✓ Under 65 years old
- ✓ Disability
- ✓ Australian Resident



Step 3

Talk to a NDIS Representative

Step 4

Make a First Plan with a NDIS Representative



Step 5

Get started

Step 6

Register or request plan review

How do I develop a participant's plan with the NDIS?



The NDIS allows you to have a plan for your future.

You can plan for some new things in your life such as studying, or moving to live with friends, taking a holiday or support with everyday life such as how to make friends.

This means that: a plan has to be safe for you or other people; and must not affect your health or safety.



Support provided should be:

- Reasonable – this means ‘just about right’ or ‘balanced’.
- Necessary – this means what is needed.

How do I develop a participant's plan with the NDIS?



How will the Plan be managed?



A plan is needed to help you achieve your dreams and your personal 'goals'. This means what you want to get in the future or what you want to do in the future.

A plan should include what supports you need now and in the future.

You have a choice to manage the plan on your own or get help to manage it.



The NDIS wants you to keep written records.

You can ask for help to keep written records for the NDIS.

You can ask for help to keep track of how much money you have from the NDIS or how much money you are spending on achieving your goals.



People you can ask for help with keeping records. People you ask for help from include:

- A Family Member
- A Friend or Someone You Trust
- A Plan Nominee
- A Guardian.

What could my Plan look like?



A plan can include things like:

- Training so you feel confident about doing things like catching the train by yourself.
- Training so that you can learn to do new things like getting a new job.
- How many support workers you need to do the things you want to do.
- What equipment you might need to do the things you want to do like a new wheelchair.
- What Communication devices you might need so that people can understand you better.
- What support you might need to get a job.
- What types of activities you like to do in your free time such as swimming, dancing or painting.
- What support you might need to travel in Australia or other parts of the world.
- What support you need to keep written records or keep track of how much money you are spending.



Reviewing and changing Plans



You can apply to change your plan with the NDIA.

Your life may change and your supports may change as well.



A new plan will have to be in writing.

The NDIA can ask you to provide information on your current situation which may include whether you need more support.

Review of decisions



You may be unhappy with your plan. If you are unhappy with your plan you can ask for a 'review'.

This means that the NDIA must listen to you. The NDIA must look at the plan to make sure it is right.



To get the NDIA to review the plan you must contact the NDIA. You can ask for help to do this.

A new person will then look at the plan the NDIA made.



After reviewing the plan they may change the plan or decide to keep it the same.

If you are still not happy with the plan you can ask the Administrative Appeals Tribunal to review the plan. Advocates and lawyers are able to help you with this.

Finding, understanding and improving services: ILC



The NDIS will provide funding so that the people in the community and community organisations better understand the needs of people with disability – this is called Information, Linkages and Capacity Building. It is also called ILC.

The NDIS will provide information to families and people with disability to access supports and services in their local areas.



The NDIS will provide support for community organisations to include people with disability.

The NDIS will provide support for services that everyone uses to include people with disability.



The NDIS will provide Local Area Coordinators to support all people with disability access local organisations and services.

ILC is set up so that you are not on your own when finding what you need.

Aboriginal and Torres Strait Islander Peoples and the National Disability Insurance Scheme



The NDIS recognises Aboriginal and Torres Strait People as the First Peoples of Australia.

The NDIS understands the importance of family and community and culture.



It is important to NDIS that you feel confident to use their services.

You can always have someone you trust with you when talking to the NDIA.

NDIS gives you more choice and control.

Wills



Before a person dies they can write a Will.

A Will tells everyone what you want to happen to your things after you die. A Will helps people understand whether you would like to be buried or cremated.



A Will helps people understand who you would like to leave the things you own to when you die.

When this list is written down and you sign the paper it is called a Will.