

How do I access NDIS?

There are some important steps for you to take to access NDIS funding for your supports.

- If you already have funding you will receive a letter from NDIS. Check all your contact and personal information details to ensure they are correct.
- If you do not currently have funding, you will need to contact NDIS on **1800 800 110** to ask for an **Access Request Form**.
- You will need reports from health professionals to be able to complete the form and to provide evidence of your disability.
- Follow the instruction of the NDIS team and return the completed forms to the address stipulated.
- The NDIS Access team will notify you of their decision.

What will I need to access NDIS?

You will need to provide evidence of your disability which can include:

- Mobility issues
- Communication difficulties
- Assistance with social interaction
- Assistance with learning
- Assistance with personal care
- Assistance with managing yourself

How do I know if I'm eligible for NDIS?

To be eligible for NDIS funding you must:

- Be under 65 years of age (if you are over 65 you may be eligible for continued funding under the Continuity of Service scheme)
- Have a permanent disability
- Be an Australian resident

How can I maximise my outcome from the NDIS? Meeting with the National Disability Insurance Agency (NDIA)

The NDIA will want to meet you and ask about your disability and what your assistance needs are.

Some important hints and tips about this meeting are:

- Always request a face to face meeting for this interview
- The meeting will take between 1 and 2 hours
- You can ask them to come to your home if that is more convenient
- Always have a support person, friend or service provider such as 121 Care with you during the interview.

Preparation for the NDIA meeting

The amount of funding that you receive under the NDIS will depend on the quality of the pre planning that you do prior to the meeting with the NDIA. **Some tips and hints for your pre planning include:**

- **Goals** – Your NDIS plan is designed to help you to meet your life goals. Think about 2 or 3 short and long term goals you want to achieve, for example to live independently (long term goal).
- **Download** a copy of our pre planning workbook
- **Get your support** workers, family and friends involved in the process because they will remind you of aspects of your life that you may need support with.
- **Equipment** – what equipment you currently use and need, including maintenance and repairs as you will no longer have access to MASS and CAETI funding for equipment.
- **Assistive Technology** – ask questions or do research (ask an Occupational Therapist) what type of assistive technology equipment is available or could make your life easier and better.
- **Consumables** – think about items that you use that are consumable, for example, thickeners, incontinence aids, catheter bags
- **Transport** – how you get to appointments, social activities and events. You will lose the mobility allowance. You need to estimate all your travel and transport in a year and include unexpected events and travel.
- **Personal Support** – you need to be able to work out all your personal support needs during the year, including unexpected events such as hospitalisation. 121 Care can assist you with this planning using their support planning tool. Call us on 5443 9777 to get assistance.
- **Activities** – what activities you want to engage in, even if you haven't participated in them previously. Think about your personal interests and include them in your workbook such as attending sporting events, music festivals, attending TAFE or University, shopping, medical appointments, coffee with friends, anything that you want to do in your life including holidays and travel.
- **Accommodation** – where do you want to live and who you want to live with. Do you need to develop additional skills or need additional support?

How is my funding managed?

There are 3 ways that your NDIS funding can be managed, or a combination of these options:

- Agency managed by the NDIA
- Plan managed by a registered plan manager or provider such as 121 Care
- Self-managed where you or your nominee manages your funding

You can also use a combination of these option and choose to self manage some of your supports and have other supports managed by a plan manager.

NDIS Contacts

www.ndis.gov.au

<https://www.ndis.gov.au/questions-and-answers>

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TTY: 1800 555 667

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