



Liberty Disability Services
People. Options. Power

Disability is new to me

How do I get started with the NDIS?



Easy read document

Is disability new to you?

Maybe you or your child have a new disability.

Or maybe you are caring for someone who has a new disability.

Whatever it is, you are not alone.

You may have heard of the National Disability Insurance Scheme (NDIS) and the support it can give.

But if you are new to disability, you might be asking:

“How do I get started with the NDIS?”

The NDIS can help people get support.

This support can:

- help them be independent
- work on their goals
- enjoy everyday life

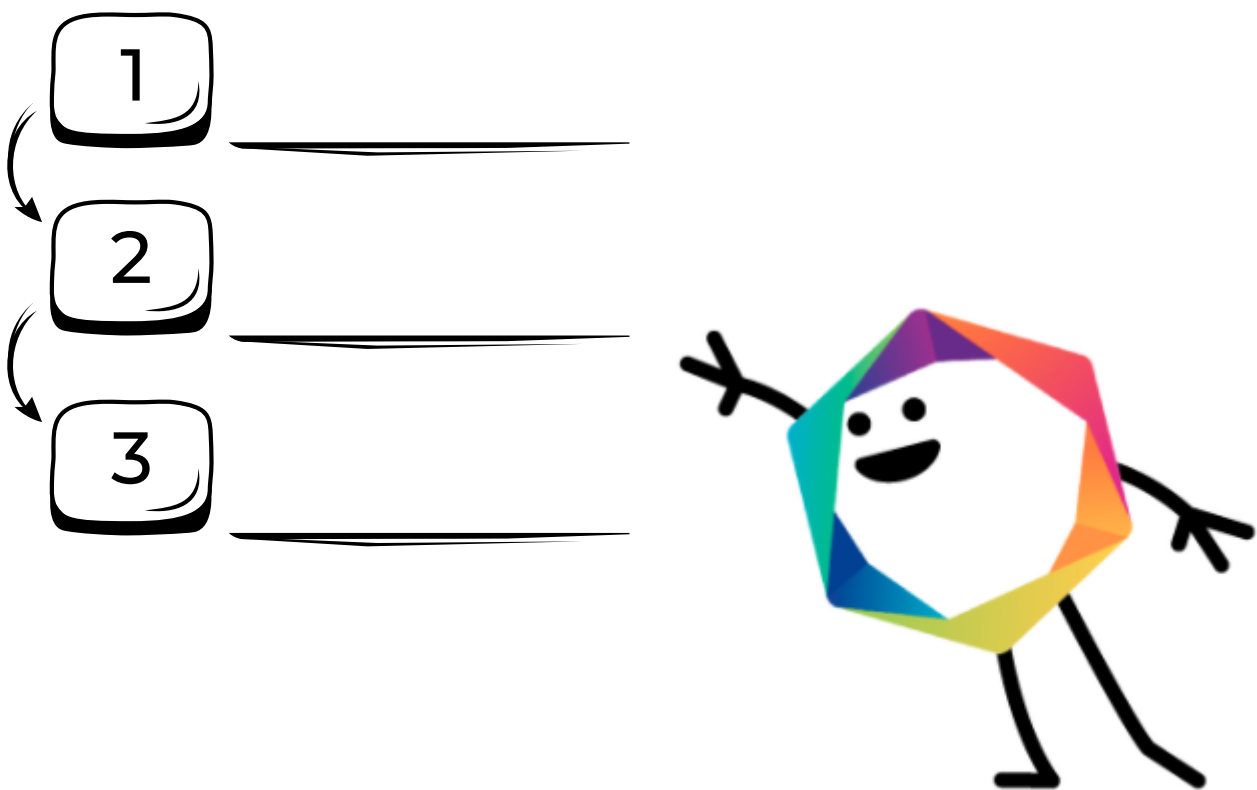
But getting started can feel confusing.

There can be lots of forms, information and new words to understand.



The good news is, you don't have to know everything at the start.

You can take it one step at a time.



This guide explains:

- how to apply for the NDIS
- what happens after you become an NDIS participant.

Getting started with the NDIS

Here are the main steps:

1. Check if you are eligible

2. Connect with an NDIS partner

3. Gather information about your disability

4. Complete your NDIS application

5. Submit your application and wait for a decision

Let's look at each step.

Step 1: Check if you are eligible

The first step is finding out if you can access the NDIS.

The NDIS is for people who have a 'permanent and significant' disability.

These people must meet requirements related to age, residency and disability.

There are also early intervention pathways for some people.



To check if you're eligible, you will need to provide documents to confirm your identity.

These documents could be:

- Full birth certificate
- Passport
- Australian citizenship certificate
- Medicare card
- Bank card with your name on it
- Utility account with your name and current address

NDIS requirements can change, so make sure you check the current information with the NDIS.

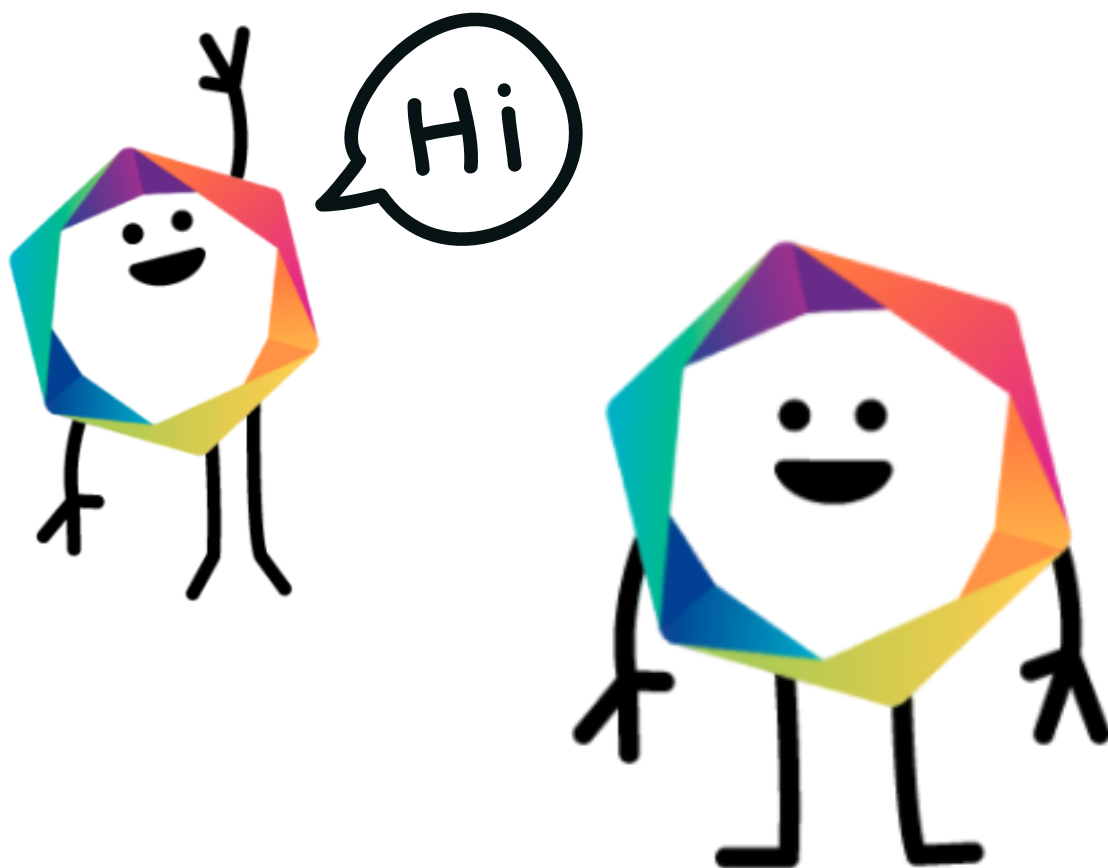
<https://www.ndis.gov.au/>

Not sure where to start?

That's okay!

Liberty Disability Services can help you understand this step and the information you may need.

Let's take the first step together.



Step 2: Connect with an NDIS partner

Applying for the NDIS can feel like a lot.

But you don't have to do it alone.

The NDIS has local partners who can help you with the application.

You can call the NDIS on
1800 800 110

Or use the NDIS office finder to find your local partner

<https://www.ndis.gov.au/contact/locations>



You can also contact us!

Liberty Disability Services can also help you with the application and guide you through the steps.

We help you understand:

- What you need to do
- What happens next.



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Step 3: Gather information about your disability

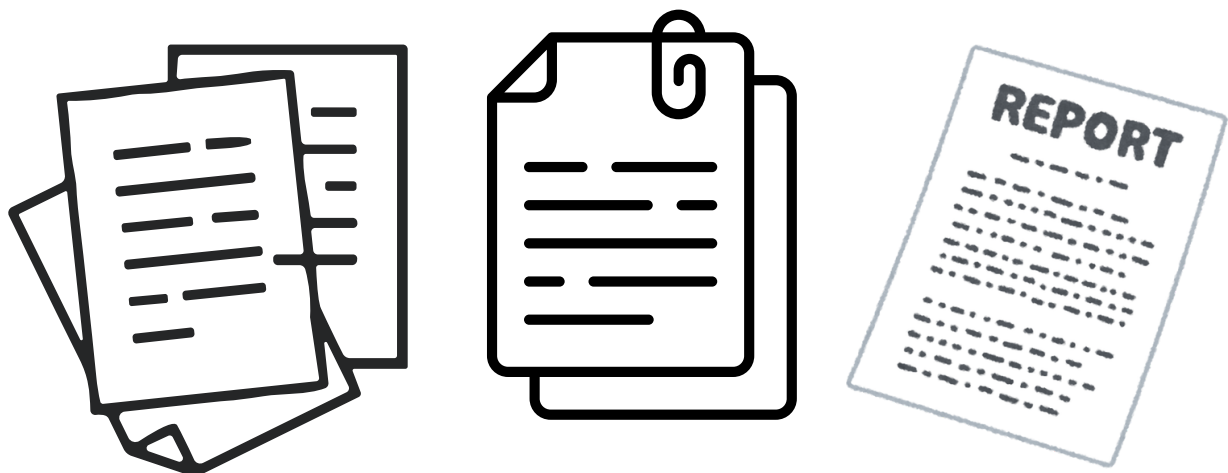
The NDIS needs information about:

- your disability
- how it affects you everyday

You may need to gather:

- reports
- assessments
- or letters

from health professionals who understand you and your needs.



Depending on your situation, this information could come from a:

- Doctor
- Occupational therapist
- Psychologist
- Physiotherapist
- Speech pathologist
- Other qualified health professionals



The information should explain:

- What your disability is
- How your disability affects your everyday life
- What challenges you face
- What support you need
- Why you may need support through the NDIS



For example, your disability may affect things such as:

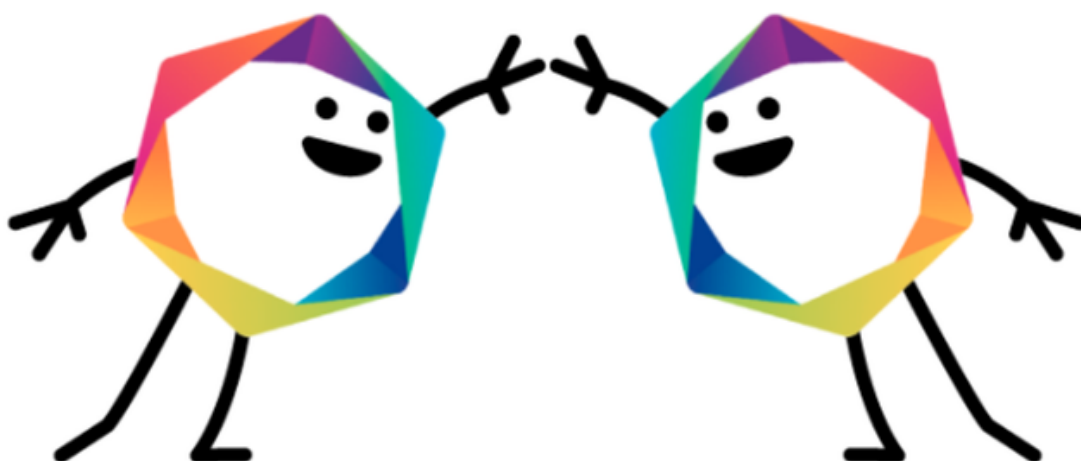
- Communication
- Moving around
- Personal care
- Learning
- Working or studying
- Social activities
- Managing everyday tasks
- Taking part in your community

Gathering this information can take time.

And that's okay.

You don't need to have everything ready overnight.

Liberty Disability Services can help you understand what information you need and assist you with this step.



Step 4: Complete your NDIS application

Once you have gathered the information, you can complete your NDIS application.

This usually includes an Access Request Form.

The form asks for information about:

- You and your situation
- Your age and residency
- Your disability
- How your disability affects your everyday life
- The support you need
- Information from health professionals

Some parts of the form may feel confusing, **and that's okay.**

You don't have to know everything about the NDIS before doing this form.

This form helps the NDIS understand you, your disability and the support you need.

An NDIS partner may be able to help you complete the application.

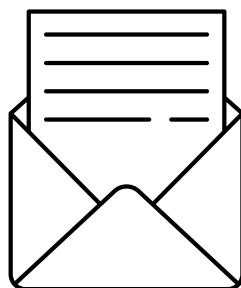
Liberty Disability Services can also provide support.

Step 5: Submit your application and wait for a decision

Once your application and supporting information is ready, you can submit them to the NDIS.

There are different ways to submit your application, including:

- Online through the NDIS Service Hub
- By mail
- In person at an NDIS office



After the NDIS gets your application and information, they will review it.

It may take 21 days or less for the NDIS to make a decision.

If your application is approved, you become an NDIS participant.

This is when you can start looking at your NDIS plan, and find supports.



So, what happens next?

Getting your NDIS application approved is a big step.

But now you might be asking:

“What do I do now?”



First, learn how your NDIS plan works

Your NDIS plan explains the funding and type of support you have been given.

It can include different types of funding, support categories and NDIS terms.

At first, it can feel like a lot to understand.

And that's okay; we're here to support you if needed.



When learning about your NDIS plan, you might be asking:

- What can I use my funding for?
- How much funding do I have?
- What supports can I access?
- Which providers can I use?
- How do I manage my funding?
- What happens if I need to change something?

Don't worry, these are very common questions!

You don't need to know everything right away.

Take your time, ask questions and get help if you need it.

And remember, we're here to support you.

Liberty Disability Services can assist you to:

- understand your NDIS plan
- explore your options
- work out your next steps.

Then, find the right support services for you

Now that you've learnt about your NDIS plan, you can start looking for supports that help you reach your goals.

Supports might be:

- Therapy
- Personal care support
- Psychology
- Community access
- Support Coordination
- Plan Management
- Other disability-related services



The supports you can use depend on your individual situation and what's included in your NDIS plan.

There are many different providers and services.

This can make choosing the right support tricky.

But your supports should be about **you**.



The supports you use should:

- fit your life
- work on your goals
- support your needs

They should help you live with choice and control.

At Liberty Disability Services, we take the time to get to know you. We want to learn about what matters to you as an individual person.

We provide many NDIS support services across Australia, including:

Support Coordination, Plan Management, Psychology, Community access and more.

What is Support Coordination?

If Support Coordination funding is included in your NDIS plan, a Support Coordinator can help you use your plan.

They can help you:

- Learn how the plan works
- Understand your funding
- Explore your options
- Find suitable providers
- Connect with support services
- Manage your supports
- Build confidence
- Work towards your goals

Support Coordination can be helpful if you:

- are new to the NDIS
- have several supports
- are not sure where to begin.

What is Plan Management?

Plan Management helps with the money side of your NDIS plan.

A Plan Manager can assist with:

- Paying invoices
- Managing your NDIS funding/spending
- Understanding your budget
- Keeping track of your NDIS expenses

Plan Management can give you more choices and less admin.

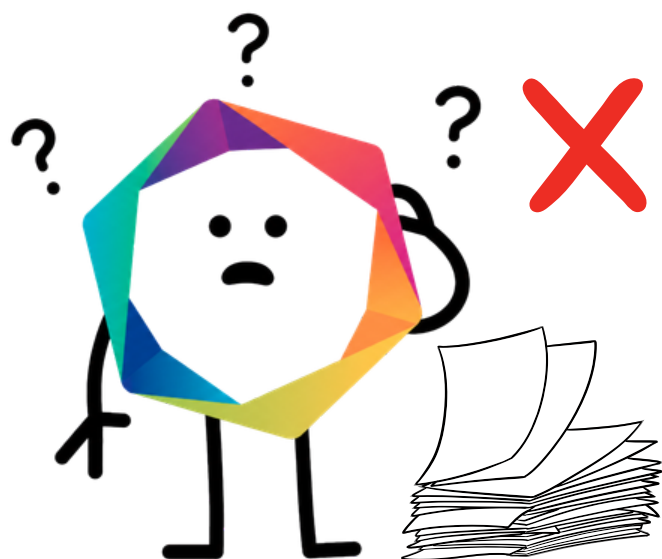


Instead of spending your time on invoices and budgets, you can focus on your supports, goals and everyday life.

Less paperwork.

More time for what matters to you.

You can learn more about Liberty Disability Services' Plan Management services on our website.



Remember, you don't have to navigate the NDIS alone!

Starting your NDIS journey can feel like a lot.

But you don't need to work it all out right away.

It takes time, and having the right team around you can make a big difference.



Liberty Disability Services can assist you in applying for the NDIS.

We can help you get started, and provide ongoing support afterwards.

We know that every person's disability, life and goals are different.

That's why we:

- Start with getting to know **you**
- listen to what **you** want
- work to understand **your** goals
- focus on finding supports that fit **your life.**

If you:

- are applying for the NDIS for the first time
- have recently been given an NDIS plan
- or are looking for a new NDIS provider

We're here for a chat.

If you think Liberty Disability Services could be the right fit for you, you can:

- make a referral on our website
- contact our team to discuss your options.

Let's take this journey together.



Call (03) 52 75 86 27

Email

info@libertydisabilityservices.com.au

Go online to

www.libertydisabilityservices.com.au

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