

# I can HELP

people understand the **NDIS**

What can the **NDIS**  
do for someone with a  
**psychosocial disability?**

**Embark** improves access to the NDIS  
for adults experiencing homelessness  
and mental illness





## What is the **NDIS**?

The **NDIS (National Disability Insurance Scheme)** helps people with a disability to get the most out of their day-to-day lives. By funding supports and services that help people overcome the challenges caused by their disability, the NDIS helps people achieve their goals and live an ordinary life.

### The NDIS and mental health

Not all people who have a mental health condition have a disability. However, when a mental health condition impacts on someone's ability to function on a day-to-day basis, it is called a 'psychosocial disability'. Psychosocial disability relates to the social consequences of a mental illness. People with a psychosocial disability may be eligible for the NDIS.

### Your voice, your choice

The NDIS is all about you, your voice and your choice. This means that you can choose how you would like to be supported and who you would like to support you. Once you have chosen your support provider, your supports will be delivered to you based on your needs. This could include receiving support at home, in the community or in a Supported Independent Living (SIL) environment.

The NDIS will only provide funding for supports that are not already offered by other government funded services such as Medicare. The NDIS is there to provide a helping hand and can pay for certain services or support workers who can help you overcome the challenges that stand between you and your goals.



# Some areas that a support person may be able to help with include:

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## **NDIS and communicating**

Support with speaking up and being heard, making decisions and ensuring your wants and needs are understood.

This can include support with:

- Voicing your concerns or making complaints
- Making informed choices
- Advocating for you and your rights
- Building confidence and making friends
- Reading, writing and understanding forms or letters

*Your support person will not make decisions for you or advocate for what they want and need. It's all about you!*



## **NDIS and learning**

Helping you to learn and explore new skills. These supports could assist you with learning something new or getting better at things you can already do.

This could include areas such as:

- Managing your money
- Planning and preparing meals
- Finding a course or linking you with education providers
- Reading and writing
- Using a computer or other technology

*The NDIS will not pay for your lunch at TAFE or fund the course you choose to do.*



## **NDIS and housing**

Helping you find safe, secure and affordable accommodation by assisting with things like:

- Exploring your options for housing, making applications and filling out forms
- Finding crisis or temporary accommodation
- Keeping your home clean, tidy and safe
- Building the skills you need to live independently and maintain a tenancy

Depending on your needs you may be eligible to live in SIL accommodation. SIL is funding for people with higher needs to live in a shared environment such as a group home or villa, with supports that can include:

- 24/7 onsite support
- Assistance with daily living (cooking, cleaning, showering)
- Remembering to take medication
- Getting to and from appointments
- Participating in activities and trying new things

*The NDIS will not pay your rent, electricity or phone bill for you, these will need to be paid out of your pension. Whether you are eligible for support to find a home or SIL, the NDIS can assist you to live safely and independently.*



## **NDIS and day-to-day living**

Helping people become more independent and maintain their day-to-day needs.

A support person can help with things like:

- Booking, remembering and getting to and from appointments
- Looking after your health and wellbeing (eating, sleeping, showering, taking medication)
- Getting out to do the things you enjoy
- Linking you up with other services
- Organising your shopping list and budget

*The NDIS will not buy your groceries or other items for you.*



## **NDIS and my goals**

Supporting you to overcome the challenges that stand between you and your goals.

This could include support with:

- Learning or trying something new
- Improving at something that you find challenging
- Becoming more independent
- Planning the next step in your life

*By supporting people to manage and overcome the challenges caused by their disability, the NDIS can help people achieve their goals, whatever they may be.*





## The NDIS and my pension

Helping you with budgeting and Centrelink. These supports could include:

- Helping you submit and follow up on applications
- Getting to and from appointments
- Updating information
- Advocating for the right payment
- Improving your budgeting skills

*The NDIS will not change how much money you receive from Centrelink or provide cash payments.*



## NDIS and employment

While the NDIS cannot directly find you employment, your NDIS can support you with the steps you need to take to get ready for work. It can help you to enter and stay in the workforce by supporting you with things like:

- Looking for and applying for a job
- Accessing existing employment services
- Developing the skills and confidence to enter the workforce
- Preparing for and attending interviews
- Providing support in the workplace such as assistance doing your job (if necessary)
- Becoming more independent with establishing and maintaining a routine
- Maintaining employment by supporting you to prepare for the responsibility and commitment required.

*The NDIS will not give you a job and will not change how much money you earn.*



## NDIS and my community

Helping you to participate in your community by assisting with things such as:

- Staying motivated
- Trying new things
- Getting out to do the things you enjoy
- Meeting new people or making new friends
- Finding affordable and interesting hobbies or activities

*The NDIS will not pay for the things you want to do but support funding through the NDIS can help you get the most out of your activities.*

# For information, support and advice about the NDIS:

Visit the NDIS website, contact  
your local NDIA office or call  
the 1800 number directly



**[www.ndis.gov.au](http://www.ndis.gov.au)**

**The NDIA: 1800 800 110**

## **Acknowledgement**

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Visit the NDIS website for more information  
[www.ndis.gov.au](http://www.ndis.gov.au)*