



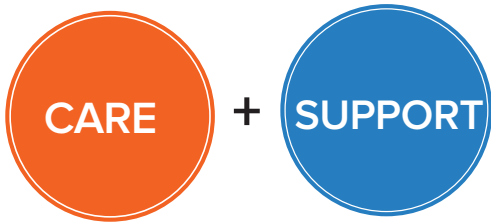
# EASY READ NDIS SUPPORTS SERVICES GUIDE

North and West Remote Health





THE **NDIS** HELPS  
YOU **ACCESS**:



## What is the NDIS?

The **National Disability Insurance Scheme** is called the **NDIS**.

The **NDIS** is a new way to help people under 65 with disabilities access:

- » care
- » support



## Who can join the NDIS?

You must be allowed to live in Australia forever. This means you:

- » were **born** in Australia
- or
- » have a special **piece of paper** saying you can live in Australia

You must:

- » be **under 65 years of age** to get help
- » have a **permanent disability** that fits the NDIS rules. Permanent means the disability will not go away
- or
- » need **early intervention**. This means to treat something early





## Who can join the NDIS? (continued)

The NDIS wants people under 65 who have disability **to be able to:**

- » lead an ordinary life
- » reach their goals in life



An ordinary life means enjoy the things most people have or do. This may be different for each person.

For example:

- » **school** might be a big part of an ordinary life for teenagers
- » a **job** might be a big part of an ordinary life for an adult



To help people under 65 with disability to lead an ordinary life the NDIS pays for supports that are:

- » reasonable

**and**

- » necessary

Reasonable means something that is fair.

Necessary means something that you must have.



## Supports

The NDIS will pay for supports for people. These may be different for each person because each person will have different goals.

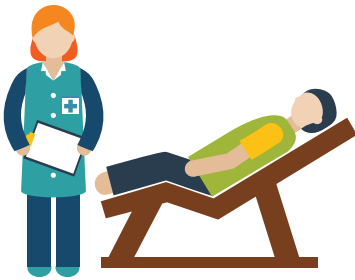
For example:

- » a person might want to **communicate more**. The NDIS may pay for a communication device
- » a person might want to be able to **drive to work**. The NDIS might pay for changes to their car
- » a person might want to do more at home **without a support worker**. The NDIS might pay for a therapist to help make changes to the home



As your life changes, your **support needs and goals** might also change.

The NDIS will make sure you get the right supports as your goals and support needs change.



## What might NDIS help with?

The NDIS might be able to help people with disability use services that everyone in the community can use.

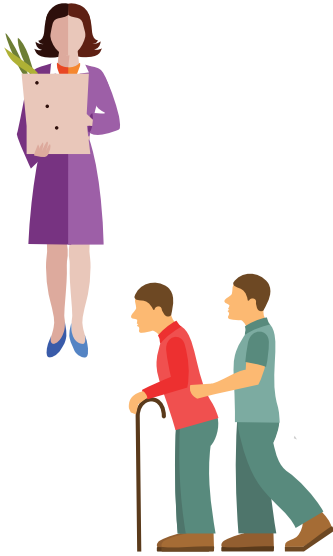
For example:

- » go to **school**
- » go to the **library**
- » visit a **doctor**



The support must help you:

- » be **more independent**, for example:
  - learn to cook and shop
  - make changes to your car so you can get to work
- » **join in the community**, for example:
  - get a job
  - join a group
- » **get the help you need**, for example:
  - transport
  - a support worker to help you at home
  - therapy like physio
- » **get equipment and aids** you need, for example:
  - a wheelchair
  - a communication device



## You make the choices

You can choose the service providers you work with.

For example:

- » someone to support you in **shopping**
- » someone to help you **cook** meals
- » someone to help you **have a shower**
- » someone to help you with **equipment and aids**



## NWRH is a Disability Services Provider

We can help you with your goals, supports and services.



### DAILY LIVING AND LIFE SKILLS

- » Transport
- » Support getting out of the house, shopping, attending social events



### TENANCY / ACCOMMODATION ASSISTANCE

- » Assist in understanding tenancy obligations
- » Assist with everyday accommodation support such as bill paying, collection of mail



### DEMENTIA ADVISOR

- » Help with memory and thinking, understanding situations, managing behaviours and relationships



## **ACCESSING SERVICES**

- » Assistance with appointments
- » Help to understand what services can assist
- » Assistance accessing support schemes such as Centrelink
- » Counselling



## **TOILETING**

- » Develop strategies to assist maintaining continence
- » Deciding on and sourcing aids such as pads



## **COMMUNITY PARTICIPATION**

- » Transport
- » Support getting out of the house, shopping, attending social events



## **SPEAKING OR SWALLOWING / EATING**

- » Assess swallowing and recommend dietary changes for people with difficulties
- » Support for people who have difficulties with verbal communication



## **FEET / FOOTWEAR**

- » Provide nail care
- » Manage wounds & foot conditions that may make walking painful or difficult



## **DIET / FOOD CHOICE**

- » Understanding what foods to eat to manage any health conditions
- » Managing food intolerances / allergies
- » Weight loss
- » General healthy eating advice



## How can I contact NDIS?



You can call NDIS on **1800 800 110**



or for people with hearing or speech loss TTY:  
**1800 555 677**



or Speak and Listen: **1800 555 727**

NWRH is also a Disability Services Provider.

You can call us on **1800 799 244** or you can visit us at:

**We have places available. Contact our friendly team today to see what services we offer in your community!**



### **Mount Isa**

53 Enid Street, Mount Isa QLD 4825



### **Longreach**

19 Duck Street, Longreach QLD 4730



### **Normanton**

38 Dutton Street, Normanton QLD 4890



### **Townsville**

3/106 Dalrymple Service Rd, Currajong QLD 4812

**NWRH is registered to provide supports for NDIS participants.**

**Provider Registration Number: 51 757 136**

NWRH respectfully acknowledge the Traditional Owners, Elders and Leaders past, present and emerging as Custodians of the lands across which we deliver Health and Wellbeing Services.