



NWRH



EASY READ NDIS SUPPORTS SERVICES GUIDE

North and West Remote Health





NWRH

EASY READ

NDIS SUPPORTS SERVICES GUIDE

The **NDIS** helps you **ACCESS**:



CARE + SUPPORT

What is the NDIS?

The National Disability Insurance Scheme is called the NDIS.

The **NDIS** is a way to help people 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. You must be **8 years of age or younger** to access





Who can join the NDIS? (continued)

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

- » lead an independent life
- » reach their daily life goals



Leading an independent life means to do the things that most people do.

This may be different for each participant.

For example:

- » going to **school** might be a big part of an independent life for teenagers
- » working at a **job** might be a big part of an independent life for an adult



The NDIS pays for supports that are:

- » reasonable
- and**
- » necessary

Reasonable means something that is fair.

Necessary means something that you must have.

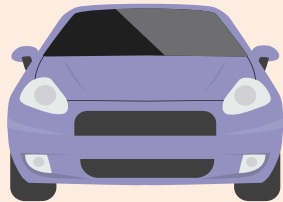


Supports

The NDIS will pay for supports for participants. These may be different for each participant.

For example:

- » a participant might want to **communicate more**. The NDIS may pay for a communication device.
- » a participant might want to be able to **drive to work**. The NDIS might pay for changes to their car.
- » a participant 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.

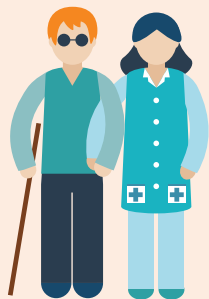


What might NDIS help with?

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 speech pathology, physiotherapy, or occupational therapy
- » **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.

LIFE SKILLS & COMMUNITY PARTICIPATION

- » Transport
- » Support getting out of the house, shopping, attending appointments
- » Assistance with daily personal activities
- » Participation in community and social activities
- » Home maintenance

WELLBEING AND MENTAL HEALTH SERVICES

- » Psychology
- » Counselling
- » Social and Emotional Support





OCCUPATIONAL THERAPY

- » Develop strategies to assist with things like emotional regulation, routine strategies, and maintaining continence

PHYSIOTHERAPY

- » Help you improve movement and function
- » Can help treat and reduce pain

EXERCISE PHYSIOLOGY

- » Help with exercise programs
- » Build your skills to move independently

SPEECH PATHOLOGY

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

PODIATRY

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

DIETETICS

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

DEMENTIA ADVISOR

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

CONTINENCE ADVISOR

- » Help you decide on aids, such as continence pads

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:



Contact our friendly team today to see what services we offer in your community!

MOUNT ISA

53 Enid Street
PO Box 1127, Mount Isa
QLD 4825
Free call: 1800 221 131
Tel: 07 4744 7600
Fax: 07 4744 7688

TOWNSVILLE

261-263 Ross River Road
Aitkenvale QLD 4814
PO Box 8056, Garbutt BC QLD 4814
Free call: 1800 799 244
Tel: 07 4781 9300
Fax: 07 4781 9355

LONGREACH

5/19 Duck Street
PO Box 256, Longreach QLD 4730
Free call: 1800 789 310
Tel: 07 4652 7100
Fax: 07 4652 7150

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.*



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