

Accessing the NDIS

There are requirements you must meet to access the NDIS.

- **Age**

You must be under 65 years of age.

- **Residency**

You need to live in Australia and be an Australian citizen, or have paperwork that gives you permission to live here permanently.

- **Disability**

You need to have a disability that is likely to be with you for life and that substantially impacts how you manage everyday activities. This means you need help from other people or special equipment to do certain things.

- **Early intervention**

Early intervention helps people with a disability that is likely to be with them for life but could be improved by getting some additional support now.

Early intervention can also help children under six years old with developmental delay.

The focus of early intervention is on people getting services and supports now so they require less services and supports in the future and can live a more independent life.

If your child is under six years old find out more about early intervention on our website **www.ndis.gov.au**.

To access the NDIS, we'll need to know some information about you. Everyone will provide this information in different ways. You might be asked to fill in a form or tell someone over the phone.

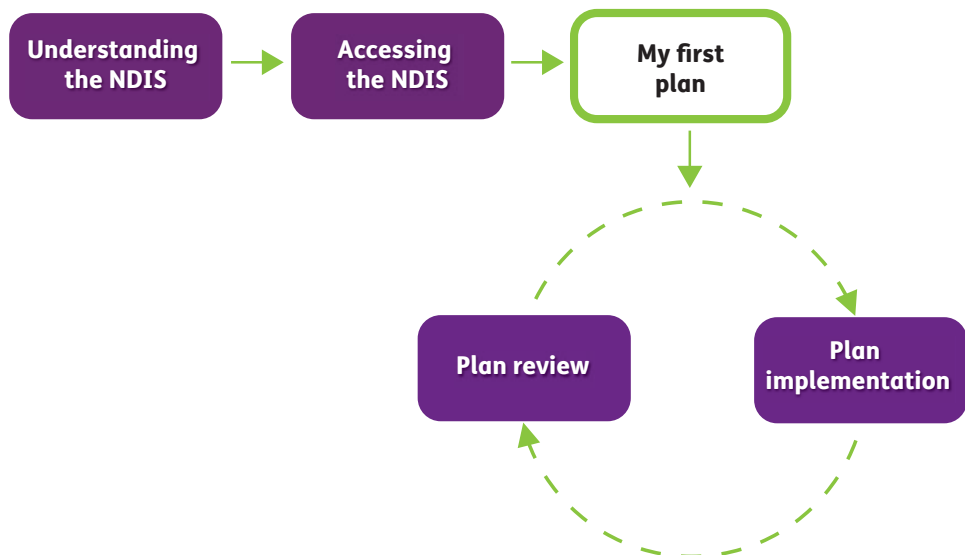
If you currently receive disability supports, your provider may be able to give us this information for you. If you are not currently receiving supports, you will need to contact us when the NDIS is available in your area.

Once we have this information, we will contact you to let you know if you are able to access the NDIS, and we will also tell you what the next steps are.

If you are not eligible, you may still be able to access some supports available in the community. You can find information about your options on our website **www.ndis.gov.au/people-disability**.

People who meet the NDIS access requirements are called participants.

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My First Plan

Your First Plan is the start of a lifelong relationship with the NDIS. The NDIS will support you over your lifetime.

Your First Plan with the NDIS will continue to give you the support you need now. It will make sure you have time to learn more about all of your options with the NDIS and consider your goals for your next plan.

Your First Plan may include the same supports and services you currently receive. It might include a range of supports provided by your family, friends, doctors, school and paid disability providers.

To create your First Plan you will meet with an NDIS partner or Local Area Coordinator (LAC) to have a conversation about your current situation and supports. This means we will ask you how you do everyday things like having a shower or cooking food.

This information will form the basis of your First Plan. Until you have an NDIS plan in place, you will keep receiving your current supports.

Your plan may include:

- **Informal supports** – the care and help you get from your family and friends.
- **Community supports** – the activities and services available you can get from people or groups in your local community.
- **Mainstream supports** – the support and services you get from your doctor or school.
- **Reasonable and necessary funded supports** – the supports and services the NDIS can fund. These are things related to your disability that you need to live your life and increase your options such as getting a job or doing more activities in the community.

Your First Plan will be in place for 12 months. This will give you time to think about how those supports are working for you, and what else you might need to help you achieve your goals before you do your next plan.

It will also give you an opportunity to explore options for you to get involved in your local community through activities such as sports clubs, local theatres, special interest groups and community gardening.