

FACT SHEET



DJ HEALTH

5 easy steps to understanding the National Disabilities Insurance Scheme (NDIS)

THE NATIONAL DISABILITY INSURANCE SCHEME (NDIS) IS A NEW WAY OF PROVIDING DISABILITY SUPPORT AND CARE TO PEOPLE IN AUSTRALIA AND IS DELIVERED BY THE NATIONAL DISABILITY INSURANCE AGENCY (NDIA).

THE NDIS RECOGNISES THAT EVERYONE IS DIFFERENT AND WORKS TO PROVIDE PEOPLE WITH DISABILITY MORE CHOICE AND FLEXIBILITY THROUGH ITS LIFE TIME APPROACH OF INVESTING IN THEM. THE NDIS SUPPORTS PEOPLE BY BUILDING SKILLS AND CAPABILITY SO THEY CAN PARTICIPATE IN THEIR COMMUNITY AND THEIR EMPLOYMENT.

THE NDIS AIMS TO HELP PEOPLE WITH DISABILITY TO:

- Access main stream services and supports;
- Access community services and supports;
- Maintain informal support arrangements;
- Receive reasonable and necessary funded supports.

The NDIA began the National Disability Insurance Scheme in several trial sites in 2013 and gradually initiated formal roll out across Australia in 2016. The NDIS is being introduced in stages around Australia to ensure its ongoing success and sustainability – to find out more information about availability in your area visit the NDIS website www.ndis.gov.au.

At DJ Health, we understand that at times new systems and change can be difficult or problematic to navigate. This fact sheet provides some basic assistance to understand the initial steps to becoming an NDIS participant and how it might affect your current situation, and aid your future goals.

THE NDIS HAS ESTIMATED THAT BY 2019, THE SCHEME WILL SUPPORT APPROXIMATELY 460,000 AUSTRALIANS WITH DISABILITY.

It is important to note that the NDIS support and funding will replace current disability service funding. Read more NDIS information in our FAQ's at www.djhealth.com.au.

STEP 1: DETERMINING ELIGIBILITY

You can access the NDIS depending on your age, residency and disability.

- **AGE** - Participants must be under 65 years of age when you first apply to enter the NDIS;
- **RESIDENCY** - Participants must live in Australia and be an Australian citizen, or have paper paperwork that gives you permission to live in Australia permanently, or have a Protected Special Category visa;
- **DISABILITY** - Your disability needs to likely be with you for life and substantially impact how you manage every day activities;
- **AVAILABILITY** - You must live in an area where the NDIS is currently available; or
- **ECEI** - You have been granted Early Childhood Early Intervention (ECEI).

To see if you meet the access requirements, please visit the NDIS Access Checklist at www.ndis.gov.au/ndis-access-checklist. Alternatively, you can contact the NDIA on 1800 800 110 to see if you are already in their system.

If you are in the system as a person who currently receives supports they will advise you about when you will be moving to the NDIS and what you are required to do.

If you are not in the system, they will ask you a few questions to determine eligibility, and if eligible will provide you with an Access Request Form.



AT DJ HEALTH, WE ARE COMMITTED TO IMPROVING THE LIVES OF ALL THOSE WE HAVE THE PRIVILEGE TO WORK WITH AND SERVE. WITH OUR CORE FOCUS BEING THE PROVISION OF INDIVIDUAL CARE AND QUALITY PERSONALISED SOLUTIONS FOR AUSTRALIANS LIVING WITH DISABILITY.

STEP 2: COMPLETING YOUR ACCESS REQUEST FORM

If you currently have state or territory government funding for disability support or services, you should not need to complete an Access Request Form as they will already have your details on file and will assist you in transitioning to the scheme.

If you do not have current disability support or services and you meet the eligibility criteria, you will need to request an Access Request Form from the NDIA by calling **1800 800 110**.

Steps to completing your Access Request Form:

- **COMPLETE ACCESS REQUEST FORM** - With as much detail and evidence as you can supply about your disability complete your Access Request Form. If you need assistance with this DJ Health have Support Coordinators who are happy to assist – please call 1300 CARE 4U to speak with DJ Health.
- **RETURN FORM** - Once you have completed and returned your Access Request Form, the NDIA will contact you to schedule a time for your NDIS Planning Meeting. Your Planning Meeting is an opportunity to inform the NDIA about your current support and services. Giving them information about the way you would like to live your life and the goals you have.

STEP 3: PRE-PLANNING (OPTIONAL)

At DJ Health, we have registered Support Coordinators that are available to assist you in preparing for your NDIS Planning Meeting. Our team will be able to help you prepare by discussing what your current life is like, how you live, what support you currently use and what support may benefit you in the future. We help you to better identify your long and short term goals so that you can discuss these with the NDIA Planner in your Planning Meeting.

After your Pre-Planning meeting with DJ Health we will provide you with a summary outlining your discussion. This resource can then be taken to your NDIS Planning Meeting to give your Planner a better understanding of your needs and aspirations. A Pre-Planning meeting with DJ Health is optional and does not have to occur for your NDIS Planning Meeting to transpire.

STEP 4: NDIS PLANNING MEETING

Your first NDIS plan is the start of a lifelong relationship with the NDIS. The NDIS planners will be initially focused on continuity of the participants existing support when transitioning to the scheme.

Your Planning Meeting is a scheduled meeting with the NDIA to help build your personalised First Plan. A NDIS Planner will contract you to arrange this meeting at a time that is suitable to you. During this meeting your NDIS Planner will talk with you about what support and services you currently receive and what additional services you may be able to access.

The NDIA allows you to bring support to your planning meeting. It may be a friend, family member or carer. If you don't have any one to support you during this meeting DJ Health can arrange a Support Coordinator to attend your planning meeting with you. Please ensure that you contact DJ Health on 1300 CARE 4U as soon as you have your planning meeting date, this will provide us time to schedule a DJ Health representative for you.

After your Planning Meeting, your First Plan will be finalised. You will then be contacted by a NDIS representative or Local Area Coordinator to arrange your Plan Implementation, with a copy of your plan being posted out to you. Make sure that during your Planning Meeting you take down your NDIS Planner's name and number. If for any reason you are not happy with your finalised First Plan you will then be able to contact them direct and discuss your concerns.

YOUR FIRST PLAN MAY INCLUDE:

- **INFORMAL SUPPORTS:** these are supports for care and help you get from your family and friends.
- **COMMUNITY SUPPORT:** the activities and services 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:** where necessary, these are the supports and services the NDIS can fund. Funded supports may be one off support or a funded support package.

Once complete, your First Plan will provide you with details about the funding that has been allocated to you as an individual.

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STEP 5: NDIS FIRST PLAN IMPLEMENTATION

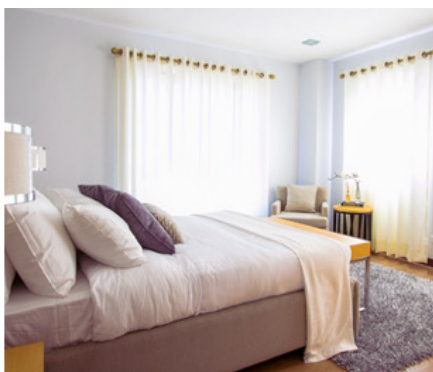
- A NDIS representative or Local Area Coordinator will provide you a copy of your approved plan during your Plan Implementation or It will be posted to you in the days following your meeting. If you would like support from a DJ Health Support Coordinator at this stage, please feel free to contact us.
- Your First Plan will remain in place for 12 months. This will provide you time to think about your life, what supports are currently helping you and which ones are not. Helping you to plan for your next plan review and make any adjustments that will aid you in continuing to achieve your goals.
- Once your plan is active you can access your plan on the Participant Portal. The Participant Portal is an online tool available through the myGov website that keeps all your documents together in the one place. You will receive Participant Portal access instructions once your plan is ready and your plan management will be discussed in detail during your Planning Meeting.
- As part of the NDIS framework you get decide how you want to manage your plan and if you need support.

For example:

- You may choose to manage it yourself (also known as Self-Managed) – this is where the NDIS provides you with the funding to pay directly to the people and organisations that support you.
- You may wish to nominate someone to help you manage your plan – this is a trusted person (also known as a Plan Nominee) that will make payments on your behalf to the people and organisations that support you.
- You can use the services of a registered Plan Management provider such as DJ Health – DJ Health will then make payments on your behalf to the people and organisations that support you. Plan Management is funded as part of your plan and will not take away any funding allocated to you as a person with disability.
- You can also ask the NDIS to manage all or part of your plan on your behalf.

To get more information about your plan management, contact your NDIS representative and they will provide more information to help you make these choices.

If your circumstances or needs change you can also ask for your plan to be reviewed and potentially changed. Contact the NDIS on 1800 800 110 for further information.



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