

Top tips for navigating the National Disability Insurance Scheme (NDIS)



Our purpose
a different **brilliant**®

Understanding, engaging
and celebrating the strengths,
interests and aspirations of people
on the autism spectrum.

The National Disability Insurance Scheme (NDIS) is a government program to support people with disabilities to live the life they choose. This can include funding for support with daily living, education, employment and more. Here are some top tips to help you navigate the NDIS and get the most out of your plan.

1.

Know your rights

Choice and control: You have the right to choose the supports and services that work best for you. The NDIS is designed to give you control over your own plan.

Advocacy: You can have someone advocate on your behalf during meetings and assessments. This could be a trusted family member, friend or professional advocate.

2.

Prepare for your planning meeting

Set your goals: Think about your life goals and what you need to achieve them.

This could include things like finding a job, improving your health or becoming more independent.

Your plan will be reviewed regularly, usually every 12 months. Review what's working well and what needs to change ahead of any meetings.

Gather support information: Collect any reports, assessments or information from doctors, therapists or other professionals that support your needs. These documents will help justify the supports you're asking for. You can find out more about [supporting information](#) on the NDIS website.

Ask questions: Don't be afraid to ask your NDIS planner questions. If something isn't clear, ask for an explanation. More information on the [planning process](#) is available on the NDIS website.

Top tips for navigating the NDIS



3.

Use your plan effectively

Understand your budget: Your NDIS plan will include different budget categories. Make sure you understand how much funding you have in each category and what it can be used for.

Keep records: Track your spending and keep records of all invoices and receipts. This will help you manage your budget and prepare for your next plan review.

Stay flexible: If your needs change, your plan can change too. You can request a plan review if your circumstances or goals change.

4.

Work with providers

Choosing providers: You can choose your own service providers, and you're not locked into any long-term contracts. Make sure to choose providers who understand your needs and preferences.

Use the NDIS [Provider Finder](#) to find a registered provider in your area.

Service agreements: When working with a provider, it's a good idea to have a service agreement. This is a written agreement that outlines the services you'll receive and the cost.

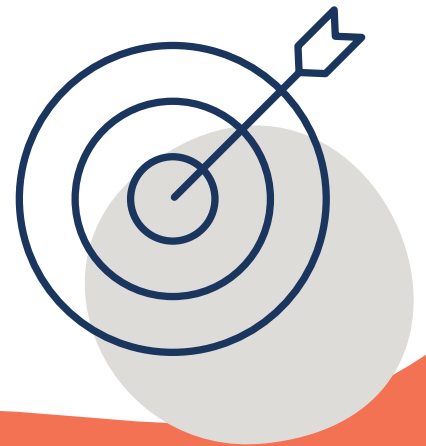
5.

Stay informed

NDIS website: Visit the NDIS website (www.ndis.gov.au) to stay up to date or [find information on supports and services](#).

Workshops and seminars: Attend NDIS workshops or seminars to learn more about how to use your plan effectively.

Peer support: Connect with other NDIS participants to share experiences and advice. There are many online groups and forums where you can find support.



Based on the idea of a different brilliant®, Aspect's approach:

- Respects difference and diversity
- Builds a person's skills based on their strengths, interests, aspirations and support needs
- Develops autism-friendly environments
- Supports others to understand and embrace autism and to develop respectful supportive interactions.