Let’s talk about the NDIS

Presented by Richmond Wellbeing, funded through the Mental Health Australia NDIS Sector Development Fund Capacity Building Project.
Welcome

• Traditional owners of the land & past and present Elders.
• Introduction of participants
• Introduction of presenter/s
Small group discussion

• What do you know now about the NDIS?
• What more would you like to know?
Aims for the day

• To explain the NDIS and make you or someone you care about more likely to use it.

• To let you know how the NDIS supports people with ‘psychosocial disability’, their families and carers.

• To help you talk about what you need to live a more meaningful life.

• To learn where to get more information about the NDIS
Quote from David Goldsmith, NDIS participant, Boondall, Qld

“Until we did this *ourselves*, money was spent on things I wasn't interested in and that is a waste. I used to feel like a square peg in a round hole; now I'm making the hole just my shape.”
OVERVIEW

1. Background
2. Who is NDIS for?
3. But I’m not disabled…
4. What do I need to do?
5. Stories
6. Questions & Resources
NDIS Background

A new Australia-wide system that provides:

• Better support for all Australians who have significant & likely to be permanent disability;

• Long term funding = tax payer funded, ongoing support;

• People with more control and choice in the support they receive;

• Support within people’s local community.
Your Local NIDS Rollout details
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Who is the NDIS for?

The NDIS is for people with a disability, this includes “psychosocial disability”.

What does it do?

Delivers better support ...gives people control and choice in the support and services they receive.
What is Psychosocial Disability?

“A mental health issue that affects people’s daily activities…”

Communication
Social interaction
Learning
Mobility
Self-care
Self-management
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But I’m not ‘disabled’…

- Language
- Intention
- Acceptance
Is the NDIS for me or someone I care about?
NDIS Access Checklist

• Refer http://www.ndis.gov.au/ndis-access-checklist

• Asks 5 questions
  1. Australian resident/citizen?
  2. Are you under 65 years old?
  3. Do you live in ...?
  4. Do you usually need support from a person or equipment to do everyday things for yourself because of an impairment or condition that is likely to be permanent?
  5. Do you need some supports now to reduce your support needs in the future?
Facilitator Check-in

• Any concerns with material so far?
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Interested in the NDIS?
Wondering if you are suited?

1. Comprises:
   - Access Request Form
   - Evidence of Disability Form

2. Will need:
   - Medical evidence
   - A professional to do a full assessment

3. Within 3 – 4 weeks
The official guide for being an NDIS participant

NDIS Booklet
The NDIS Carer's Statement
(video)
What can carers do?

Guide for Mental Health Carers
on the National Disability Insurance Scheme

Who is this guide for?
This guide is for people who provide unpaid care and support to a family member or friend with a psychosocial disability associated with a mental illness or mental health conditions.

Where is this guide available?
This guide is available from the Mental Health Australia website: www.mhaaustralia.org

What is psychosocial disability?
You might notice some differences between the terms used in the National Disability Insurance Scheme (NDIS) and the legislative definition of psychosocial disability. Psychosocial disability includes “psychological, social, and economic consequences of illness or injury that result in a psychosocial disability.”

Mental Health Australia is a Carers Australia partner to promote the health of people with mental health conditions. This guide is intended to increase our understanding of the social and economic aspects of their lives.

Mental health disabilities result from the social consequences of disability—the effects of a person’s disability on their ability to participate fully in life as a result of health conditions. Not everyone with a mental illness will have a social or economic impact resulting in a psychosocial disability.

Questions?
Email: ndis@mhaaustralia.org

Mental Health Carer Checklist
for the Planning Meeting

Purpose of this checklist
This checklist is designed to assist carers to prepare for the National Disability Insurance Scheme (NDIS) planning process. It provides tips to help carers to get the best outcome for their participants in planning sessions.

Who is this checklist for?
This checklist is intended for people with disabilities who are going to participate in the NDIS planning process. It is not a compulsory part of the NDIS planning process, so you do not have to complete it. It may be of use to you in preparing for your participant planning sessions or in talking to your NDIS local area manager.

Background
Under the NDIS, people with disability will be assessed for their eligibility to receive an individualised package of support. If they are identified as eligible, each participant will have a level of support, or a combination of supports, to prevent or reduce the social or economic aspects of their disability.

Mental health conditions and participants with psychosocial disability are not assessed by the NDIS but can be identified and supported by the NDIS through the NDIS planning process.

What can carers do?

Questions?
Email: ndis@mhaaustralia.org

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Carers’ Resources
Carer Peers: ‘Peer Conversation Project’

- Introduction to the videos
- What is the NDIS?
- Nominees under the NDIS
- Where to get help with the NDIS
- Supports available to carers
- Identifying goals with person you care for
- Carer involvement in the planning meeting
- Preparing for the planning meeting
- Funding for Transport under the NDIS
- What to take to the planning meeting
- After a plan has been made
- Local Area Coordinators
- Making changes to the NDIS plan
- Managing NDIS funds

What is locally available for carers?

Details of local carer resources
What if my application is rejected?

• People have a right to seek a review of the decision

• There is an appeals process (https://www.ndis.gov.au/participants/reasonable-and-necessary-supports/decision-review)

• You can download a Word doc, pdf or audio file through the web links

• Or call the NDIA for more information.
Pre Planning

- Think about goals
- Attend an NDIS Pre-Planning workshop
- Ask for support from family, carer, friends etc.
Clip: Debbie & Daniel’s Stories - video
Types of NDIS supports

Intended to help with
• daily life
• community participation
• social & economic life

Normal clinical & community mental health services continue:
NDIS does not replace other mainstream services.
NDIS supports must be...

Reasonable and necessary
Value for money
Activity: Support needs

If a person does get accepted into the NDIS, they need to say what sort of things they need help with.

Questions like:

• What would make life meaningful for you?
• What would you change if you could?
• What would help you do this? Why those things?
• What would you really like your life to look like?

Working in pairs; answer these for yourselves.
After the activity...

• How did you find that?
• Was it hard or easy to talk about what you need?
• What would help make it easier?
LACs are available to help

• Help prospective NDIS participants to engage with the scheme.
• Work with participants to design individual plans and complete plan reviews
• Help participants implement their plans and build community inclusion and capacity.
NDIS staff are available to help

- To answer your questions
- To help with the forms
- Help with obtaining evidence
- Provide information sessions for everyone
- Can visit if you’re unable to come into an NDIA office.
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Clip: Ben’s Story – WA NDIS - video
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Questions?
Resources: Getting more information

Call NDIS NDIA: 1800 800 110
see resources handout

TTY (Translation): 1800 555 677

Speak and listen: 1800 555 727

Help with English: TIS: 131 450


Email: enquiries@ndis.gov.au
References

- Mental Health Australia [http://mhaustralia.org/](http://mhaustralia.org/) Richmond Wellbeing ‘Jinnarra’ Project NDIS presentations
- NDIS Fact and Information Sheets
- [carersqld.asn.au](http://carersqld.asn.au)
- [https://mhaustralia.org](https://mhaustralia.org)
Evaluations

We would love to hear how you found the day – please fill out your evaluation to help us keep improving!