



Guides for understanding supports

December 2021

Easy Read version



ndis

[ndis.gov.au](https://www.ndis.gov.au)

How to use this document



The National Disability Insurance Agency (NDIA) wrote this document. When you see the word 'we', it means the NDIA.



This document is written in an easy to read way. We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read document is a summary of a page of our website.



You can find this page on our website at ourguidelines.ndis.gov.au/understanding-supports



You can ask for help to read this document. A friend, family member or support person may be able to help you.

Guides for understanding supports



We wrote some helpful guides to help you understand your supports.

These documents talk about supports for different needs.

These guides explain:



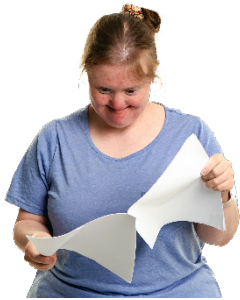
- what research we used
- what the research tells us
- who to talk to if you have questions
- where you can find more information.



You can find these guides on our website.

ourguidelines.ndis.gov.au/understanding-supports

You might want to find out more about:



- how to use the guides



- what research the guides use.

How do you use the guides?

You can use these guides to understand:



- how different supports can help you work towards your goals
- other supports you can use if your goals change.



Please note that the guides might include supports that aren't included in your plan.



You should check if your plan includes funding for a support before you choose it.



We made a checklist you can use when you read the guides.



This might help you:

- collect information about different supports
- think about questions you might have about a certain support.



You can find the checklist on our website.

ourguidelines.ndis.gov.au/understanding-supports/checklist-understanding-supports

What research do the guides use?



The guides use research we can trust, including:

- stories of other people with disability
- research from experts.



In the guides we tell you what the research found out about different supports.



We also explain how much research we found about each support.

We tell you if we:



- found lots of research
- didn't find enough research
- need more research to know more about a certain support.



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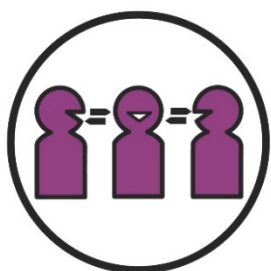
Support to talk to us



You can talk to us online using our webchat feature.

nccchat.ndis.gov.au/i3root

If you speak a language other than English, you can call:



Translating and Interpreting Service (TIS)

131 450

If you have a speech or hearing impairment, you can call:



TTY

1800 555 677



Speak and Listen

1800 555 727



National Relay Service

133 677

www.relayservice.gov.au



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