# Introducing NDIS guides for understanding supports

We have developed guides to help you understand what supports might be right for you.

The guides include helpful information such as a description of supports, the available research and where you can find more information.

You can use these guides to understand supports that might help you work towards your goals, understand different supports if your goals or needs change, and talk with family, carers and service providers about the best supports for you.

Whether you are new to the NDIS or would like to change your supports, understanding your support is important. You can also discuss supports with your NDIS planner, local area coordinator or support coordinator.

To see the guides and for more information, please visit [ndis.gov.au/understanding-supports](file:///C:\Users\hkl779\Downloads\ndis.gov.au\understanding-supports)