# Guides for understanding supports

December 2021

Easy Read version

## 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 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 [ourguidelines.ndis.gov.au/understanding-supports/](https://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.

Website – [ourguidelines.ndis.gov.au/understanding-supports/](https://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.

Website – [ourguidelines.ndis.gov.au/understanding-supports/checklist-understanding-supports](https://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.

## More information

For more information about this document, please contact us.

Website – [www.ndis.gov.au](http://www.ndis.gov.au)

Phone – 1800 800 110

Follow us on Facebook – [www.facebook.com/NDISAus](http://www.facebook.com/NDISAus)

Follow us on Twitter – @NDIS

### Support to talk to us

You can talk to us online using our webchat feature.

Website – [nccchat.ndis.gov.au/i3root](https://nccchat.ndis.gov.au/i3root)

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

Translating and Interpreting Service (TIS)

Phone – 131 450

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

TTY

Phone – 1800 555 677

Speak and Listen

Phone – 1800 555 727

National Relay Service

Phone – 133 677

Website – [www.relayservice.gov.au](http://www.relayservice.gov.au)

The Information Access Group created this Easy Read document. For any enquiries about the document, please visit [www.informationaccessgroup.com](http://www.informationaccessgroup.com).   
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