# Understanding Employment supports

The National Disability Insurance Agency has made guides to help you understand employment supports.

The new understanding employment supports guide has information based on research and other evidence about different types of work supports and how these supports can help you reach your work goals.

You might be thinking about a career, getting a job or changing jobs. These guides can help you talk about and choose the supports that are best for you and your work goals.

The guides for understanding employment supports can be found at [ndis.gov.au/understanding-supports](file:///C:\Users\hkl779\Downloads\ndis.gov.au\understanding-supports)