



Understanding your supports

A checklist

October 2021

Easy Read version



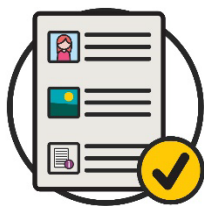
ndis

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

How to use this checklist



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



This checklist 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.



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

What's in this checklist?

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What is this checklist for?

We know it can be hard to:



- understand supports

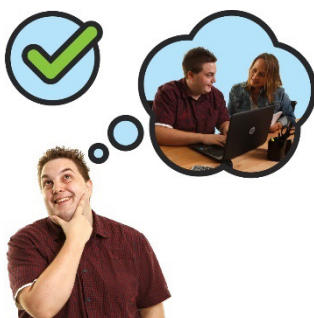


- know which ones will work well.

This checklist can help you find information to understand:



- decisions the NDIA makes



- different supports



- if a support is right for you.



We have included some questions you can ask yourself.



We have also included some space where you can write down your ideas.

What are your goals?

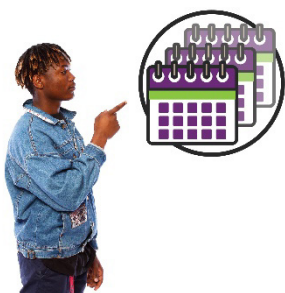


Goals are an important part of your plan.

They can help make sure your supports focus on:



- what you need



- what you want in the future.



You can find more information about goals on our website.

www.ndis.gov.au/participants/creating-your-plan/setting-goals/how-will-you-pursue-your-goals

Questions to ask yourself



What are your goals?

You can write your ideas here:



Information to help you



We wrote some guides to help you understand what supports to use for different needs.

You can find them on our website.

ourguidelines.ndis.gov.au/understanding-supports



We wrote a guide to explain what types of supports we fund.

You can find it on our website.

ourguidelines.ndis.gov.au/would-we-fund-it



We also wrote some guidelines that explain how we make decisions.

You can find them on our website.

ourguidelines.ndis.gov.au



You can tick these boxes after you have looked at each tool.



- ☐ I have looked at a guide to understanding supports that suit my goals.



- ☐ I have looked at the 'Would we fund it' guide.



- ☐ I have looked at an NDIA guideline that suits my goals.

Understanding your supports

When you think about a support, you should think about:



- what types of support might help you



- what is important to you



- if you have enough help to understand your supports.

Questions to ask yourself

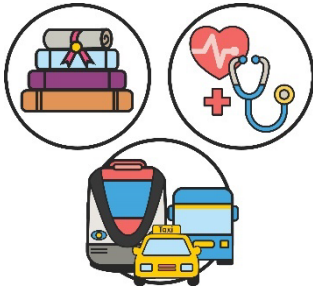


What support would help you work towards your goals?

You can write your ideas here:

A large, empty rectangular box with a thin purple border, intended for writing ideas. In the top right corner of this box is a circular icon containing a notepad with horizontal lines and a yellow pencil with a red eraser.

What support can you get from:



- other government supports, like education or transport?



- community organisations?

You can write your ideas here:

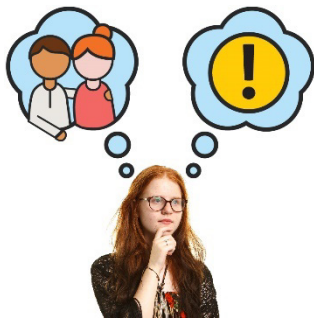




What help do you need to understand your support options?

You can write your ideas here:

A large, empty rectangular box with a purple border, intended for writing ideas. In the top right corner of this box is a circular icon containing a notepad with lines and a yellow pencil.



When you are thinking about a support, you should also think about what is important to you.



For each support you might use, you could try writing 3 reasons why you:

- should use that support
- don't want to use that support.

You can write your ideas here:

A large rectangular box with a purple border, intended for writing. In the top right corner of the box is a small circular icon containing a notepad and a pencil.

Who you can talk to

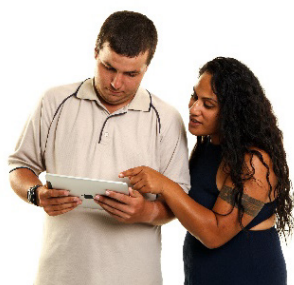


You might be ready to plan your next steps.



Or you might want to talk to someone else to:

- get more information
- ask questions.



You can talk to someone you trust, like a friend, family member or support person.

You can also talk to:



- your **Local Area Coordinator (LAC)** – someone who helps people with disability find and use supports



- your **Early Childhood Partner** – an organisation who talk to families and children about supports



- your **NDIA Planner** – someone who makes new plans



- a service provider who offers the support



- your health care worker or doctor.



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