



Supports for social and community participation

Information about our guides

Easy Read version



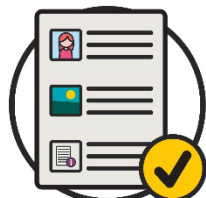
ndis

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

How to use this guide



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



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.

Bold
Not bold

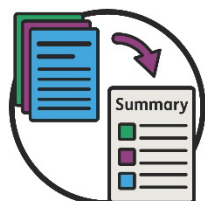
We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 24.



This is an Easy Read summary of another guide.



You can find the other guide on our website.

ourguidelines.ndis.gov.au/Social-and-community-participation



You can ask for help to read this guide.

A friend, family member or support person may be able to help you.

What's in this guide?

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What is social and community participation?



These guides are about support you can get for social and community **participation**.

Participation is when you take part.

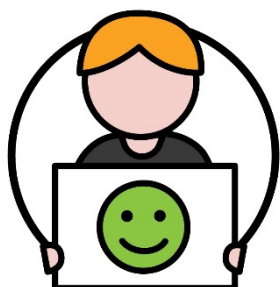
Social and community participation is about:



- meeting people who like the same things as you



- doing activities with other people in the community.



It is about doing things that you enjoy.

And it can mean different things to different people.

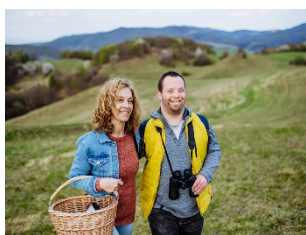
You might want to:



- go to a café



- join a netball team



- go bushwalking with a friend



- help other people in your community.

Why is social and community participation important?



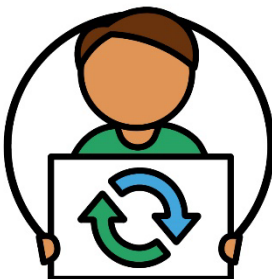
Social and community participation can help you feel:

- safe in your community
- like you belong.

It can give you the chance to:



- build relationships with friends
- try new things
- find activities you enjoy
- learn to do more things for yourself.



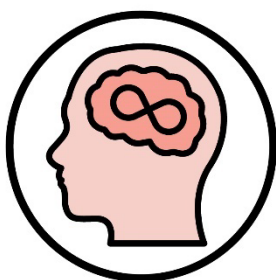
You can also change what activities you do.

For example, if you don't enjoy an activity anymore.

Who are the guides for?



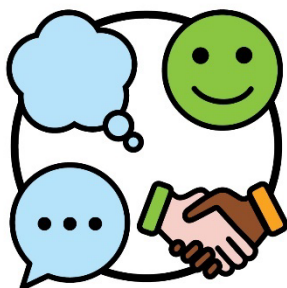
The guides are for people over 18 years old.



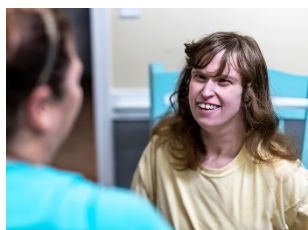
They are for adults who are on the **autism spectrum**.

The autism spectrum includes the different ways people can experience autism.

Autism is a disability that can affect how you:

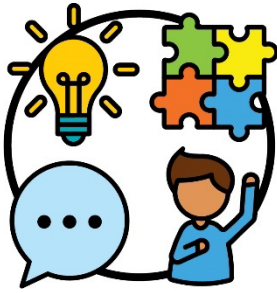


- think
- feel
- communicate
- connect with others.



The guides are for adults with an **intellectual disability**.

An intellectual disability can affect how you:



- learn new things
- solve problems
- communicate
- do things on your own.



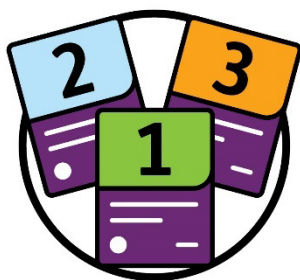
The guides are also for adults with a **psychosocial disability**.

A psychosocial disability affects your mental health.



These guides might be useful for other people too.

About the guides



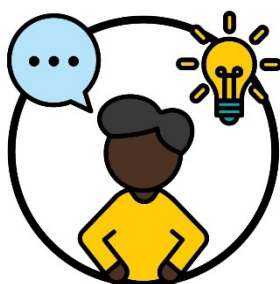
We wrote 3 guides.



Guide 1 is about getting ready for social and community participation.



It explains how you can get ready to take part in your community.



This includes supports you can use to build your:

- skills
- **confidence.**

When you have confidence, you:

- believe in yourself
- know what you can do
- can try new things.





Guide 2 is about connecting with social and community activities.

It explains how you can use supports to:



- connect with people in the community



- join activities that can help you take part in the community.



Guide 3 is about staying connected with social and community activities.



This guide explains how you can stay connected to your community at different times in your life.

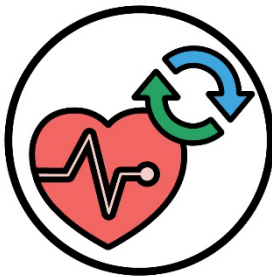
For example, if:



- something big changes in your life, like moving house



- you become interested in something else



- your health changes.

How the guides can help you work towards your goals



You can use the guides to find out about supports that can help you work towards your goals.



Your NDIS plan might include **funding** for some of these supports.



Funding is the money from your plan that pays for supports and services.



You might also get supports outside of the NDIS.

You don't need to have a disability to get these supports.



These supports include **mainstream supports**.

Mainstream supports are from other parts of the government.

For example, health and education services.



These supports also include **community supports**.

Community supports are from organisations in the community.

For example, religious groups or your local council.



The guides explain where you can find more information about social and community participation.



You can also learn more about mainstream and community supports on our website.

ourguidelines.ndis.gov.au/mainstream-community-supports

Using our checklist



We have a checklist that can help you understand your supports.

We wrote it in an easy to read way.

You can use the checklist to:



- remember what information you have read

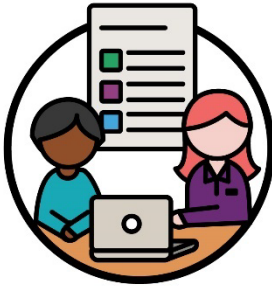


- write questions about your supports



- think about who can answer them.

You can use the checklist when you get ready for a meeting with:



- us about your NDIS plan



- a **provider** about how they can support you.

Providers support other people by delivering a service.



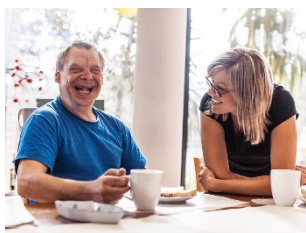
You can bring the checklist to your meeting if you want.



You can find the checklist on our website.

ourguidelines.ndis.gov.au/checklist

Finding providers



We can support you to find a provider to help you with social and community participation.



It's important to choose a provider who will:

- listen to you
- treat you with respect.

A good provider should ask you about:



- your goals



- what you like to do.



We have a list of providers on the 'Provider finder' page of our website.

www.ndis.gov.au/provider-finder

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 know and trust.

For example:



- a friend
- family member
- support person.

You can also talk to:



- your **local area coordinator (LAC)** – someone who helps people with disability find and use supports



- your **NDIA planner** – someone who makes and updates NDIS plans



- your **support coordinator** – someone who helps you plan and use your supports



- your **psychosocial recovery coach** – someone who helps you with a disability that affects your mental health



- a **peer support network** – a group of people who support each other with problems they share.

Where to go to find out more



We wrote some guidelines that explain how we make decisions.

You can find them on our website.

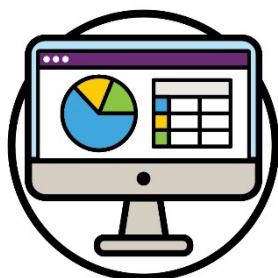
ourguidelines.ndis.gov.au/how-ndis-supports-work-menu/reasonable-and-necessary-supports



We wrote a guide we call 'Would we fund it'.

It explains what types of supports we provide funding for.

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



You can find research about social and community participation on our website.

www.ndis.gov.au/social-inclusion-and-community-access-research



We wrote some information about support coordinators.

You can find it on our website.

www.ndis.gov.au/providers/working-provider/support-coordinators



The NDIS Quality and Safeguards Commission

(NDIS Commission) makes sure people with disability who take part in the NDIS:

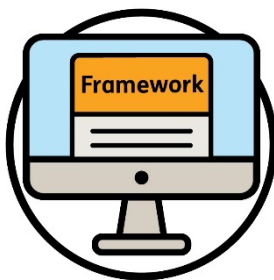
- are safe
- get good services.



The NDIS Commission has information to help you speak up for yourself.

You can find it on the NDIS Commission website.

www.ndiscommission.gov.au/speakup

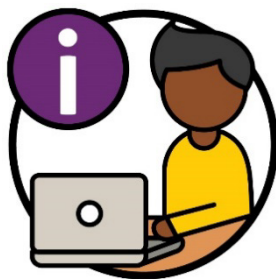


The NDIS Commission also wrote a framework to explain how NDIS providers should treat you.

You can find it on the NDIS Commission website.

[workforcecapability.ndiscommission.gov.au/
framework](http://workforcecapability.ndiscommission.gov.au/framework)

Websites with more information



There are other websites where you can find more information.



The Disability Gateway is a website you can use to find:

- services and supports
- information about community activities.



You can visit their website.

www.disabilitygateway.gov.au/leisure



The Carer Gateway has:

- information for carers
- support for carers.



You can visit their website.

www.carergateway.gov.au

More information

For more information about this guide, please contact us.



You can visit our website.

www.ndis.gov.au



You can call us.

1800 800 110



Follow us on Facebook.

www.facebook.com/NDISAus



Follow us on Twitter.

@NDIS

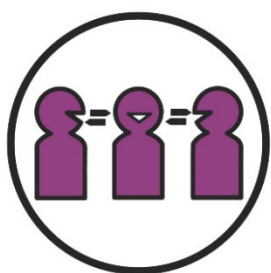
Support to talk to us



You can talk to us online using our webchat feature at the top of our website.

www.ndis.gov.au

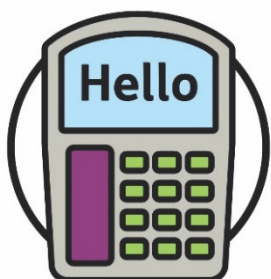
If you speak a language other than English, you can call:



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

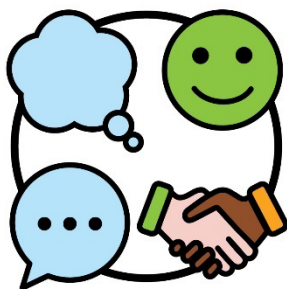
www.relayservice.gov.au

Word list

This list explains what the **bold** words in this document mean.

Autism spectrum

The autism spectrum includes the different ways people can experience autism.



Autism is a disability that can affect how you:

- think
- feel
- communicate
- connect with others.

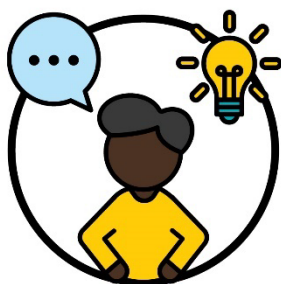


Community supports

Community supports are from organisations in the community.

For example, religious groups or your local council.

Confidence



When you have confidence, you:

- believe in yourself
- know what you can do
- can try new things.

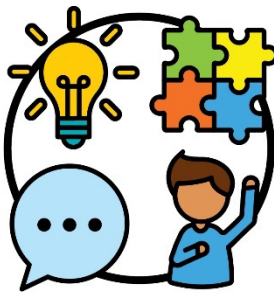


Funding

Funding is the money from your plan that pays for supports and services.

Intellectual disability

An intellectual disability can affect how you:



- learn new things
- solve problems
- communicate
- do things on your own.



Local area coordinator (LAC)

An LAC is someone who helps people with disability find and use supports.



Mainstream supports

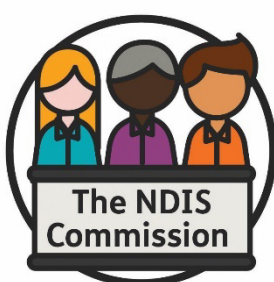
Mainstream supports are from other parts of the government.

For example, health and education services.



NDIA planner

An NDIA planner is someone who makes and updates NDIS plans.



NDIS Quality and Safeguards Commission (NDIS Commission)

The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



Participation

Participation is when you take part.



Peer support network

A peer support network is a group of people who support each other with problems they share.



Providers

Providers support other people by delivering a service.



Psychosocial disability

A psychosocial disability affects your mental health.



Psychosocial recovery coach

A psychosocial recovery coach is someone who helps you with a disability that affects your mental health.



Support coordinator

A support coordinator is someone who helps you plan and use your supports.



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