



Supports for social and community participation

Getting ready to take part in activities

Easy Read version



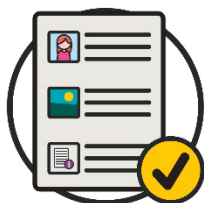
ndis

[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

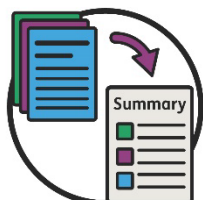
We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 22.



This is an Easy Read summary of another guide.



You can find the other guide on our website.

ourguidelines.ndis.gov.au/getting-ready-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.

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What is social and community participation?



These guides are about social and community **participation**.

Participation is when you take part.

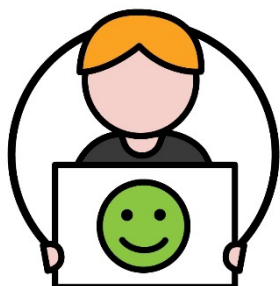
Social and community participation is about:



- 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.

For example, you might want to:



- go to a café



- join a netball team.

Why is it important?



Social and community participation can help you feel:

- safe in your community
- like you belong.

It can give you the chance to:



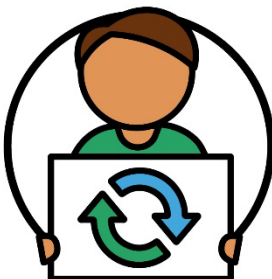
- build relationships with friends
- try new things
- find activities you enjoy.



It can also help you get ready to find a job.



Or learn to do more things for yourself.



You can also change what activities you do if you want.

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

About this guide

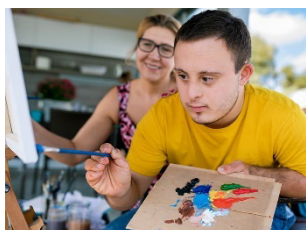


This guide is about getting ready for social and community participation.

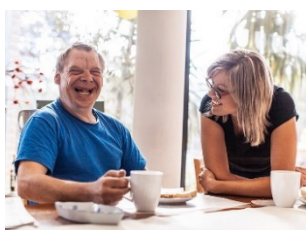
It can help you start thinking about:



- things you enjoy doing



- any support you might need to take part.



This guide can also help you learn how taking part in your community can be good for you.



We made a checklist to help you get ready for social and community participation.

You can find it on our website.

ourguidelines.ndis.gov.au/checklist

Getting ready to take part

When we say getting ready, we mean thinking about:



- what you enjoy



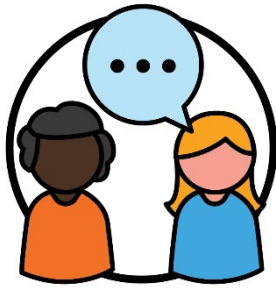
- what you need



- what your goals are



- what activities there are where you live.



It also means working out if you need support to build your skills to:

- talk to new people
- make friends.

We call these social skills.

Getting ready also includes building your **confidence**.



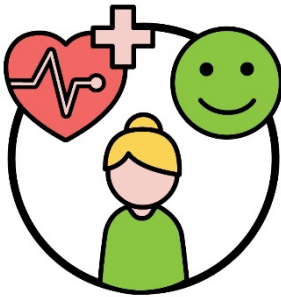
When you have confidence, you:

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



Many things about your life can affect how you participate in the activities you enjoy.

It can help if you have:



- good health and wellbeing



- a safe place to live



- activities that interest you.



Taking part in the community can also help you with these things.



It can also help if you can find and use transport.



And use any equipment you need to:

- make it easier to do things
- keep you safe.



These things can support you in your day-to-day life.



You can build your skills to use them as you wait to take part.



The activities you enjoy might not stay the same.

It's okay to change them.

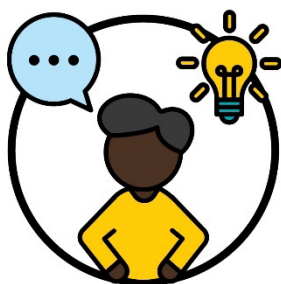


You might need help when you want to change your activities.



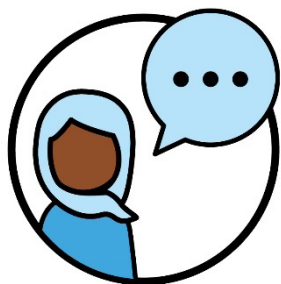
You can ask people you know and trust for help.

What supports can you get?



Some supports help you build the skills and confidence to share what you like and need.

These skills can help you:



- have a voice



- feel respected



- respect others.

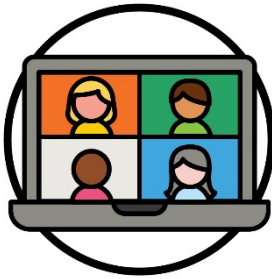


These supports can help you try new things.

They can also help you:



- make friends



- connect with people online.

These supports can also help you learn about doing other things, like:



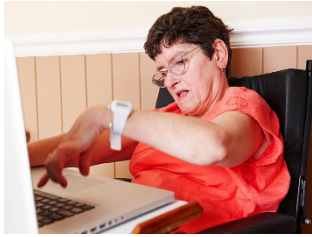
- being a parent



- finding a job.

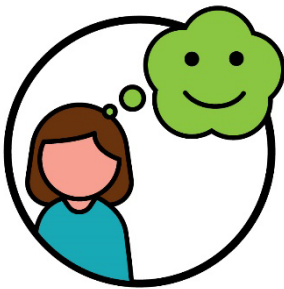


- having good romantic relationships.



Some supports give you training to build your social skills.

This training can also help you:



- focus on your wellbeing



- use your social skills at work.



You might get to do this training:

- during work experience
- at work.

You might do it:



- in a group



- by yourself.



You might also get some of the 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.



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

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

Who can you talk to about supports?



There are people who can help you think about what supports might be right for you.



You can talk to these people when you're making or changing your plan.



This could be your:

- family and friends
- carers
- other people with disability.

You can also talk to:



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



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



Some NDIS supports help you find and connect with activities.



But you need to have **funding** for them.

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

For example, you might have funding for:



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



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

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



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@NDIS

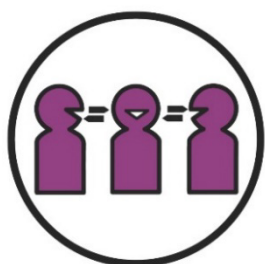
Support to talk to us



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

www.ndis.gov.au

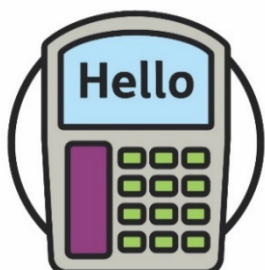
If you speak a language other than English, you can call:



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.



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.



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.



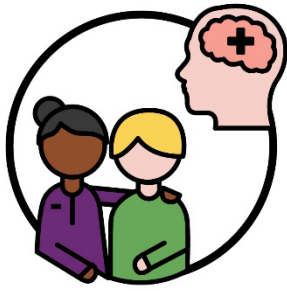
NDIA planner

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



Participation

Participation is when you take part.



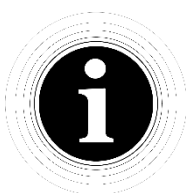
Psychosocial recovery coach

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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