



Supports for social and community participation

Connecting with 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

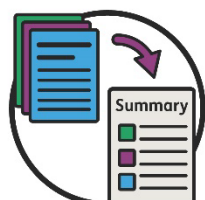
We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 21.



This is an Easy Read summary of another guide.



You can find the other guide on our website.

ourguidelines.ndis.gov.au/connecting-social-and-community-activities



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.

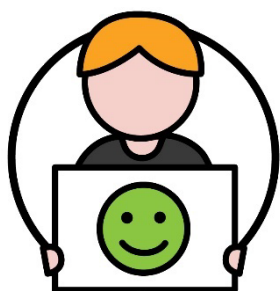
Social and community participation is about:



- 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:



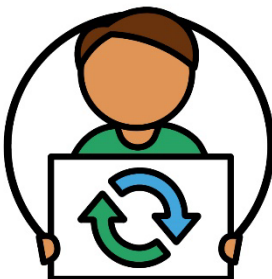
- build relationships with friends
- try new things
- find activities you enjoy.



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 connecting with activities for social and community participation.



It can help you learn about supports to start doing things you enjoy.



You can also learn about activities you are interested in.



We made a checklist to help you write down your ideas.

You can find it on our website.

ourguidelines.ndis.gov.au/checklist

Connecting with activities

Research shows that connecting with social and community activities can help you:

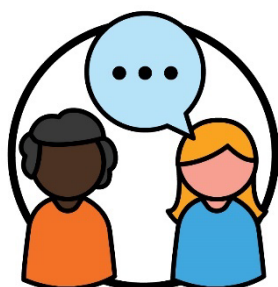


- feel included in your community



- feel happier.

It can also help you build your skills to:



- talk to new people
- make friends.

We call these social skills.



Social and community activities might be different for each person.

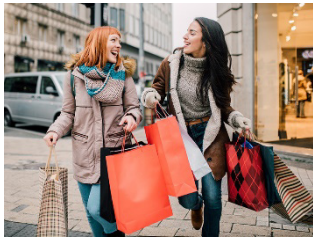
You might take part by:



- visiting friends and family



- going out – like to a movie or concert



- going places for fun – like shopping or visiting a museum.

Or you might take part by:



- being active – like dancing or playing sport



- learning skills – like going to an art class.

What supports can you get?



Some supports can connect you with people who:

- share your interests
- have experiences like yours.

We call these supports ‘befriending programs’.



This can be a good way to:

- make new friends
- get support from the community.

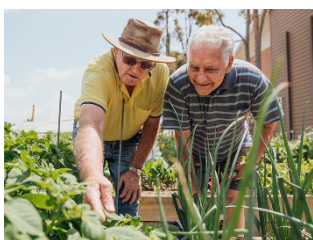


There are other supports that we call ‘peer support’ and ‘mentoring.’

These supports can help:



- young adults start studying after high school



- older people to take part in the community when they decide to stop working.



Peer support can also help connect you to activities.

You can also take part in community groups, like:



- sports clubs



- support groups



- hobby groups



- religious groups.

You might also want to take part in something creative, like:



- art classes

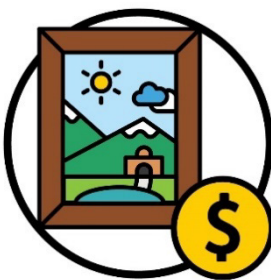


- drama classes

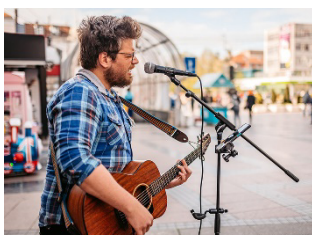


- music classes.

As part of these activities, you might also get to:



- share or sell your art



- perform in the community.

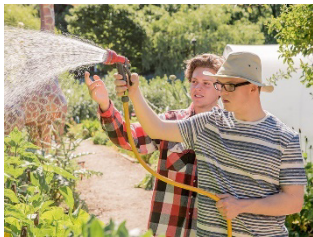
You can also take part in physical activities, like:



- fitness programs



- sports training – like soccer or yoga.



There are also activities that help you work with the environment.

Some activities let you:



- take care of animals



- work in a community garden.

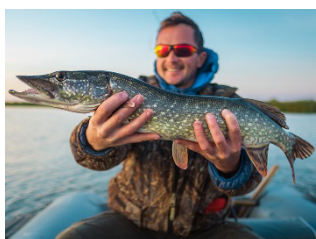
You could also do activities in nature, like:



- hiking



- camping



- fishing



- canoeing.



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?



You might get help to connect with activities.

You should make sure the people who help you:



- think about what you want and need



- connect you with activities that help you build your skills.



You can talk to people you know and trust about what activities:

- might be right for you
- there are in your area.



They can also help you work out the best ways to take part.



This could be your:

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

You can also talk to:



- an **NDIA planner** –someone who works with participants on their NDIS plan



- 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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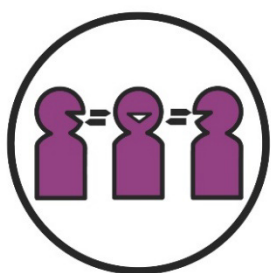
Support to talk to us



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

www.ndis.gov.au

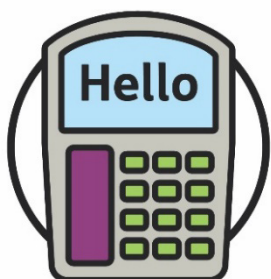
If you speak a language other than English, you can call:



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.



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.



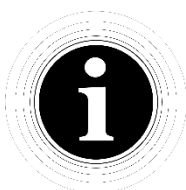
Psychosocial recovery coaches

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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