



Supports for social and community participation

Staying connected

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 19.



This is an Easy Read summary of another guide.



You can find the other guide on our website.

ourguidelines.ndis.gov.au/staying-connected-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.

What's in this guide?

What is social and community participation?	4
About this guide	7
Staying connected with activities	8
What supports can you get?	11
Who can you talk to about supports?	15
More information	17
Word list	19

What is social and community participation?



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

Participation is when you take part.

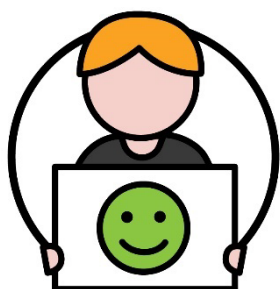
Social and community participation is about:



- 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:



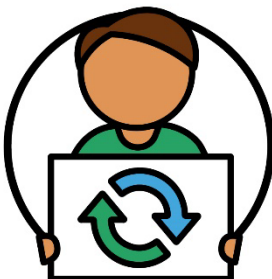
- build relationships with friends
- try new things
- find activities you enjoy.



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 supports to stay connected with activities for social and community participation.



It can help you learn about supports to stay connected when things in your life change.



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

You can find it on our website.

ourguidelines.ndis.gov.au/checklist

Staying connected with activities



Your social and community participation goals might change over time.

They can change for many reasons.



They might change if something big in your life changes.

You might:



- finish school



- get married



- move to a new house.

Or you might:



- find a new job



- go back to work after not working for some time



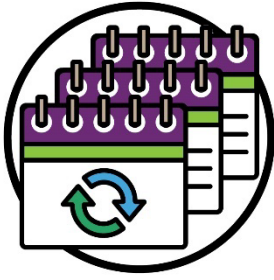
- decide to stop working.



Your goals might also change if your health affects your skills.



Or if you come out of hospital after a long time.



Sometimes activities will also change over time.



And you might become interested in something else.

What supports can you get?

You can get supports from:



- people with experiences like yours



- programs that help you as your life changes.

These supports can help you:



- speak up for what you want and need



- stay connected to your community when your life changes.



You can also ask for support to find new ways to keep taking part in your community.



You can think about supports you can get in the community.



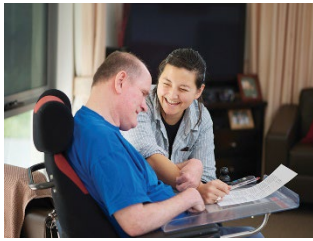
For example, if you need support with school or learning you can ask your education **provider**.

Providers support other people by delivering a service.



Or if you want support with your health, you can ask:

- your doctor
- a health professional you work with.



You can get one-on-one support from a support worker.

You can think about choosing a support worker who might:



- be the same age as you



- like the same things as you.



You can also get support to practise your skills in the community.



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 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.



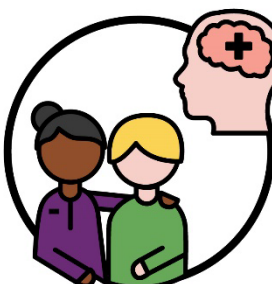
But you need to have **funding** for them.

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



Follow us on Facebook.

www.facebook.com/NDISAus



Follow us on Twitter.

@NDIS

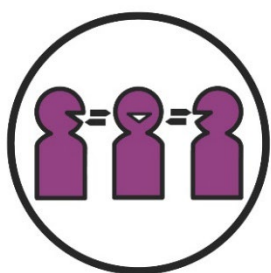
Support to talk to us



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

www.ndis.gov.au

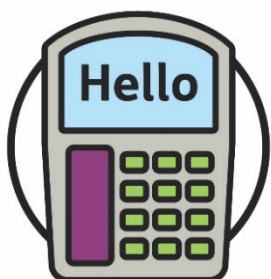
If you speak a language other than English, you can call:



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.



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.



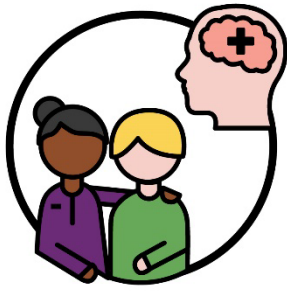
Participation

Participation is when you take part.



Providers

Providers support other people by delivering a service.



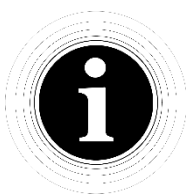
Psychosocial recovery coach

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.



The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit www.informationaccessgroup.com. Quote job number 5235-D.



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