

There are many supports available to help you pursue your goals. It can sometimes be hard to find information to help you to understand which supports best suits your individual needs. Each guide has information about different supports based on research and other types of evidence.

The guides are written to help you, your family or carers feel informed about what supports best suit you.

We have included information about how to use the guides below. Short videos and easy read versions are available to help you understand the information in the guides.

If you want to understand how the Agency makes decisions you can visit [our guidelines](#) and [would we fund it](#) pages.

More guides will be added as they are developed.

We welcome your feedback via email to gusfeedback@ndis.gov.au or 'Was this page useful' on the bottom of each page.

[Transcript for 'Guides for understanding supports'](#)

[Employment supports](#)

[Children who are deaf or hard of hearing](#)

[Social and community participation](#)

[Supporting your child with assistive technology](#)

[Checklist for understanding supports](#)

How can the Guides for understanding supports help you?

Our Guides for understanding supports have information about:

- the available research
- who to talk to if you have questions about a support
- where you can find more information

You can use this information to:

- understand supports that might help you work towards your goals
- understand different supports if your goals or needs change

- talk with family, carers and service providers about the best supports for you

Download this information in Easy Read format:

- [Understanding supports Easy Read \(PDF 5.3MB\)](#)
- [Understanding supports Easy Read text only \(DOCX 52KB\)](#)

Where you can find other sources of information?

We have links to other sources of information in the guides.

You can also get information from people who support you, such as:

- Family
- Carers
- Advocates
- Friends
- Peer support groups
- Planners
- Support coordinators
- Local area coordinators
- Early Childhood (EC) Partner
- Health professionals
- Providers

What type of evidence is in the guides?

Our Guides have information from different sources, including:

- research evidence
- participant experience
- expert recommendations

We include different types of information for every topic. Each guide explains what information has been included.

Where possible, we provide evidence from research about how helpful supports might be and how confident we are in the findings.

Sometimes the research doesn't tell us enough about whether a service or support will help. We let you know in the Guide if this is the case.

The Guides are in plain English and they are available in other accessible formats (easy read, animation).

Disclaimer

These guides can help you understand which supports you could use to help you pursue your goals. It does not mean a support will be added to your plan. It does not mean a support will be funded by the NDIS. Some supports might be provided outside the NDIS. All supports in your plan must meet our [reasonable and necessary standards](#). This includes being value for money.

This page current as of
14 September 2023