

## Information for Aboriginal people with disability, their families, carers and communities about the NDIS

### What is the NDIS?

The National Disability Insurance Scheme is also called the NDIS.

The NDIS is a new way for people with disability to get the care and supports they need to live a better life.

The NDIS gives people with disability choice and flexibility over the support they receive.

This means you, or the person you care for, can choose who provides that support.



### What is a carer?

A carer is someone who provides unpaid care and support to a family member or friend with disability. They might be a child or an adult with disability.

You might see caring for someone with disability as a normal part of family, mob and community life. You may not think of yourself as a carer.

You can still care for your family member or friend if they use the NDIS.

The NDIS won't replace the role carers have. You will still have a very important role in supporting the person you care for.



## Carers and the NDIS

The NDIS will consider the role of families and carers when developing plans with the person with disability.

This might include:

- the support that you provide
- your other responsibilities
- your own life plans, such as work or other people you care for.

If the person you care for asks that you support them on their NDIS journey, you will play an important role when they access the NDIS.



## Can the person you care for use the NDIS?

### If they are already receiving support

The person you care for will be contacted by the National Disability Insurance Agency (NDIA) before the NDIS starts in their area.

### If they don't already receive support

The person you care for can apply for the NDIS when it starts in their area.

You can read Fact sheet 5: *Accessing the NDIS* to see when the NDIS is coming to their area.

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## How the NDIS can help you



The NDIS is for people with disability. If you are a carer you can't get a plan or support package for yourself.

However, the person you care for might receive support from the NDIS and this might be good for you as well.

The types of support available from the NDIS for people with disability include:

- support to stay in their own home — for example, someone comes into their home to help with everyday tasks
- help going to appointments and activities in the local community, without always relying on their carer
- help to do the things they want to do — for example, staying connected to their community by going to social activities
- help going to school or looking for a job
- training for their carer that will help them in their carer's role
- support and counselling for their family members.

## Your needs as a carer

The NDIS will make sure your needs are heard.

When the person you care for meets with an NDIA support planner for a yarn, you will be asked to make a Carer Statement.

The Carer Statement will include information about:

- the support you provide for the person you care for
- how that support impacts on you and your family
- what you would like to happen in the future
- your other responsibilities and life plans.



When the support planner is making plans with the person you care for, they will take the role that you play in to consideration.

## What can you do to get ready for the NDIS?

It's a good idea to understand, and get ready for, the NDIS. You can read Fact sheet 4: *Getting ready for the NDIS* to see what you can do to get yourself, and the person you care for, ready.



## What should you do next?

If the person you care for already receives disability support or services from a service provider, you can have a yarn with them about the NDIS and what it all means.

They can also explain what other types of disability support are available and who can provide the support you may be looking for.

There may be other people in your community who may want to learn about the NDIS as well. Yarn with them, share ideas and swap stories.

Check out your community for local NDIS workshops, forums or information sessions being held. If you can't attend, remember to call and ask for information to be sent out to you.

The National Disability Insurance Agency (NDIA) will work out if the person you care for can use the NDIS.



You can phone the NDIA and have a yarn with them on **1800 800 110** or you can get more information on the website: [www.ndis.gov.au](http://www.ndis.gov.au)



There is also a checklist on the NDIS website to help you find out if the person you care for is able to apply for the NDIS: [www.ndis.gov.au/ndis-access-checklist](http://www.ndis.gov.au/ndis-access-checklist)



You may like to check when the NDIS will be available in their area by entering their postcode on the NSW NDIS website: [www.ndis.nsw.gov.au](http://www.ndis.nsw.gov.au)

## More information

There is more information available for Aboriginal People about the NDIS in NSW. There are fact sheets available on the NSW NDIS website [www.ndis.nsw.gov.au](http://www.ndis.nsw.gov.au)

These include:

- Fact sheet 1: *NDIS for Aboriginal people with disability in NSW*
- Fact sheet 2: *Yarnin' about disability*
- Fact sheet 3: *What is the NDIS?*
- Fact sheet 4: *Getting ready for the NDIS*
- Fact sheet 5: *Accessing the NDIS*
- Fact sheet 6: *Carers and the NDIS*



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