

1. What is the NDIS?

Information for carers in NSW

This fact sheet explains the National Disability Insurance Scheme (**NDIS**). It is written for the family members and friends (**carers**) of people with disability in New South Wales (**NSW**).

*Words in **bold** are explained at the end of this fact sheet.*

What is the NDIS?

The National Disability Insurance Scheme (NDIS) is a new system of disability support that is being introduced across Australia. The NDIS aims to give people with disability and their carers more choice and control over the support they have. The National Disability Insurance Agency (**NDIA**) is in charge of running the NDIS.

The NDIS will change the way most disability support works. This will take some time for everybody to get used to. It is very important that carers of people with disability understand and prepare for the NDIS. These fact sheets will help.

When will the NDIS be available in my area?

Most people with disability and their carers will need to wait for the NDIS because it is being introduced in stages. The NDIS is already available in Newcastle, Lake Macquarie and Maitland **local government areas**. Up to 2,000 children and young people under 18 living in the Blue Mountains, Hawkesbury, Lithgow and Penrith local government areas will also access the NDIS between September 2015 and July 2016.

From July 2016, people in Central Coast, Hunter New England, Nepean Blue Mountains, Northern Sydney, South Western Sydney, Southern NSW and Western Sydney **districts** will begin to access the NDIS. From July 2017, so will people in Illawarra Shoalhaven, Mid North Coast, Murrumbidgee, Northern NSW, South Eastern Sydney, Sydney, Western NSW and Far West districts. People using NSW Government disability services will transition first.

- For more information, visit www.ndis.nsw.gov.au or call the NDIA on 1800 800 110.

How does the NDIS work?

The NDIS supports people with disability in three main ways:

1. By increasing community awareness and inclusion of people with disability.
2. By giving all people with disability and their carers information and linking them to supports that are available in their community.
3. By giving eligible people with disability **funded supports** to meet their needs.

Who can get funded supports from the NDIS?

The NDIA decides if a person with disability is **eligible** for funded supports based on their situation. However, to be eligible for funded supports a person with disability must at least:

- Live in an area where the NDIS has already started operating
- Be an Australian citizen or permanent resident
- Be under 65 years of age
- Have either a **significant, permanent disability** or a need for **early intervention**.

People with disability or their carers can use the [NDIS Access Checklist](#) online at www.ndis.gov.au or call the NDIA on 1800 800 110 to find out if they might be eligible.

The person I care for is eligible. What next?

An eligible person with disability can become an NDIS **participant**. Each participant works with a **planner** and any other person they choose to develop a **plan** that lists what services and supports a participant has already, what their goals are, what supports they need and what funded supports they will get. The NDIA will only agree to pay for funded supports it agrees are **reasonable and necessary**.

The participant can choose how, when and where their supports are provided and who will **manage** their supports. The participant can manage their own supports if they want. Or if they prefer, the NDIA, another organisation or a person they know can do it for them. They can also choose a mix of these options.

The person I care for is NOT eligible. What next?

If the NDIA decides that a person with disability is not eligible, they cannot get a plan or funded supports from the NDIS. However, the person and their carer can still get support from a **Local Area Coordinator (LAC)** who will give them information and help link them to services and **capacity building** opportunities in their area. Contact the NDIA on 1800 800 110 for more information.

Can carers get support from the NDIS?

The focus of the NDIS is people with disability. Carers can be involved in the planning process with the participant, but they cannot get their own NDIS plan or funded supports.

However, many carers will benefit from the plan and funded supports of the person they care for. For example, a carer may get a break while the participant enjoys an activity they have chosen to do, or while a **support worker** helps them with **personal care**.

A participant's plan can also include reasonable and necessary supports to help strengthen the carer in their caring role. For example, training about the person's disability or family counselling to deal with challenging behaviours.

Even if the person they care for is not an NDIS participant, a carer can get support from a LAC, who will give them information and help link them to services and capacity building opportunities in their area.

- For more information, read the fact sheet [Where do carers fit in the NDIS?](#) at www.carersnsw.org.au/NDIS or call 1800 242 636 for a printed copy.

Where can I find out more?

You can find this fact sheet and other NDIS information for carers on the Carers NSW website: www.carersnsw.org.au/ndis or call 1800 242 636 for printed copies.

For more information on the NDIS in NSW and how it works, visit www.ndis.nsw.gov.au or www.ndis.gov.au or call 1800 800 110. To speak to someone about the NDIS in a different language call the Translating and Interpretation Service (TIS) on 131 450.

What does that word mean?

capacity building – increasing the skills and confidence of people with disability and carers.

carers – family members or friends who provide support to a person with disability.

districts – parts of New South Wales.

early intervention – supporting a person with disability well in the early stages so they won't need as much support later on. Visit www.ndis.gov.au for more information.

eligible – ticking all the boxes needed to get support. Not all people with disability will be eligible. Visit www.ndis.gov.au for more information.

funded supports – types of support that cost money and that the NDIS agrees to pay for.

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What does that word mean? (continued)

Local Area Coordinators (LACs) – workers who give people with disability and carers information and help link them to services and capacity building opportunities in their area. They support people with disability and carers even if they are not NDIS participants.

local government area – an area that belongs to a certain local council or shire.

manage – be in charge of organising support, for example finding service providers, keeping records and receipts or paying support workers.

NDIA – the National Disability Insurance Agency, an agency set up and funded by the Australian Government to run the NDIS.

NDIS – the National Disability Insurance Scheme, a new system of disability support that is being introduced across Australia.

participant – a person with disability who can get a NDIS plan and funded supports.

personal care – helping people care for themselves, for example help with bathing, going to the toilet or eating.

plan – a document that lists what services and supports a participant has already, what their goals are, what supports they need and what funded supports they will get.

planner – the person from the NDIA who works with a participant to create their plan.

reasonable and necessary – something that the NDIA agrees a participant needs to reach their goals and participate in their community. Visit www.ndis.gov.au for more information.

significant, permanent disability – a disability that a person will have for the rest of their life and that makes it difficult for the person to do everyday things without help. This includes some kinds of mental illness. Click [here](#) for more information.

support worker – a paid worker who provides care and support to a person with disability.

- For a full list of key NDIS words, read the [What does that word mean](#) fact sheet at www.carersnsw.org.au/NDIS or call 1800 242 636 for a printed copy.