

3. How can I prepare for the NDIS?

Information for carers in NSW

This fact sheet is written for the family members and friends (**carers**) supporting people with disability living in New South Wales (**NSW**). It explains what carers can do to prepare for the National Disability Insurance Scheme (**NDIS**).

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.

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

What can carers expect from the NDIS?

The focus of the NDIS is people with disability. Carers cannot get their own NDIS **plan** or **funded supports**. However, many carers of participants will benefit from the NDIS.

- 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.

Why should carers prepare for the NDIS?

The NDIS will change the way most disability support works. It is very important that people with disability and their carers understand and prepare for the NDIS so that:

- All the people with disability who are **eligible** can become **participants**
- Participants get all the support they need
- Carers of participants get all the support they need

Where to start

The NDIS will not affect all carers of people with disability. All carers should first find out if the person they care for might be eligible for the NDIS. People with disability or their carers can use the [NDIS Access Checklist](#) at www.ndis.gov.au or call the **NDIA** on 1800 800 110 to find out if they might be eligible and what to do next.

If the NDIA decides that a person with disability is not eligible, 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.

Steps for preparing for the NDIS

The five steps below will help you and the person you care for to prepare for the NDIS.

1. Find out more about the NDIS.

If you use the internet, you can read up online about the NDIS. For example, you can visit:

- The Carers NSW NDIS web page: www.carernsw.org.au/NDIS
- The NSW Government website on the NDIS: www.ndis.nsw.gov.au
- The national NDIS website: www.ndis.gov.au

If you need printed information and resources on the NDIS, you can call the Carers NSW Carer Line on 1800 242 636 or the NDIA on 1800 800 110.

Joining groups and going to workshops and information sessions can also be a great way of learning more. For more information about groups and events in your area, sign up for the [Carers NSW NDIS Update](#) at www.carernsw.org.au/NDIS or visit www.ndis.gov.au.

2. Get your paperwork up to date.

Gather together all the paperwork you might need for the NDIS **planning session**. This includes any forms, letters or reports you have that include information about the disability of the person you care for or how their disability impacts their daily life.

If you already use disability services, talk to your service provider to make sure the information they have about the person you care for is correct and up to date.

If you are a **guardian** or another kind of formally appointed decision maker, make sure you find the documents.

Find a safe place to store all your paperwork, as well as any other information you get about the NDIS. This will help you find documents quickly when you need them.

3. Think through the needs and goals of the person you care for.

Sit down with the person you care for and work together to write down all the types of support they need. Don't forget to include:

- Any support you, or other family members and friends, already provide
- Any services the person you care for currently uses
- Any support the person you care for needs but doesn't have right now

Then set aside some time together talk about the goals of the person you care for. What would they like to change about their life? What would they like to do in the future?

There are lots of great tools and resources available to help you. For examples, visit:

- www.carersnsw.org.au/NDIS
- www.everyaustraliancounts.com.au
- www.mychoicematters.org.au
- www.resourcingfamilies.org.au

If you need printed information and resources, you can call:

- the Carers NSW Carer Line on 1800 242 636
- My Choice Matters on 1800 144 653
- Resourcing Families on 1800 774 764.

4. Think through the support you need as a carer.

The Carers NSW [NDIS checklist for carers in NSW](#) will help you think through your own needs as you prepare for the NDIS. You should also get to know your role and rights as a carer by reading our fact sheet [Where do carers fit in the NDIS?](#) Both are available at www.carersnsw.org.au/NDIS, or you can call 1800 242 636 for printed copies.

If you are not coping with your caring role and need support, you can call the Carers NSW Carer Line on 1800 242 636. If the person you care for becomes a participant, you can also tell their **planner**. They are meant to take this into account.

5. Practice filling out the NDIS paperwork.

You can start looking at the [Getting Plan Ready](#) form to practice filling out the NDIS paperwork ahead of time. The [Developing your participant statement – adult](#) or [Developing your child's participant statement](#) checklists will help you. These are all available at www.ndis.gov.au. Call 1800 800 110 for printed copies.

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?

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

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.

guardian – someone who has been given the legal responsibility to make decisions for a person who is not able to make their own decisions.

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.

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.

planning session – a meeting where the planner, the participant and any other person the participant chooses talk about creating the participant's plan.

- 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.