



Women
With
Disabilities
Australia
(WWDA)

The National Disability Insurance Scheme (NDIS)

An Easy Read guide



How to use this guide



Women With Disabilities Australia (WWDA) wrote this guide.

When you see the word 'we', it means WWDA.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.

Bold
Not bold

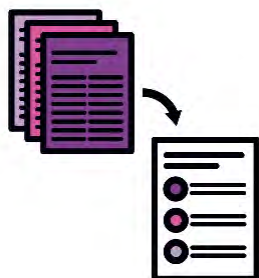
We have written some words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 39.



This Easy Read guide is a summary of another guide. This means it only includes the most important ideas.



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?

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What is the National Disability Insurance Scheme (NDIS)?



The **NDIS** is a way to support Australians with disability.



Participants are people with disability who take part in the NDIS.



You can apply for the NDIS in any Australian state or territory.

What does the NDIS do?



The NDIS pays for the supports and services people with disability need.

We call this **funding**.



NDIS funding doesn't pay for everyday costs, like your:

- food
- rent
- bills.

Participants can choose:



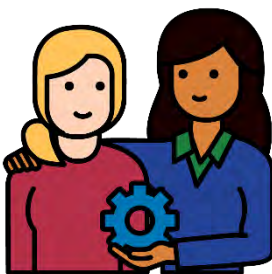
- what services you spend your funding on



- how you get your supports



- which **service providers** you want to use.



Service providers offer supports and services to participants.

A provider can be an:



- individual



- organisation.

Participants get support from people that work with the NDIS, such as:



- **Local Area Coordinators (LACs)** – someone who helps people with disability find and use services and supports



- **Early Childhood Partners** – organisations who talk to families about support and services young children need.

Women and girls with disability and the NDIS

When we say 'women and girls with disability',
we mean:



- women and girls with disability



- **feminine-identifying** people with disability.



When you are feminine-identifying, you might not
feel that you are a woman.

But:



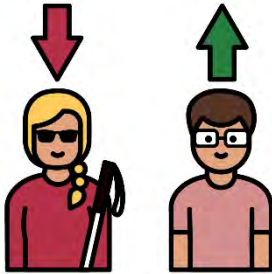
- you are not a man
- you might experience some things
like women
- other people might think you are a woman.



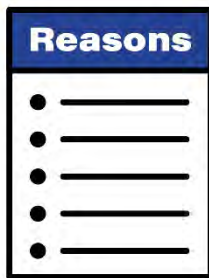
When we say 'women and girls with disability',
we also mean **non-binary** people.



If someone doesn't feel they are male or female, they might say they are non-binary.



Less women and girls with disability take part in the NDIS than men and boys.



There are reasons for this.

Women and girls with disability might not:



- know they have a disability

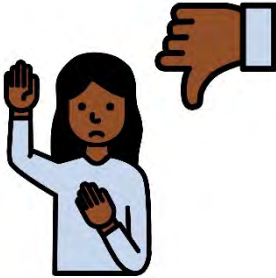


- feel able to speak up about what they need.



Women and girls with disability might also have to care for:

- children
- partners
- older people.



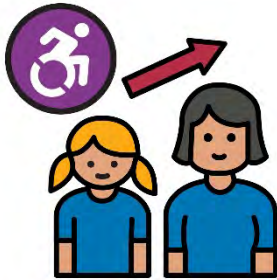
They might not get enough support to care for these people.



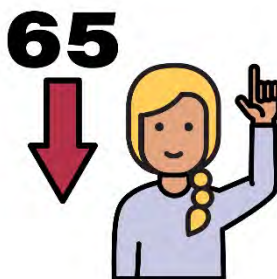
It is important that women and girls with disability apply for the NDIS.

Can you apply for the NDIS?

You can apply for the NDIS if you:



- have a disability that will last your whole life



- are under 65 years old



- live in Australia



- are an Australian **citizen**.

A citizen is someone who is given the **rights** and freedoms of the country where they live.



Your rights are:

- rules about how you can expect to be treated
- the freedoms you have that the law protects.



You can also apply for the NDIS if you are on a **visa**.



A visa is a document that says you can go to another country for a certain amount of time.

This might be to:



- travel



- work



- live.

NDIS



It might be hard to understand how to apply for the NDIS.

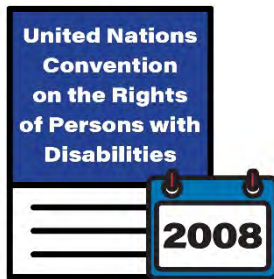


But there are supports and services that can help you apply for the NDIS.



Their contact information is on page 24.

Why should you apply for the NDIS?



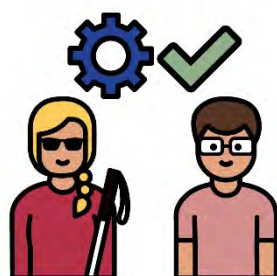
In 2008, Australia signed the United Nations *Convention on the Rights of Persons with Disabilities* (CRPD).



The CRPD is an agreement between different countries.



The CRPD talks about how people with disability should be treated fairly.



The CRPD says women and girls with disability have the same right to get supports and services as men and boys with disability.



This includes getting supports from the NDIS.

What supports can you get?



You can get lots of different supports from the NDIS.



You can get supports:

- in your home, like help with cleaning
- for your day-to-day life.

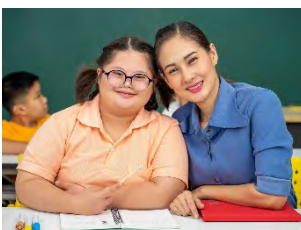
You can get supports for:



- your health and wellbeing, like seeing a counsellor



- transport, like help to go places



- learning, like having a support worker help you at school or university



- finding a job and working, like support to help you work.



You can get supports for **assistive technology**.

Assistive technology can:

- make it easier to do things
- keep you safe.

Assistive technology might be:



- an aid or piece of equipment, like a hearing aid



- a system to use, like a screen reader program.

How can you apply for the NDIS?



You can call to apply for the NDIS.

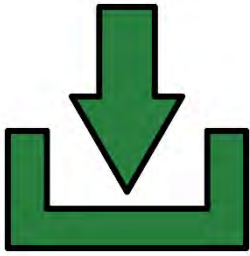
1800 800 110



You can also apply on the NDIS website.

www.ndis.gov.au/how-apply-ndis/what-access-request-form.

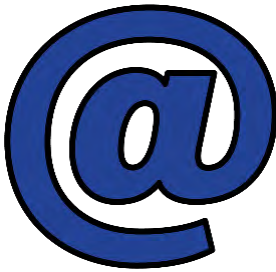
You can:



- download a form

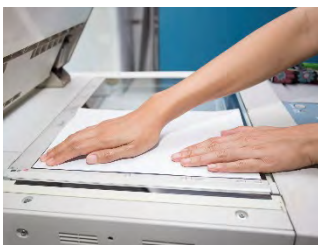


- fill it out



- send the form by email to **NAT@ndis.gov.au**.

Or you can print out the form and:



- scan and send it by email to
NAT@ndis.gov.au



- post it to GPO Box 700, Canberra, ACT 2601.

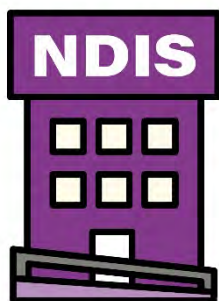
You can also get a form to apply from your:



- LAC



- Early Childhood Partner



- local NDIS office.

What Information do you need to apply for the NDIS?

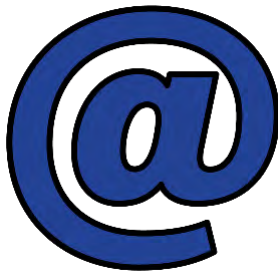
You need personal information when you apply for the NDIS, like your:



- name



- address



- email



- phone number.

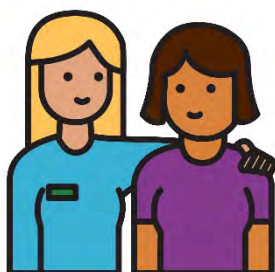
You need to say if you want the NDIS to share your information with:



- your family



- your health care workers



- your support workers

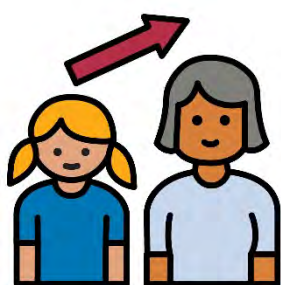


- government services you use, like Medicare.

You need information about:



- your disability



- your age



- being an Australian citizen.

What if the NDIS asks you for more information?



After you apply for the NDIS, they might ask you for more information.



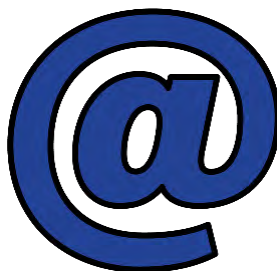
You might have to share more information about:

- your disability
- how your disability affects your life.



You can ask your doctor or health care worker to write a:

- letter
- report.



You can send this extra information to the NDIS by email.

NAT@ndis.gov.au



Or you can send this extra information by post.

GPO Box 700
Canberra ACT 2601

Can you get help to apply for the NDIS?



Applying for the NDIS can be hard.



Lots of people get help to apply.



You can ask someone to help you apply for the NDIS.

This person can be:



- a family member



- your doctor



- a disability **advocate**.



An advocate is a person who:

- supports you
- helps you have your say
- gives you information and advice.



They can help you fill out the form to apply for the NDIS.

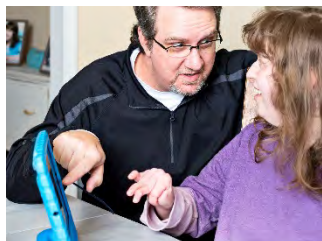
www.ndis.gov.au/how-apply-ndis/what-access-request-form



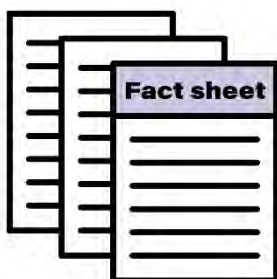
You can find an advocate using the Australian Government Disability Advocate Finder.

disabilityadvocacyfinder.dss.gov.au/disability/ndap

Support to apply for the NDIS



If you need support to apply for the NDIS, there are services that can help you.



Women with Disabilities Victoria (WDV) has fact sheets for women and girls with disability who want to apply for the NDIS.

www.wdv.org.au/publications-resources/wdv-fact-sheets



The Disability Gateway can help you find services all around Australia.

www.disabilitygateway.gov.au



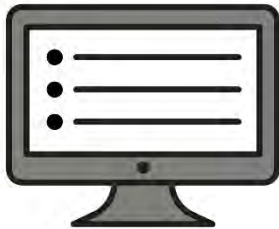
Children and Young People with Disability Australia (CYDA) has a report on its website about how young people use the NDIS.

www.cyda.org.au/resources/details/257/national-youth-disability-summit-what-young-people-with-disability-said-ndis-position-paper



People with Disabilities Australia (PWDA) have a service to help you apply for the NDIS.

pwd.org.au/get-help/national-disability-insurance-scheme-ndis



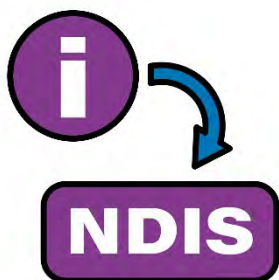
The Disability Hub has a list of disability organisations for each state and territory.

www.disabilityaustraliahub.com.au



Pride Disability Services helps LGBTIQ+ participants find NDIS services that respect who they are.

www.pridevic.com.au/aboutus



The Equality Project has information about using the NDIS.

www.theequalityproject.org.au/directory/queer-ability-ndis-toolkit

Taking part in the NDIS

Making your plan



If you join the NDIS, you must go to a meeting.

You will have a meeting with your:



- LAC

or



- Early Childhood Partner.



You can bring someone to support you in the meeting.

At the meeting, you will make a plan based on what:



- your goals are



- supports you need.

When your plan is approved, you will get support from your:

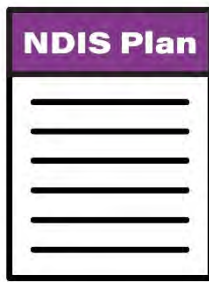


- LAC



- Early Childhood Partner.

Managing your NDIS plan



In your plan meeting you will talk about how you will manage your plan.

There are 3 different ways to manage your plan:



- you manage your own plan

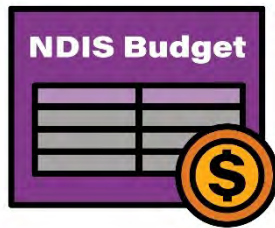


- a service provider manages your plan for you



- people who run the NDIS manage your plan for you.

NDIS budgets



Your **NDIS budget** is how much funding the NDIS gives you for your plan.



There are 3 different types of budgets that can help you reach your goals.



The Core Budget is for everyday supports, like:

- cleaning
- support to help you shop.



The Capacity Building Budget is for supports and services that help you develop skills to:

- do things on your own
- manage everyday life.



This budget can pay for things like:

- cooking classes
- appointments with professionals, like people who help you move and use your body to get tasks done.



The Capital Supports Budget is for equipment or things in your home that cost lots of money.



This can be things like a computer.

Finding service providers



There are different ways you can find service providers.



Your LAC can connect you to a service provider.



Or your Early Childhood Partner can help you.

You can also find service providers:



- on the MyPlace portal – a website you can use to see and manage your plan



- on the NDIS website



- in your community.

Making a complaint about a service provider



When you make a **complaint**, you tell someone that something:

- has gone wrong
- isn't working well.

You can make a complaint about a service provider if they:



- treated you badly
- didn't give you the supports from your NDIS plan
- gave you a bad service.

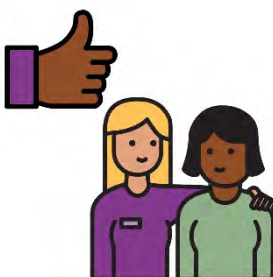


You can make a complaint about a service provider to the **NDIS Quality and Safeguards Commission** (the NDIS Commission).

The NDIS Commission makes sure participants:



- are safe



- get good services.



You can call the NDIS Commission to make a complaint.

1800 035 544



You can also go make a complaint on the NDIS Commission's website.

www.ndiscommission.gov.au/about/complaints

What happens if you can't join the NDIS?

If your form to apply for the NDIS is not approved, you can still get support from:



- a LAC



- an Early Childhood Partner.



If you don't agree with what the NDIS decides, you can ask for a **review**.



When the NDIS reviews something, they check to see what:

- works well
- could change
- can be better.



You can call the NDIS to review their decision.

1800 800 110



Or you can fill out a form on the NDIS website.

www.ndis.gov.au/applying-access-ndis/how-apply/receiving-your-access-decision/internal-review-decision



If you don't agree with the new decision, you can ask the **Administrative Appeals Tribunal (AAT)** for a review.



The AAT is a government organisation that makes some decisions about who can use the NDIS.



You can ask the AAT for a review on their website.

www.aat.gov.au/apply-for-a-review/national-disability-insurance-scheme-ndis/how-to-apply



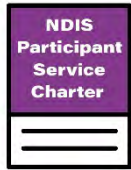
You can ask a disability advocate to help you apply for a review.



You can find an advocate using the Australian Government Disability Advocate Finder.

[disabilityadvocacyfinder.dss.gov.au/
disability/ndap](https://disabilityadvocacyfinder.dss.gov.au/disability/ndap)

The NDIS Participant Service Charter



The NDIS Participant Service Charter explains what you can expect from the NDIS.



When the NDIS works with you, they will make it easy to find and understand information.



When the NDIS works with you, they will try and help you quickly.



When the NDIS works with you, they will:

- respect you
- treat you well.

When the NDIS works with you, they will:



- give you information



- help you live your life the way you want.



When the NDIS works with you, they will help you find the services and supports you need.



You can read an Easy Read version of the NDIS Participant Charter on the NDIS website.

[www.ndis.gov.au/about-us/policies/
service-charter](http://www.ndis.gov.au/about-us/policies/service-charter)

Word list

This list explains what the **bold** words in this document mean.



Administrative Appeals Tribunal (AAT)

The AAT is a government organisation that makes some decisions about who can use the NDIS.



Advocate

An advocate is a person who:

- supports you
- helps you have your say
- gives you information and advice.



Citizen

A citizen is someone who is given the rights and freedoms of the country where they live.



Complaint

When you make a complaint, you tell someone that something:

- has gone wrong
- isn't working well.



Feminine-identifying

When you are feminine-identifying, you might not feel that you are a woman.

But:



- you are not a man
- you might experience some things like women
- other people might think you are a woman.



Funding

The NDIS pays for the supports and services people with disability need.

We call this funding.



Early Childhood Partners

Early Childhood Partners are organisations who talk to families about support and services young children need.



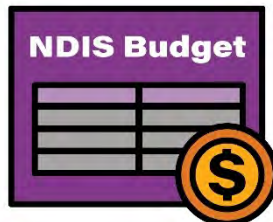
Local Area Coordinator (LAC)

An LAC is someone who helps people with disability find and use services and supports.



National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme (NDIS) is a way to support Australians with disability.



NDIS budget

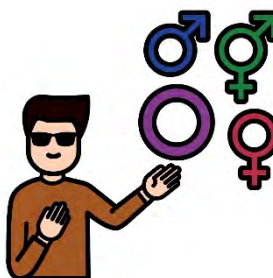
Your NDIS budget is how much funding the NDIS gives you for your plan.



NDIS Quality and Safeguard Commission (the NDIS Commission)

The NDIS Commission makes sure participants:

- are safe
- get good services.



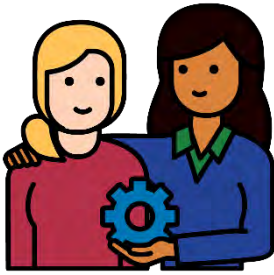
Non-binary

If someone doesn't feel they are male or female, they might say they are non-binary.



Participants

Participants are people with disability who take part in the NDIS.



Service providers

Service providers offer supports and services to participants.

Review



When the NDIS reviews something, they check to see what:

- works well
- could change
- can be better.



Rights

Your rights are:

- rules about how you can expect to be treated
- the freedoms you have that the law protects.



Visa

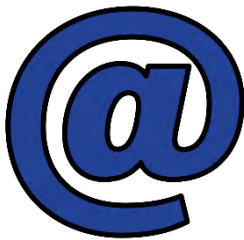
A visa is a document that says you can go to another country for a certain amount of time.

Contact us



You can call us.

0438 535 123



You can send us an email.

officeadmin@wwda.org.au



You can write to us.

PO Box 407

Lenah Valley

7008 Tasmania Australia



You can go to our website.

www.wwda.org.au



You can follow us on Facebook.

www.facebook.com/WWDA.Australia



You can follow us on Twitter.

www.twitter.com/WWDA_AU



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