How to Understand and Navigate the NDIS – Advanced Expert Guide (Gold Standard)

DiversAbilities Resource – Advanced Gold Standard

1. Start here: what are you dealing with right now?

Choose the situation that best matches you:

- I don't understand what NDIS is → Go to Section 2
- I want to apply for NDIS → Go to Section 4
- I got rejected → Go to Section 9
- I have a plan but don't understand it → Go to Section 6
- My funding is not enough → Go to Section 7
- I don't know how to use my plan → Go to Section 8

2. What the NDIS actually is (real explanation)

The NDIS is a government funding system designed to support people with permanent and significant disability.

It does NOT provide services directly — it provides funding so you can choose your own providers.

3. Real-life examples

- A child needing therapy for development
- An adult needing daily support at home
- Someone needing equipment like a wheelchair
- Someone needing help accessing community activities

4. How to apply (real process)

1. Check eligibility (age, residency, disability)
2. Call NDIS or complete access request
3. Submit medical evidence (VERY important)
4. Wait for decision

Important:

- Strong evidence = higher chance of approval
- Reports from therapists/GPs are critical

5. What actually happens in a planning meeting

This is one of the most important parts of the process.

You will be asked about your daily life, challenges, and goals.

- They assess your needs based on what you say
- What you don't mention may NOT be funded

What to say:

- "I need support with daily activities such as..."
- "Without support, I struggle with..."

6. Understanding your plan (simple)

- Core → daily support
- Capacity Building → therapy & skills
- Capital → equipment

7. If your funding is not enough

5. Collect evidence (reports, letters)
6. Show how current plan is not working
7. Request a plan reassessment

8. How to actually use your plan

- Find providers
- Book services
- Track spending
- Ask for help (support coordinator)

9. If you were rejected

This is common and not the end.

- Request internal review
- Get advocacy help
- Provide stronger evidence

10. Common mistakes to avoid

- Not providing enough evidence
- Saying 'I'm fine' in planning meeting
- Not asking questions
- Not using support coordination

11. Who can help you

- Support coordinators
- LACs
- Advocacy services

12. Expert tips

- Always describe your worst days
- Be specific about needs
- Keep all documents
- Follow up regularly

13. Official links

- NDIS: https://www.ndis.gov.au
- Phone: 1800 800 110

Disclaimer: These resources might not be up to date and newer information might be available. We try our best to update our resources as often as possible.