

KEY TAKEAWAYS

Important things to remember when understanding and preparing for your NDIS supports.



STAY INFORMED:

NDIS changes can affect funding, reviews, and supports. Staying updated helps you prepare early and understand your options.



BUILD STRONG EVIDENCE:

Reports, notes, and real-life examples help explain support needs, daily challenges, and progress.



EVERYDAY EXAMPLES MATTER:

Examples from home, work, school, or community life help show how disability impacts everyday functioning.



MENTAL HEALTH AFFECTS FUNCTIONING:

Psychosocial disability can affect routines, relationships, safety, wellbeing, and independence.



GOOD EVIDENCE SUPPORTS YOUR PLAN:

Good evidence helps explain ongoing support needs.



USE YOUR SUPPORTS & SPEAK UP:

Support coordinators, providers, and trusted people can help you understand your plan and advocate for your needs.



YOU ARE AT THE CENTRE OF YOUR PLAN.

When you stay informed, prepare well, and speak up, your supports can help you live the life you want.

**YOUR VOICE.
YOUR GOALS.
YOUR LIFE.**