



Finding the right NDIS information



Children and Young People
with Disability Australia



CYDAYOUTH

“To get more information on the NDIS, I go to their website, the different categories, and choose the most interesting to me. Sometimes it’s easy to navigate, sometimes it’s really confusing.” (Bradley)

As a young person with disability your family might help you find information about the NDIS, or you might be the only person with a disability in your family and they may not know how to help you. There are many places you can find information about the NDIS to make sure your wants and needs are understood. It is important to talk with people you trust, such as a family member, a close friend or even a counsellor. They should make you feel safe and respected. It can be helpful to get information from more than one place.

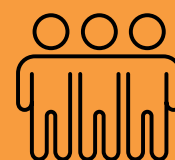


Examples of where you can find information about the NDIS:

- family
- friends
- NDIS website
- someone you trust, like a teacher, principal, family friend, counsellor or coach
- social media; people with first-hand experience
- coworkers
- disability organisations
- doctor or specialist
- service providers
- disability advocacy organisations
- blogs
- YouTube videos.



It is important to look for organisations that have information and knowledge about your disability. Your needs and wants as a young person with disability are unique, and may be different to other young people with the same disability.



It can be helpful to ask questions about the NDIS on social media, like a blog or a group. When you talk to strangers online, it is important to keep your personal information private, like your home address, email address and phone number. Connecting with other people with disability can help you form new friendships and get the most out of your NDIS plan. They may be able to help you think of new ways to use your funding, based on their own experiences.



Examples of questions you might have:

- What is the NDIS?
- Am I eligible for the NDIS?
- How can I apply for the NDIS?
- Who can help me apply for the NDIS?
- What do all the words mean?
- Who can help me with my NDIS plan?
- How do I make sure my plan reflects me as a young person with disability?
- How do I report a problem?

If you are in the beginning stages of your NDIS journey, it can be helpful to look at the NDIS website. Sometimes the NDIS website can be hard to understand, so there are easy read versions of their materials available. If this is not enough, you can reach out to disability advocacy organisations. Disability advocacy organisations give support to people with disability and protect their rights. They can help you understand the NDIS, speak to the NDIS on your behalf and help you to self advocate.

A List of Australian disability advocacy organisations can be found at **AFDO Australian disability advocacy organisations**





Mental health support

Learning new NDIS terms can be stressful. If you are feeling overwhelmed or confused, please reach out to someone you trust. It's okay to ask for help. Below are some organisations that provide free mental health support.

- Lifeline 13 11 14
www.lifeline.org.au
- Beyond Blue 1300 22 4636
www.beyondblue.org.au
- QLife 1800 184 527
www.qlife.org.au
- Women with Disabilities Australia 0438 535 123
www.wwda.org.au

For a longer list of NDIS terms, please visit the NDIS website:
www.ndis.gov.au/about-us/glossary



Australian Government
Department of Social Services

Disclaimer: CYDA's In Control My Way resources have been created to support families of children and young people with disability to help manage their NDIS plans. Information provided is intended as a general guide and may not contain the most recent information and updates. CYDA is not responsible for decisions made by the NDIA or its partners in the community. For the most current information on the NDIS, refer to the NDIS website. These fact sheets are current as of June 2023. View the full set of In Control My Way resources at: **www.cyda.org.au** .