

NDIS & DISABILITY



What is disability?

A person may have a disability if they find it hard to:

- take care of themselves
- do everyday activities
- walk or move around
- leave the house
- hear or see well
- think clearly or learn
- make and keep friendships
- speak and be understood

A person with a disability might need to use special equipment or need ongoing therapy.

What is the NDIS?

The NDIS (National Disability Insurance Scheme) is a free government program to help people with a disability get the support they need. To get help from the NDIS, you must:

- 1) Be an Australian permanent resident or citizen or Protected Special Visa holder, **and**;
- 2) Have a disability that is permanent – it won't go away – and has a severe effect on your life, **and**;
- 3) Be younger than 65 when you apply for support.

How can the NDIS help?

Support can include help with:

- daily activities (showering, having meals, etc.)
- household tasks (cleaning, gardening, etc.)
- shopping and errands
- going to appointments
- learning life skills
- buying equipment to support you to move, communicate, and do other everyday tasks more easily
- making new friends and going out socially
- therapy

Find out more about the NDIS

For help to understand or apply for the NDIS, you can:

- Contact your NDIS Community Connector:
Sunshine Coast & Gympie:
Helen Wilkinson on 0427 601 910 or helenw@curacares.com
Gold Coast:
Carla Carneiro on 0427 626 723 or carlac@curacares.com
- Talk to the NDIS directly by calling 1800 800 110 or visiting ndis.gov.au

If you need an interpreter, call TIS on 131 450.