

The NDIS and you
Let's work it out
together



centacare
catholic support services. providing help. creating hope.

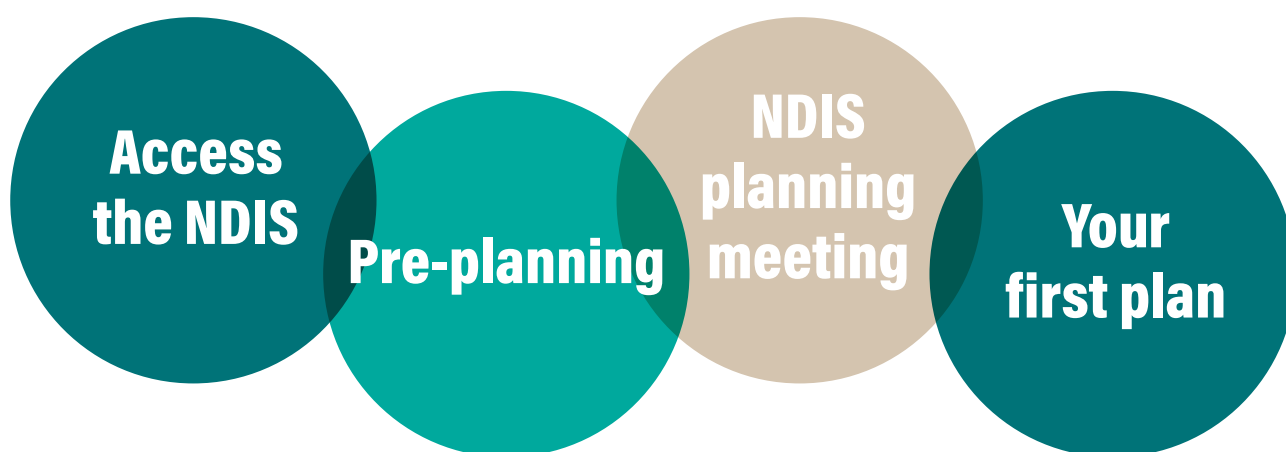
The National Disability Insurance Scheme (NDIS) represents new possibilities for many people with a disability. The scheme is designed to maximise choice and control, and put you in the driver's seat in determining the services and activities that can best help you achieve your goals.

The pre-planning booklet included at the back of this pack is designed to help you prepare for your NDIS planning meeting. By completing the booklet before your meeting, you can develop a clear understanding of the support you want and need, now and in the future.

For assistance with your preparation, contact Centacare on **1300 236 822**.

Your path to an NDIS plan

Centacare is here to help you at any stage along your NDIS journey.



Access the NDIS

The NDIS provides people (under 65 years of age) with a permanent or significant disability access to support to help them take part in everyday activities and to achieve their individual goals and aspirations.

To find out if you meet the access criteria, contact the National Disability Insurance Agency (NDIA) on **1800 800 110**.

Pre-planning

Being prepared is the key to most things in life and the NDIS is no exception. That's why Centacare is here to help you with the planning process. We have developed a handy pre-planning booklet that helps to highlight your needs and goals and most importantly, what support is needed. You can find the pre-planning booklet at the back of this pack.

NDIS Planning Meeting

If you're eligible, the NDIA will get in touch with you to arrange a planning meeting. In the meeting they will work out the type of support and the amount of funding you need.

If you would also like a Centacare team member to attend your NDIS planning meeting, we're just a phone call away.

Your first plan

Once you receive your first NDIS plan, it is time to put it into action and organise the support and services you need and Centacare can help with this.

If you are funded for Support Coordination, Centacare Choices can assist you to implement your plan with the help of one of our Support Coordinators.

How can Centacare help?

With experienced and qualified support teams in local communities across South East Queensland, we can provide support and services tailored to your needs.

We have services to help you live well at home, including support with your everyday personal routines, household chores and getting out for shopping and other appointments.

We can help you get the right living arrangements in place, with our supported group housing, short-term accommodation options or help to make the modifications you need to live better in your own home.

You can also get more out of life with Centacare. Whether it's getting involved in our drama, technology or cooking activities, gaining qualifications, volunteering, social events, working on your own well-being with our team of therapists, or getting support to reach that next personal goal, we can help you with options that suit you best.

Your best plan is our priority. As a Catholic, not-for-profit organisation, we exist to help people live their best lives. If we don't offer the services or opportunities you're looking for, we'll do our best to connect you with someone who does.

To find out how we can help you to achieve your goals contact us on **1300 236 822**.