

# STRONG & CAPABLE

# BLOG POSTS.

EASY-READ



The information on this page is called a **blog**.

A **blog** is information that is on the internet that includes the opinions and thoughts of a writer. Blogs are regularly updated when new things happen.



The blogs on this page are written in Easy Read.



When you read the word '**you**', it means the person reading the blog.



When you read the word '**NDIA**', it means the National Disability Insurance Agency.



When you read the word '**NDIS**', it means National Disability Insurance Scheme.



There might be some hard words in the blog. When you read a hard word for the first time, we will explain what it means.

You can access other versions of the blogs [here](#).

## BLOG 3

# FIVE TIPS TO GET THE BEST NDIS PLAN



This blog is written by Kym Mercer.

Kym works as a NDIS Support Coordinator.

A **Support Coordinator** is someone who knows a lot about the NDIS and they have skills to help people to have the best NDIS plan.



Kym is also a **Board** Member of the Strong & Capable Cooperative.

A **Board** is the group of people who lead an organisation.



The NDIS started in 2013.

It has been getting bigger every year.

The NDIS now helps more than 400,000 people with disability.



One third of these people are receiving support for the very first time.

The NDIS is very good for many people in Australia.

It provides more choice for people with disability.

But one problem is that not all NDIS plans are being completely used.



Only about 70 percent of people with NDIS plans are spending all the money that they get for their plan.

People might not be spending all their plan money because:

- They have trouble finding the right **service providers**

A **service provider** is a person or organisation that provides help and support to people with disability.

- They do not understand what their plan can pay for
- They feel scared that they may have to pay back money if they buy something by accident that is not part of their plan.



Kym thinks that people with disability can use their NDIS plan properly if they have the right information.

Kym says the system is hard to understand.

Kym also says that people do not know how to have the best NDIS plan and that they can sometimes be disappointed.

Kym believes that sharing information with others who already are involved in the NDIS may help.

Here are some tips to help you have the best NDIS Plan.



## 1. Be ready for your first planning meeting

- Learn as much as you can about the NDIS before your first planning meeting.
- You can get help with preparing for your planning meeting by reading through these Easy Read [Factsheets](#) from the NDIS.
- Write down any questions you might want to ask during the planning meeting.
- Have an idea of what you want the NDIS to help you with.



- Write down any supports that you currently get.
- Do not be afraid to tell the planner exactly what you want!
- Take a support person with you to the meeting if you would like someone to go with you.

## 2. Think about how you want your plan managed



- There are 3 ways that you can have your NDIS plan managed:

### 1. The NDIA manage your plan for you.

This means that you do not have to pay anyone for the services you receive.

You have less choice in which service provider you can use.

You can only see service providers who are registered with the NDIA.

### 2. Somebody manages your plan for you

This means you have someone else who does not work for the NDIA pay the bills for the services you use.

You can use both registered and unregistered NDIS service providers.

A registered provider is one that must pass some tests set by the NDIA that are checked by a special person called an auditor.

An unregistered provider is someone who chooses not to take these tests but that does not mean the support they provide is not as good as a registered provider.

You can receive money from the NDIA to pay for someone to manage the plan for you.

### 3. You manage your plan by yourself

This means you look after everything for your plan.



You choose your service providers.

You pay for your service providers

You can use whoever you like.

You get more choice with this option, but it is also the most amount of work.

- You can also have a plan that has some parts managed by someone else and some parts managed by you.
- The option you choose will depend on how involved you want to be in managing your plan and how much time you have.



### 3. A Support Coordinator can help

If your plan is too hard to manage because of all the services you get, or if you manage your plan by yourself, you can get help from a Support Coordinator.

A Support Coordinator can help you to find the best service providers so that you can achieve your goals. You can learn more about Support Coordinators [here](#).

A Support Coordinator can help you to feel more confident with your NDIS plan.



### 4. Choose the right service providers

The most important part of your plan is making sure you have the best service providers for you.

You can check to see if the service provider is the best one for you by:

- checking that they understand you
- making sure you can talk easily to them
- making sure you feel comfortable and safe with them.

It is a good idea to set up a **service agreement** with your service provider.

A **service agreement** sets out the roles and responsibilities that you and your service provider agree on.

You can read more about choosing the right service provider [here](#).



## 5. Think in a new way

A really good thing about the NDIS is that you have more choice about the way you want to receive help and support.

You can ask for exactly what you want and then have a plan created that matches what you want.

Kym thinks it is very important not to be afraid of asking for exactly what you want.

Kym said working with a Support Coordinator can be very helpful to find new and different ways to get your support services.



The NDIS can help you to live the life you want to live.

If you are not happy with your current plan or want help with your next plan, make sure you talk to your support network or providers.

Strong & Capable can also provide you with help. Contact us [here](#).

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