



The NDIS & Supported Independent Living

There are around 4.3 million Australians who have a disability. The NDIS (National Disability Insurance Scheme) is the federal organisation that offers support to these individuals, their families and support networks.

Care1 is an accredited provider to the NDIS.



Last week mum stood for two minutes and this week two-and-a-half minutes. It is the happiest I have seen her in a long time. The best decision we ever made was changing to Care1.

Allison. E, Family of client

How the NDIS can support you

It is the role of the NDIS to provide funding to all Australians who have a permanent and significant disability under the age of 65 years. As well as funding, the NDIS provides support by being a hub of information that helps connect people living with a disability to the services available within their communities.

The scheme is designed to give all Australians peace of mind should they or their loved ones be impacted by a disability. The NDIS is not a welfare system, but is designed to help people get the support they need to improve their quality of life and independence over time.



How does it work?

The purpose of the NDIS is to offer recipients greater choice, control and independence to make decisions about how and where they spend their funding.

In collaboration with the NDIS, you create a funding package for the services you need to enable Supported Independent Living. This package then requires approval before funding is allocated.

The great thing about the system is that you can choose who will deliver your services from the approved providers available in your area. This gives care recipients greater choice and independence when designing their plan. Care1 is an approved provider for the NDIS, and we operate in a number of locations right across Australia.

Who is eligible?

The NDIS is not subject to a means test, but there are specific guidelines around eligibility:

- You must be between the ages of 7 and 65.
- Be an Australian citizen, or have a permanent or special category visa.

There are also specific disability criteria to meet to be eligible for NDIS support:

- Your disability impairs your capacity to complete specific activities like learning, mobility, communication, or self-care.
- Your disability must be assigned to at least one neurological, intellectual, sensory or physical impairment, or related to a psychiatric condition.
- You will need support with NDIS for the remainder of your life. You may still be eligible if your impairment varies in intensity with chronic episodes.



You will need to visit the NDIS website and answer five simple questions to discover if you are eligible to apply for the NDIS www.ndis.gov.au

What support is funded by the NDIS?

The NDIS funds a range of support for various needs and individuals throughout the community. Before you go through the lengthy process of applying, here is a list of the categories of support available under the NDIS. Please note that this list is not exhaustive, and for the latest information you should visit the NDIS website directly.



Core

For participants who need assistance with daily living activities.



Capital

For participants who need to invest in items such as assistive technologies, equipment, home or vehicle modifications.



Capacity building

For participants who want to build their independence and skills.

What is Supported Independent living?

Supported independent living includes things like having someone to help with personal care or cooking meals. It is designed to help or provide supervision to people living with a disability, so that they may live as independently as possible and build their skills over time.

Supported independent living is best suited to people with a disability who have higher support needs. This means you need a significant amount of help every day. This includes overnight support.

How do I apply for the NDIS?

Once you have determined that you are eligible for the NDIS, the next step is to make an Access Request. You can do this in several ways, depending on your preference and abilities:

- Call directly on 1800 800 110
- Download and fill in the Access Request form on the NDIS website, and submit it via email to: NAT@ndis.gov.au or by post to: GPO Box 700, Canberra, ACT 2601
- If you are unable to fill in the form yourself or make the call, you can contact your local NDIA office, find the closest one to you on the NDIS website.

For more information, please visit our website, www.care1.com.au



About Care1

At Care1 our motto is 'People First', but this isn't just something we say - it's something we live and breathe every day. Care1 was founded on the belief that every person deserves the best care and the best quality of life possible.

Care1 was created as a better choice for families, carers, and those in the disability services industry who wanted - and believed in - a better and more caring future for all. Fifteen years on and we're still committed to this purpose, providing highly-trained care professionals right across Australia.

Our team of compassionate nurses and skilled care workers are dedicated to providing every one of our recipients with the best quality of life, and the highest level of care, every single day. We provide temporary and permanent staff to government, private and community-based organisations - 24 hours a day, 7 days a week.

Care1 is wholly-Australian owned and run by industry trained professionals who understand and are dedicated to meeting your needs. We are committed to ensuring the highest levels of client satisfaction, and provide care staff who are thoughtfully matched to the requirements of our clients and their families.





Where can I get more information?

Carers and family members are key to the successful implementation of any NDIS plan. And having the right information is key to maximising positive outcomes for recipients.

Care1 support workers are skilled at implementing NDIS plans, and can be by your side as you navigate the system to secure the help and services you need for yourself or a loved one. We want to help you work towards the highest quality of life possible.

Contact us

Find out how we can help make a difference in the life of a loved one.

 **1300 422 731**

 **services@care1.com.au**

 **www.care1.com.au**