



DJ HEALTH SERVICES

THE DISABILITY & AGED CARE
PROFESSIONALS YOU CAN TRUST

NDIS Information for Families and Carers



Information for Families and Carers

1. The NDIS supports families and Carers of people with disability

The National Disability Insurance Agency (NDIA) recognises that the support of families and friends is an essential part of supporting people with disability. This support helps people living with disabilities to reach their life goals and be part of their community and employment.

The support that families and friends provide cannot be replaced by formal services or paid support workers. The NDIA understands this and aims to provide better support to family members and friends in their caring role through the National Disability Insurance Scheme (NDIS).

The NDIS can also provide you with further information about other supports that are available to family members and Carers by visiting www.ndis.gov.au/families-carers.

The views and perspective of family members and Carers is important in developing an NDIS plan for each Participant. If the person you are caring for requests it, your unique understanding of their needs can aid the NDIS to better develop their personalised plan. You can aid with the decision making about ongoing support needs, goal setting, assessment and planning. To be part of this decision-making process you must be a recognised Nominee or Guardian.

2. What is the NDIS?

The National Disability Insurance Scheme is also called the NDIS. The NDIS is a new way for people with disability to get the care and supports they need to live a better life. The NDIS gives people with disability choice and flexibility over the support they receive. This means you, or the person you care for, can choose who provides that support.

3. Who or what is a Participant?

A Participant is a person living with disability who is eligible and has been accepted into the National Disabilities Insurance Scheme by the NDIA.

4. What is a Carer?

A Carer is someone who provides unpaid care and support to a family member or friend with disability. The NDIA recognise the contribution that family members and Carers have on people living with a disability and have made support provisions under the NDIS to help with your role as a Carer.

With the permission of the Participant you are caring for the NDIS will consider the role of families and Carers when developing the person's plan. Considerations might include:

- The support that you provide to the person with a disability;
- Your other responsibilities;
- Your own life plans, such as work or other people you care for.





5. Who are Nominees and Guardians under the NDIS?

Nominees are Carers or Guardians who are appointed to ascertain the wishes of the Participant and make decisions that maximise the personal and social wellbeing of the Participant.

As a Carer, you can become a Nominee by one of two ways:

1. You are appointed as a Nominee by the Participant; or
2. You are appointed as a Nominee as you are a Legal Guardian of the Participant, and have a guardianship arrangement in place.

There are specific guidelines and rules that the NDIS have set out for becoming a Nominee. This allows the scheme to determine who should be appointed and how a Nominee should act on behalf of the Participant.

Nominee roles are generally categorised as follows:

Correspondence Nominee: As a Correspondence Nominee you can action all activities that the Participant would undertake, except for:

- The preparation, review and replacement of the Participant's NDIS plan; and/or
- Management of the funding for supports in the Participant's NDIS plan.

Plan Nominee: As a Plan Nominee you can action all activities that the Participant would undertake, including:

- The preparation, review and replacement of the Participant's NDIS plan; and/or
- Management of the funding for supports in the Participant's NDIS plan.

However, it is important to note that a Plan Nominee may at no time undertake activities on behalf of the Participant that may be outlined when the Plan Nominee is appointed

6. Guardianship information

A Guardian is someone who has legal guardianship of the Participant; or has been appointed by the court, board or panel and has the power to make decisions for the Participant, and whose responsibilities are relevant to the duties of a Nominee.

If more than one person or body has all or part Guardianship of a Participant, the NDIA will then work with the guardian for all decision making in the same way that they would work with parents and Carers of Participants who are under the age of 18 years..



7. Does the NDIS replace the role of a Carer?

No, the NDIS won't replace the role Carers or family members have. You will still have a very important role in supporting the person you care for

8. Family and carers support – what will the NDIS fund?

Depending on the disability and circumstance of the Participant, some families or carers may need assistance to support their relationship and caring arrangements with the Participant. Participants and their family can discuss their goals with the National Disability Insurance Agency (NDIA) as part of the Participants planning conversation. The Participants plan may then be able to incorporate approved supports funded within the scheme.

The NDIS offers a range of supports that encourage sustainable caring by family members. This support can be offered directly or indirectly and may include:

- **Support and counselling:** Due to a family member's disability, it may be required that Carers are provided family support and counselling.
- **Up-skilling:** To aid family members in the management of the Participant's disability, the NDIS may offer upskilling or skills building to help manage day to day life of the Participant.
- **Independence support:** This support is aimed at providing the participant the opportunity to enjoy and participate in social and community activities independent of their formal Carers and family. Thus, providing Carers with personal time away from the Participant.
- **Sustainability support:** This type of support promotes increased sustainability of the families caring arrangement. Assistance can be provided in the form of personal care for the Participant and/or domestic assistance related to the person's disability.

9. Can the person you care for use the NDIS?

If they are already receiving support:

Yes, if the person you care for is already receiving support for their disability from state or territory organisations, they will be contacted by the NDIA before the NDIS rolls out in their area.

If they don't already have support:

The person with a disability will need to check they are eligible for support and apply via the NDIA when the NDIS starts in their area.

For FAQ's on accessing the NDIS visit:
www.ndis.gov.au/ndis-access-checklist

As a Carer, how can I be involved in a Participants Planning Meeting?

The NDIS welcomes the support and information that family members and Carers offer. To support Participant's Carers and family members can join them for their Planning Meeting. During this meeting the NDIA may ask you to make a Carers Statement.

The Carer Statement may include information about:

- The support that you provide to the person with a disability;
- Your other responsibilities;
- Your own life plans, such as work or other people you care for.

When the NDIS Planner is setting the participants plan, they will take the role that you play into consideration.



10. What can family members and Carers do to get ready for the NDIS?

It is recommended to have a good understanding of the NDIS process and what that means for the person you are caring for. You can read more at www.ndis.gov.au to see more information. As a Carer, you may wish to sit down with the person you are caring for to get a firm understanding of their current support, future needs and goals.

Some suggestions of areas you may want to consider:

- What does a day or week look like for yourself and the person you are caring for?
- What are the current supports that the person you are caring for has?
- Are these current supports working for you and the person you are caring for?
- What help does the Participant need for their schooling or employment?
- What support do they need to stay healthy?
- What support do they need at home to do everyday tasks?
- Would the person you care for benefit from getting more involved in the community?
- What goals or aspirations does the person you are caring for have?

Take these ideas and information to the Planning Meeting as they will provide valuable insights for the NDIS Planner. DJ Health Services are also available if you need any further information or support during your pre-planning phase.

11. Meeting with the NDIS?

The NDIS will contact the Participant to arrange a suitable time for their Planning Meeting. Participants can bring support to their Planning Meeting. It may be a friend, family member or Carer.

During the Planning Meeting, they will discuss the goals and the support that the person with a disability needs.

It is important that the following information is taken to the Participants Planning Meeting:

- Information about any disability supports you or the Participant is already receiving.
- Your ideas and information about the types of support you or the Participant might need for the future.

12. What is a NDIS First Plan?

A Participant First NDIS Plan is the start of a lifelong relationship that the person you are caring for will have with the NDIS. The NDIS Planners will be initially focused on continuity of the Participants existing support when transitioning to the scheme.

With thousands of people with disability transitioning to the NDIS, the First Plan aids in the simplification of the process and has been designed to allow swift entry into the scheme. A Participants First Plan will be finalised after their Planning Meeting.

13. The person I am caring for has received their plan. What now?

Depending on their situation there are a range of people who can help the Participant implement their plan and support them to start receiving supports. Participants can start their plan on their own if they are self-managed or with the support of a Local Area Coordinator, Support Coordinator or Nominee.

The NDIS provides a Getting Started Checklist to help you and the Participant start accessing their community, mainstream and funded supports and get the most out of their personalised NDIS plan. To find out more, visit:

www.ndis.gov.au/peopledisability/access-requirements

Areas that the checklist includes:

- Reading and understanding your plan.
- Registering for myGov and link to NDIS Participant Portal myplace.
- Connection with the person who will start your plan.

Once the Participants plan is approved they will receive their funding, all previous funding for their disability supports will be stopped effectively immediately. Therefore, to ensure their existing services continue as per normal, it's important to immediately let any support providers know that the person you care for has received their plan and it has been approved.



14. How are the Participant plans managed?

Once the Participants plan is active they can access their plan on the Participant Portal, an online tool available through the myGov website that keeps all their documents together in the one place. The Participant will receive Participant Portal access instructions once their plan is ready and their plan management will be discussed in detail during their Planning Meeting.

As part of the NDIS framework the Participant gets to decide how they want to manage their plan and if they need support. For example:

A Participant may choose to manage it themselves (also known as Self-Managed): this is where the NDIS provides the Participant with the funding to pay directly to the people and organisations that support them.

A Participant may wish to nominate someone to help them manage their plan: this is a trusted person (also known as a Plan Nominee) that will make payments on their behalf to the people and organisations that support them.

A Participant can use the services of a registered Plan Management provider: DJ Health Services can assist you in finding a Plan Management provider that will make payments on their behalf to the people and organisations that support them. Plan Management is funded as part of their NDIS plan and will not take away any funding allocated to them as a person with disability.

A Participant can ask the NDIS to manage all or part of their plan on their behalf.

To get more information about Plan Management, contact a NDIS representative and they will provide more information to help the Participant make these choices.

15. Other support for Carers

There are additional services available in Australia that are dedicated to help Carers in their role as being a support person for people living with disability. These additional resources can be found on several other Government-funded programs, which can include courses and peer support programs.

Links to additional services or organisations that may be available for Carers:

- Department of Social Services (DSS) – Disability and Carers Information
- Carer Gateway - www.carergateway.gov.au
- Carers Australia - www.carersaustralia.com.au

Need more information?

Visit the National Disability Insurance Scheme website www.ndis.gov.au or call **1800 800 110**.

For people with hearing and speech loss:

- TTY: 1800 555 677
- Speak and Listen: 1800 555 727

For people who need assistance with English:

- TIS: 131 450

This information has been proudly brought to you by DJ Health Services and ACCnet21.

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