

## My Abilities Support Team

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### Basic Steps to Access Support through NDIS:

1. Apply to join NDIS – read “Am I Eligible” to check if you meet the criteria.

[Am I eligible | NDIS](#)

2. If you think you meet these requirements you can:
  - contact your local NDIS office or local NDIS partner and ask them to support you to connect to disability supports in your local area and support you to apply to the NDIS, if you are eligible
  - phone the NDIS on 1800 800 110.

To apply for the NDIS you will need to provide:

- information about your age, residency and disability or need for early intervention.
- you can also complete an [Access Request Form](#). It can be emailed back to the NDIS once completed and signed.

For a copy of the form and more information, go to:

[What is an Access Request Form? | NDIS](#)

See the contact list included on the MAST Website called “**Western Australian Partners in your community map**” for details and contact numbers of Local Area Coordinators and partners. If there is no-one listed in your area you can contact NDIS directly on: 1800 800 110 to be supported to apply to the NDIS.

3. The NDIA will make a decision about your access to the NDIS based on your application. They will send you a letter to tell you about the decision. This is called an **'access decision'**.

If you are eligible for the NDIS, you will be contacted to arrange a planning meeting to discuss your support and funding needs.

There is a lot of information on the NDIS website for participants about the process. Have a look here for more information:

[Booklets and factsheets | NDIS](#)

4. Before your **planning meeting** it would be helpful to think about how you want your plan funding managed, that is, if you want your plan to be 'NDIA managed', 'Plan managed' or 'self-managed'. This will be discussed with you during your first planning meeting. There are other things to think about to and some tips in preparing for the meeting at: [Booklets and factsheets | NDIS](#)

If plan managed, you will need to find a plan manager who you are comfortable with and you will then work with your plan manager to manage your NDIS Plan. If you want to manage your plan funding yourself you can also choose to do this. If you want to manage the plan yourself and need a little support to understand your plan and coordinate the supports included in your plan you can ask a Support Coordinator for some help if you have funding allocated for this support in your plan.

5. If your plan includes funding for a **support coordinator** then you can choose a support coordinator who you are comfortable working with (such as MAST). This is the person who can help you find and engage with the supports which are funded in your plan and they will give you options and choice over who you would like to engage with and will work with you to build your skills and capacity to achieve your goals. You can change your support coordinator at any time if you are not happy with them. You will need to sign a service agreement before you start working together.

You can contact us at MAST or contact NDIS to discuss any of these steps without any cost or obligation.

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NDIS: [\*\*1800 800 110\*\*](tel:1800800110)