



NDIS Getting Started Guide

A plain-language guide for new and prospective participants

What is the NDIS?

The National Disability Insurance Scheme (NDIS) is an Australian Government program that provides funding to people with permanent and significant disability. It helps you access the supports you need to live more independently and participate in your community.

Am I Eligible?

To be eligible for the NDIS, you generally need to:

- Be under 65 years of age when you first apply
- Be an Australian citizen, permanent resident, or Protected Special Category Visa holder
- Have a permanent disability that significantly affects your daily life
- Need support now and in the future

Not sure if you're eligible? Call us on 1300 542 584 — we'll help you work through it.

How to Apply — Step by Step

1	Check eligibility	Visit ndis.gov.au or call the NDIS on 1800 800 110 to check if you meet the access criteria.
2	Gather supporting evidence	You'll need reports from your GP, specialist, or allied health professional confirming your diagnosis and how it impacts daily life.
3	Submit an Access Request	Call the NDIS on 1800 800 110 or ask a Support Coordinator to help lodge your Access Request Form.
4	NDIS decision	The NDIS will review your request and write to you with their decision. This can take up to 21 days.
5	Planning meeting	If approved, you'll be invited to a planning meeting to discuss your goals and what supports you need. You can bring a support person.



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Receive your plan

Your NDIS plan outlines your funding across support categories. You can then start connecting with providers.

Understanding Your NDIS Plan

- Core Supports:** Everyday activities, personal care, transport, and consumables.
- Capacity Building:** Supports to help you build skills and independence — including Support Coordination.
- Capital Supports:** Equipment, assistive technology, and home modifications.

How I’m With You Can Help

- Help you understand your plan and what your funding covers
- Connect you with the right supports and services
- Provide Support Coordination to manage your plan
- Deliver personal supports, community access, and more
- Support you through NDIS reviews and plan renewals

Ready to get started?

Call **1300 542 584** or visit **imwithyou.com.au** to book a free consultation.