NDIS AT A GLANCE

The National Disability Insurance Scheme (NDIS) is a new way of purchasing and delivering supports and services for people with disability or significant impairment that affect their ability to take part in everyday activities.

THE EXPERIENCE OF PEOPLE LIVING WITH MULTIPLE SCLEROSIS

For hundreds of people living with multiple sclerosis who have become NDIS participants, the range of supports and services vary according to what is reasonable and necessary to assist the individual to achieve their goals and aspirations.

The NDIS planning conversation considers each person’s circumstances, their family and social situation. NDIS funded supports and services are designed to build on supports from family, friends and neighbours, services from healthcare and /or housing.

The range of supports, the number of hours and the amount of funding associated with each support item is clearly set out in a Participant’s NDIS plan and addresses individual needs.

PROFILE OF SUPPORTS

The NDIS supports and services fall into a number of categories.

1. Assistance with daily life at home in the community, education and at work
2. Transport to access daily activities
3. Supported independent living
4. Improved daily living skills
5. Assistive technology
6. Vehicle modifications
7. Home modifications
8. Improved living arrangements
9. Increased social and community participation
10. Finding and keeping a job
11. Improved relationships
12. Improved health and wellbeing
13. Improved learning
14. Improved life choices

These supports can help you keep up all sorts of tasks, activities and other benefits, such as:

Increased social and community participation:

- attending your local book club, library, art or photography groups
- assistance with shopping, banking, going out for coffee and attending appointments
- maintaining things that are important to you like volunteering, employment or study

Improved daily living:

- allied health support such as one off assessments with physiotherapist, occupational therapist
- assistance with decision making, daily planning, budgeting and solving practical matters
- specialist driver training

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SUPPORTS CONTINUED...
**Improved environment**
- modifications to your home including ramps, rails for access, or bathroom modifications such as the removal of a step into a shower
- equipment such as shower seat, scooter, walker, wheelchair, hand bike for recreation and personal alarm.

**Assistive technology**
- iPad, Apps
- environmental controls

**Improved health and wellbeing**
- exercise plans and dietary advice.

**Assistance with daily life at home and in the community, education and at work**
- domestic tasks in and around the home such as general cleaning, gardening and mowing.
- assistance with personal care such as showering, dressing, eating
- meal preparation
- continence

**BRIAN’S STORY**

Brian* has worked as an allied health professional for 17 years and currently runs his own business. He is also a husband and father of two young children, one of whom has significant special needs.

In the past Brian has been able to work 50 or 60 hours a week. This has reduced significantly since his multiple sclerosis diagnosis in 2011. He is impacted by fatigue, particularly mental fatigue and also experiences weakness on one side of his body and must concentrate to avoid tripping and falls.

It is crucial to Brian that he is able to maintain his caring role and pursue the treatments and supports needed to make his son comfortable, maintain the physical independence to continue to work and operate his business, and be able to plan for the future should his physical wellbeing deteriorate further.

After making contact with the NDIA, completing necessary forms and meeting with an NDIA Planner Brian is now in receipt of domestic supports three evenings per week, travel reimbursement assisting with the cost of travel for work, with an option to use a taxi should his physical condition prevent him from driving and entry to the local pool to allow him to improve his wellbeing and maintain his strength.

Brian is also receiving mainstream supports including; support from extended family, medical support from his GP and Neurologist, MS Employment Support Service and respite through the local council.

*Not his real name

**THE MS CHECKLIST**

We have put together a checklist for people affected by multiple sclerosis.

It’s designed to help you to prepare your ideas and thoughts about your support network; determine what is important in your life and how to put that into goals; and to prepare you for your conversations with NDIA.

Please visit our website at [www.ms.org.au](http://www.ms.org.au) or contact MS Connect on 1800 042 138 or [msconnect@ms.org.au](mailto:msconnect@ms.org.au) if you would like support and assistance in completing the checklist.