

# Where to Start

Starting your NDIS plan can feel overwhelming. This guide gives you a step-by-step approach to help you get started. Remember, you have total choice and control, so do what works best for you!

## Support Coordinator

### Do you have funding for a support coordinator?

- **If yes**, find a support coordinator you want to work with.
- **Inform the NDIA** or your Local Area Coordinator (LAC) of your chosen support coordinator, as they need to record this information.

### What is a Support Coordinator?

- A support coordinator helps you understand and use your NDIS plan. They connect you with service providers and help you reach your goals.
- For more information about support coordination, visit the [NDIS Support Coordination](#) page.

## Daily Living Essentials

### Do you need support with daily living essentials?

- Identify if you need help with personal care, home assistance, or communication aids.
- Make sure you have these supports in place to meet your basic needs and maintain dignity and safety.

## Assessments and Reports

### Do you have funding for assessments and reports?

- **If yes**, contact your chosen provider early in your plan period.

- Many providers have long waiting lists, so it can take time to complete reports. Plan ahead!

## Training

### Do you need training from service providers?

- Contact training service providers quickly, as they may also have long waiting lists.

## Recommendations and Quotes for Capital Budget Items

### Do you need to get recommendations and quotes for capital budget items?

- Start the process as soon as possible since approvals can take time.
- Aim to get quotes valid for at least 120 days to make sure they remain valid while being processed.

## Summary Checklist

1. **Support Coordinator:** Do you have funding? Find and notify your choice.
2. **Daily Living Essentials:** Do you need support? Identify and arrange necessary supports.
3. **Assessments and Reports:** Do you have funding? Contact providers early.
4. **Training:** Do you need it? Reach out to training providers.
5. **Capital Budget Items:** Do you need recommendations? Get early quotes and start the approval process.

## Real-Life Examples:

Here are some simple examples of how others successfully started their NDIS plans:

1. **Sarah's Story:** Sarah needed help with daily living tasks like showering and cooking. She found a support coordinator who helped her set up her plan. They arranged for a cleaner to come once a week and a support worker to assist her with personal care. This made her feel more independent.

- 2. Tom's Journey:** Tom wanted to buy a mobility scooter but needed quotes first. He contacted three suppliers for quotes and got them all within a few weeks. His support coordinator helped him submit the quotes for approval, which took about a month. Tom now enjoys going out more often!

## Frequently Asked Questions

Here are some common questions about starting an NDIS plan:

- 1. How do I find a support coordinator?**

You can search online or ask friends and family for recommendations. You can also check the NDIS website for registered providers.

- 2. What if I don't know what supports I need?**

Talk to your support coordinator or LAC. They can help you identify what supports might work best for you based on your goals.

- 3. How long does it take to get my NDIS plan approved?**

It usually takes about 2-4 weeks after your planning meeting, but it can vary depending on individual circumstances.

- 4. Can I change my supports later?**

Yes, if your needs change or if you're not happy with the supports you're getting, you can request changes during your plan review.

- 5. What happens if I run out of funding before my next plan review?**

You should contact the NDIA or your LAC immediately to discuss your situation and see if any additional funding is available.

## Links to Local Services

Here are some links where you can find local services that can assist participants in their area:

- **NDIS Provider Finder:** Use this tool to search for registered providers in your area: [NDIS Provider Finder](#).
- **Local Area Coordinators (LAC):** Find LAC services near you by visiting the [NDIS Offices and Contacts in your Area](#).
- **Community Services Directory:** Check local community services that may offer additional support: [My Community Directory](#).

## Useful Resources

- **NDIS Website:** [NDIS Participant Information](#)
- **Support Coordination Information:** [What is Support Coordination?](#)
- **Self Management:** [NDIS Information on Using Your Plan as a Self-Manager](#).

## Contact Information for Help

If you have questions about starting your NDIS plan or need assistance:

- **NDIA Contact Centre:** Call 1800 800 110
- or visit [NDIA Contact Page](#).