|  |  |  |
| --- | --- | --- |
| **Support with your everyday life** | |  |
|  | |  |
| A close-up of a newspaper  Description automatically generated with low confidence | This information is about the supports you can get for your everyday life.  It has information on | **Page** |
|  |  |  |
| A couple of men sitting at a table with a computer and a cup  Description automatically generated with low confidence | * Disability and government services | **4** |
|  |  |  |
|  | * Supports for daily life skills | **8** |
|  |  |  |
|  | * Day centres and programs | **10** |
|  | It also has information on |  |
| A group of people standing together  Description automatically generated with low confidence | * Community activities and groups | **10** |
|  |  |  |
| A person wearing a name tag  Description automatically generated with medium confidence | * Job support | **12** |
|  |  |  |
|  | * Educational supports | **17** |
|  |  |  |
|  | * Housing supports | **22** |
| A picture containing graphical user interface  Description automatically generated | There is a lot of information.  Some words can be hard to understand. | |
|  |  |  |
| Two people sitting on chairs looking at a cell phone  Description automatically generated with low confidence | You can ask someone to read this information with you. | |

|  |  |
| --- | --- |
| **Disability and government services** | |
|  | |
| A picture containing person, person, seat, chair  Description automatically generated | You can find support for many parts of your life from disability services with funding from the NDIS.  NDIS funded services are called NDIS providers. |
|  |  |
|  | **NDIS** is short for National Disability Insurance Scheme. |
|  |  |
| A group of people posing for a photo in front of a building  Description automatically generated | You can find support for many parts of your life from the government. |
|  |  |
| A picture containing person, indoor, dress  Description automatically generated | The NDIS helps to support you to be more independent and take part in community and working life.  **Independent** means that you can make your own choices and do some things on your own. |
| Icon  Description automatically generated | To find out about the NDIS   * Go to [**https://www.ndis.gov.au/ understanding**](https://www.ndis.gov.au/understanding) * See the Easy Read booklets [**https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets**](https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | To find a NDIS provider go to  [**https://ndis-providerfinder.com/**](https://ndis-providerfinder.com/) |
|  |  |
| A picture containing person, person, seat, chair  Description automatically generated | There are many disability support providers in the community.  They support people with intellectual disability in all parts of life. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | To find disability support providers near you communicate with your NDIS Support Coordinator. |
|  |  |
|  | To **communicate** is how you understand and share your feelings or information. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | A **support coordinator** is a person who helps plan and organise   * Your care * Other services you get |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | You can also do an internet search for the type of service you want near you.  For example you can go to [**https://www.disabilitygateway. gov.au/**](https://www.disabilitygateway.gov.au/) |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | The government provides support in many areas including   * Getting a job |
|  |  |
| A person standing in front of a building  Description automatically generated with low confidence | * Study |
|  |  |
| A group of people posing for a photo  Description automatically generated | * Finding a home |

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| **Supports for daily life skills** | |
|  |  |
| Two people looking at a book  Description automatically generated with low confidence | People with disability can be supported to live as independently as possible.  You can have plans and support to help you to develop daily life skills. |
|  | **Daily life skills** are tasks you need to do to care for yourself. |
| A picture containing person, indoor, oven, microwave  Description automatically generated | Daily life skills could include   * Cooking |
|  |  |
| A picture containing text  Description automatically generated | * Cleaning |
|  |  |
| A picture containing person  Description automatically generated | * Shopping |
|  |  |
| A picture containing person, dark  Description automatically generated | Daily life skills could also include   * Self-care   **Self-care** means doing things to look after yourself and feel well. |
|  |  |
| A close-up of some money  Description automatically generated with medium confidence | * Paying bills |
|  |  |
| A green and white bus  Description automatically generated with low confidence | * Taking public transport |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | You can communicate with your NDIS Support Coordinator about skills you would like to learn. |
|  |  |

|  |  |  |
| --- | --- | --- |
| **Day centres and programs** | | |
|  |  | |
| A picture containing person, posing, people  Description automatically generated | A **day centre** is a place where you may go during the day to see friends and take part in activities.  Many local disability services have day centres. | |
|  |  | |
| A person standing in front of a poster  Description automatically generated with low confidence | You can communicate with your NDIS Support Coordinator about centres and programs that might be right for you. | |
|  |  | |
| **Community activities and groups** | |
|  |  |
| A group of people standing together  Description automatically generated with low confidence | There are many groups and activities for people with disability.  The groups can support you to   * Get involved in your community * Make friends * Learn new skills |
| A picture containing person, colorful  Description automatically generated | Some examples of community activities include   * Sports groups |
|  |  |
| A group of people posing for a photo  Description automatically generated with medium confidence | * Dancing |
|  |  |
| A picture containing shape  Description automatically generated | * Singing * Going to the theatre and concerts |
|  |  |
| A tv on a dresser  Description automatically generated with low confidence | * Movie groups |
| A child playing a video game  Description automatically generated with low confidence | To find groups that interest you   * Search online |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | * Ask your NDIS Support Coordinator |

|  |  |
| --- | --- |
| **Job support** | |
|  |  |
| A person wearing a name tag  Description automatically generated with medium confidence | Job support is also known as vocational support. |
|  |  |
| Two people sitting at a table with a computer  Description automatically generated with medium confidence | Job support services provide skills and education to support you to get ready for work. |
|  |  |
|  | Many disability support providers can support you to get a job. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | Below are some websites and information about job support. |
|  |  |
| A picture containing text  Description automatically generated | The NDIS has Easy Read information on planning for work.  To see the Easy Read information go to  [**https://easyread.ndis.gov.au/ planning-for-work/**](https://easyread.ndis.gov.au/planning-for-work/) |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | Everyone Can Work is a website for   * People with intellectual disability * Their families * Their support networks   For more information about Everyone Can Work go to  [**https://www.everyonecanwork. org.au/**](https://www.everyonecanwork.org.au/) |
|  |  |
| Icon  Description automatically generated | The Australian Network on Disability has information to prepare you to look for a job.  To see the information go to [**https://www.and.org.au/students-jobseekers/jobseeker-toolkit/**](https://www.and.org.au/students-jobseekers/jobseeker-toolkit/) |
|  |  |
|  | Ethnic Community Services Co-operative has disability services for people who come from different cultures.  The services can offer job support.  For more information about the services [**https://ecsc.org.au/disability-services/**](https://ecsc.org.au/disability-services/) |

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|  | | **Government job services** |
|  | |  |
| Icon  Description automatically generated | | Job Access can help you find support and information.  For more information about Job Access go to [**https://www.jobaccess.gov.au/**](https://www.jobaccess.gov.au/)  For more information about supports that are available go to [**https://www.jobaccess.gov.au/ people-with-disability/available-support**](https://www.jobaccess.gov.au/people-with-disability/available-support) |
|  | |  |
| A picture containing person, indoor  Description automatically generated | | Disability Employment Services can support you to find and keep a job.  Employment is another word for job or work. |
|  | |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about Disability Employment Services go to [**https://www.jobaccess.gov.au/ people-with-disability/about-des**](https://www.jobaccess.gov.au/people-with-disability/about-des)  To find a provider go to [**https://www.jobaccess.gov.au/ find-a-provider**](https://www.jobaccess.gov.au/find-a-provider) |
| Icon  Description automatically generated | | IncludeAbility has information if you are looking for work.  To see the information go to  [**https://includeability.gov.au/ resources-people-disability**](https://includeability.gov.au/resources-people-disability) |
|  | |  |
| A group of people posing for a photo  Description automatically generated | | RecruitAbility encourages people to apply for Australian Public Service jobs.  **Public service jobs** are when you work for the government.  For more information about public service jobs go to  [**https://www.apsc.gov.au/working-aps/diversity-and-inclusion/disability/recruitability**](https://www.apsc.gov.au/working-aps/diversity-and-inclusion/disability/recruitability) |

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| --- | --- | --- |
| **Educational supports** | | |
|  | **Educational supports** help people with disability to study. | |
| A person standing in front of a building  Description automatically generated with low confidence | Educational supports could be at   * School | |
| A child playing a video game  Description automatically generated with low confidence | * Online | |
|  | * University | |
| Teacher 2 | * TAFE * Private colleges   These places are for higher education. |
| A person standing in front of a building  Description automatically generated with low confidence | **TAFE** is somewhere you can study and learn skills.  **Higher education** is when you study after you finish school. |
|  |  |
| Icon  Description automatically generated | The place where you study will have more information on supports they can offer. |
|  |  |
| A picture containing person, sitting  Description automatically generated | NDIS participants can get support to study after school with an NDIS educational plan.  Many disability support providers offer support with study. |
|  |  |
| A person standing in front of a poster  Description automatically generated with low confidence | For more information about educational supports communicate with your NDIS Support Coordinator. |

|  |  |
| --- | --- |
|  | Below are websites and information for higher education and study. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For information from the NSW Government about disability learning and support go to [**https://education.nsw.gov.au/ teaching-and-learning/disability-learning-and-support**](https://education.nsw.gov.au/teaching-and-learning/disability-learning-and-support) |
|  |  |
| Icon  Description automatically generated | Australian Disability Clearinghouse on Education and Training has information on how you can prepare to study after school.  To see the information go to [**https://www.adcet.edu.au/ students-with-disability**](https://www.adcet.edu.au/students-with-disability) |
|  |  |
|  | The National Disability Coordination Officer Program can support you to take part in higher education.  For information that can support you go to [**https://www.adcet.edu.au/ndco**](https://www.adcet.edu.au/ndco) |
|  |  |
| A person standing in front of a building  Description automatically generated with low confidence | The Uni 2 Beyond program can support you to take part in university life.  For more information about the Uni 2 Beyond program go to [**https://cds.org.au/uni-2-beyond/**](https://cds.org.au/uni-2-beyond/) |
|  |  |
| Two people posing for a picture  Description automatically generated with medium confidence | Uni 2 Beyond means you can go to classes with support from a mentor.  A **mentor** is person whoguides and assists you. |
|  |  |
| A person standing on a red bridge  Description automatically generated with medium confidence | Students who are part of Uni 2 Beyond are not enrolled so you do not have to pay fees to the university.  **Not enrolled** means that you do not get a degree. |
|  |  |
|  | A **degree** is something you get after you do higher education study. |
|  |  |
| A close-up of some money  Description automatically generated with medium confidence | You may be able to get money from the government to support your education if you get a Disability Support Pension.  For more information about the Disability Support Pension go to [**https://www.servicesaustralia.gov.au/pensioner-education-supplement**](https://www.servicesaustralia.gov.au/pensioner-education-supplement) |

|  |  |  |  |
| --- | --- | --- | --- |
| **Housing supports** | | | |
|  | | Housing supports can help you to | |
| A group of people posing for a photo  Description automatically generated | | * Find a home that is right for you | |
|  | |  | |
| A person wearing a black jacket and white shorts  Description automatically generated with low confidence | | * Be more independent such as be able to live on your own | |
|  | |  | |
| A picture containing person, indoor, oven, microwave  Description automatically generated | | * Get support in your home such as help with cooking | |
|  | |  | |
| A group of people posing for a photo  Description automatically generated | | There are 2 types of housing support   * Individual housing   **Individual housing** means you live in a home on your own or with family. | |
| A person eating food  Description automatically generated with medium confidence | | You can have daily support such as meals brought to you and support with public transport. | |
|  | |  | |
| A group of people posing for a photo  Description automatically generated | | * Shared housing or group homes   **Shared housing** is where you live in a house provided by a disability provider with other people. | |
| A picture containing person, person, seat, chair  Description automatically generated | | Shared housing is for people who need more support with daily life skills. | |
|  | |  | |
| A group of people posing for a photo  Description automatically generated | | Housing support can be provided by   * NDIS funded disability support providers | |
|  | |  | |
| A group of people posing for a photo in front of a building  Description automatically generated | | * The government | |
|  | **NDIS housing supports** | |
|  |  | |
| Graphical user interface  Description automatically generated with low confidence | NDIS housing supports include   * Individual Living Options   **Individual Living Options** provides supports that are right for you in your own home. | |
|  |  | |
| Icon  Description automatically generated | For more information about Individual Living Options go to  [**https://www.ndis.gov.au/participants/ home-and-living/individualised-living-options**](https://www.ndis.gov.au/participants/home-and-living/individualised-living-options) | |
|  |  | |
| A picture containing person, person, air, appliance  Description automatically generated | * Supported Independent Living   **Supported Independent Living** provides supports for daily life skills and transport for you if you live in your own home. | |
|  |  | |
| Icon  Description automatically generated | For more information go to  **[https://www.ndis.gov.au/participants/ home-and-living/supported-independent-living-participants](https://www.ndis.gov.au/participants/home-and-living/supported-independent-living-participants)** | |
| A group of people sitting in wheelchairs posing for the camera  Description automatically generated with medium confidence | NDIS housing supports also include Specialist Disability Accommodation  **Specialist Disability Accommodation** is for people with very high support needs. | |
|  |  | |
| A picture containing person  Description automatically generated | **Very high support needs** means that you need someone to support you every day. | |
|  |  | |
| A person using a computer  Description automatically generated with low confidence | The NDIS funding provides the home you will live in.  You will usually still need to pay rent.  **Rent** is money you have to pay regularly to live in a home you do not own. | |
|  |  | |
| Icon  Description automatically generated | For more information go to  **[https://www.ndis.gov.au/participants/ home-and-living/specialist-disability-accommodation-explained](https://www.ndis.gov.au/participants/home-and-living/specialist-disability-accommodation-explained)** | |
|  |  | |
|  | NDIS supports can also provide assistive technology.  For more information about assistive technology go to  [**https://www.ndis.gov.au/participants/ assistive-technology-explained**](https://www.ndis.gov.au/participants/assistive-technology-explained) | |
|  |  | |
| A group of people posing for a photo  Description automatically generated | The NDIS can also support you to move to aged care housing when you grow older.  For more information go to  [**https://www.ndis.gov.au/participants/ home-and-living/living-and-moving-out-residential-aged-care**](https://www.ndis.gov.au/participants/home-and-living/living-and-moving-out-residential-aged-care) | |
|  |  | |

|  |  |
| --- | --- |
|  | **Government housing** |
|  |  |
| A group of people posing for a photo  Description automatically generated | Housing services provided by the government are known as social housing.  Public housing and community housing are types of social housing. |
|  |  |
|  | Public housing is provided by the Department of Communities and Justice.  This is a government department. |
|  |  |
| A picture containing person, people, group  Description automatically generated | Community housing is provided by community groups.  They get support from the government. |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | For more information about social housing go to  **[https://www.facs.nsw.gov.au/ myhousing](https://www.facs.nsw.gov.au/myhousing)** |
| A person standing in front of a poster  Description automatically generated with low confidence | **Supported housing that is right for you**  If you need supported housing or want to change your housing supports you can communicate with your   * NDIS Support Coordinator * GP * Other health worker |
|  |  |
| A person sitting at a desk  Description automatically generated with medium confidence | You can also   * Go to [**https://askizzy.org.au/**](https://askizzy.org.au/) |
|  |  |
| A person smiling with her hand on her face  Description automatically generated with low confidence | * Call Link2home on **1800 152 152** for information or a referral to a housing service   A **referral** is when someone suggests you see a worker who can support you. |
|  |  |
| A picture containing person, person, posing, crowd  Description automatically generated | You can also   * Communicate with your manager or support staff if you live in shared housing |
|  |  |
| Two people talking  Description automatically generated with medium confidence | * Make a complaint if you are not happy with your home   A **complaint** is when you let someone know you are not happy with something. |
|  |  |
|  | There are some tricky words in this Easy Read sheet.  For more information about these words go to  [**https://www.idmhconnect.health/word-list**](https://www.idmhconnect.health/word-list) |

Text

Description automatically generated

|  |  |
| --- | --- |
| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Janelle Weise, Claire Eagleson, Jenna Zhao, Tahli Hind, Dominique Abagi and Julian Trollor.  **Where these people work** |
| Text  Description automatically generated | Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN.  For more information about who wrote this Easy Read go to [**https://idmhconnect.health/who-wrote-easy-read**](https://idmhconnect.health/who-wrote-easy-read) |
| **A person smiling for the camera  Description automatically generated with medium confidence**A picture containing qr code  Description automatically generated | The Council for Intellectual Disability reviewed this Easy Read sheet.  The information in this Easy Read sheet is from the [**https://idmhconnect.health/**](https://idmhconnect.health/) website |
| Two people sitting at a table looking at a card  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [**https://www.3dn.unsw.edu.au/ professionals\_toolkit**](https://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 27.012023 v2  No changes can be made without asking the people who wrote this sheet. |

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