Preparing information for your NDIS supports

EASY READ

A short guide to understanding NDIS changes and keeping information about your support needs up to date.



In this guide

This guide has 3 parts.

1	**Understand the changes** Important dates and what they mean.
2	**Prepare useful evidence** What to collect and what reports should explain.
3	**Get ready and ask for help** A checklist, support contacts and a word list.

How to use this guide

Read one page at a time.

You can ask someone you trust to read this guide with you.

PART 1

Understand the changes

1. About this information



This is an Easy Read summary.

It explains how to prepare information about your support needs.

You can ask someone you trust to read this with you.

2. The NDIS is changing



Some NDIS rules and processes are changing.

The changes started on different dates.

The next page explains the important dates.

Your funding decision will still depend on your own needs and evidence.

3. Important NDIS dates

The changes did not all start at the same time.

October 2024	**Some NDIS changes started.** The changes affected access, plans, funding periods and how NDIS funding may be used.
1 July 2026	**New rules started for some SIL providers.** SIL means Supported Independent Living.
18 August 2026	**Parliament passed the next NDIS reform law.** More rules and details may still be provided.

3. Important NDIS dates continued

27 August 2026	**New NDIS rules started.** The rules affect plan reviews, records, providers and compliance.
1 October 2026	**A deadline applied to some SIL providers.** Existing unregistered SIL providers needed to apply for registration to continue during the transition.

What this means for you

✓ You do not need to remember every date.

✓ Keep your reports and evidence up to date.

✓ Talk to your support team if you are unsure.

Prepare useful evidence

4. Keep your information up to date



Keep recent reports about your disability and daily life.

Keep notes about changes to your needs, routines or safety.

Keep incident reports when something important happens.

Write the date on each report or note.

5. Explain how your disability affects daily life



A diagnosis is the name of a condition.

Your evidence should also explain how the condition affects everyday life.

Explain what you can do by yourself.

Explain what you can do with help.

Explain what you cannot do safely without help.

6. Ask the right professional for a report



Ask a professional who understands the support need.

This may be a doctor, occupational therapist, psychologist, speech pathologist or physiotherapist.

The report should be recent and written about you.

7. What a useful report should explain



The report should explain the help you need.

It should say when you need help and how often you need it.

It should explain what may happen when help is not available.

It should connect the support to your disability needs and NDIS goals.

It should explain what has changed since your last plan or report.

8. Evidence for different supports



For community activities, explain the activity you want to do and the help you need to take part.

For daily living, explain the help you need with meals, personal care, routines, mobility, communication or safety.

For home and living support, explain when you need help at home and why other options do not meet your needs.

PART 3

Get ready and ask for help

9. Before a plan discussion



Collect your recent reports.

Write down changes to your daily life, goals, risks or support from family and friends.

Check that recommendations say how much help you need and how often.

Take real examples from daily life.

Ask your professional to explain the reason for each recommendation.

10. Talk to your support team



You do not have to prepare alone.

Talk to your coordinator, Support Coordinator, Plan Manager or the NDIA.

Ask questions when information is not clear.

Your preparation checklist

Tick each box when it is done.

☐ I have recent reports.

☐ My reports are about me.

☐ My reports explain my daily support needs.

☐ My reports say how often I need help.

☐ I have examples from daily life.

☐ I have written down important changes.

☐ I know who I can ask for help.

Word list

Some NDIS words can be hard. This page explains what they mean.

evidence	information that helps show what support you need
functional impact	how your disability affects the things you do each day
NDIA	the agency that runs the NDIS
reassessment	when the NDIA looks at your plan again
SIL	Supported Independent Living. This is help for some people who need support at home.

Important information



This is general information.

NDIS decisions depend on each person's circumstances and evidence.

Current reports can make your needs easier to understand.

Current reports do not guarantee funding.

Contact us

You can contact True Ability if you need help understanding this guide.

Phone: 03 7009 1557

Email: admin@trueability.com.au