



# Psychosocial disability, recovery and the NDIS

**The National Disability Insurance Scheme (NDIS) is the new way of providing disability support so that people can enjoy an ordinary life. The NDIS recognises that everyone's needs and goals are different.**

## What is psychosocial disability?

Psychosocial disability is the term used to describe disabilities that may arise from mental health issues. Whilst not everyone who has a mental health issue will experience psychosocial disability, those that do can experience severe effects and social disadvantage. People with a significant disability that is likely to be permanent may qualify for NDIS support.

## What is recovery?

When people talk about mental health recovery, they are actively seeking to create a contributing life, despite their mental health issues.

This does not mean living without the symptoms of mental illness or the impairments and disabilities that it can bring. Even for people whose mental health issues are responsive to interventions, further episodes can occur. This can result in functional impairments and

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psychosocial disabilities that may be episodic or persistent, debilitating and long lasting.

Recovery is about achieving an optimal state of personal, social and emotional wellbeing, as defined by each individual, whilst living with or recovering from mental health issues.

We are committed to ensuring that recovery and hope restoring recovery practice are supported for participants with psychosocial disability through the design and implementation of the NDIS.

Importantly, we understand that hope and optimism are elements in recovery. The NDIS provides:

- **Choice and control for participants:** The road to recovery is best judged by the participant. Support includes capacity building for self-management, including choosing supports and who provides supports.
- **A lifetime commitment to supports and funding as required:** Recovery is possible. The journey is personal and support when you need it is a key component of recovery.
- **Increased independence and social and economic participation:** Engaging with the community through social participation, education and employment helps build resilience and purpose. The NDIS is committed to funding

supports that help participants increase their independence and social and economic participation.

- **Support for a partnership approach:** Support provided under the NDIS is disability focused but recovery oriented. It is connected to diverse supports as required.

### How will the NDIS support me?

The NDIS is the new way of providing support to people with a psychosocial disability and works to have a positive impact on your everyday life. It will provide opportunities in the community and certainty of funding for supports, and give people more choice and control over how supports are provided. The overall amount of funding available for disability supports will be nearly double that of the previous system when the NDIS is fully rolled out in 2019.



### What flexibility do I have?

The NDIS is designed to be flexible and to meet each participant's individual needs. We know mental health difficulties can be characterised by variations in intensity ('episodes'). Your NDIS plan will account for these changes by providing a flexible budget to increase and decrease supports as necessary.



We understand recovery is possible even in the presence of symptoms or when a person is in crisis. As such, flexible supports are a crucial aspect of a participant's recovery journey.

A participant's individualised plan documents their goals and how much funded support they need to achieve those goals. How the support will be provided is worked out between the participant and the support provider. This can include using more hours of support during crisis periods and less when things are going well.

A participant's individualised plan will also document their informal supports (from friends and family) along with supports they access from their local community and other government systems. That way, we can work with you and community organisations to see that these are continuing to meet your needs over time.

### How does the NDIS work with other systems?

The NDIS is designed to work alongside existing government service systems, including health, education, housing and mental health specific treatment services. People with mental health issues often require support from a range of sources such as community, family, friends, local or private mental health services and other mainstream systems. The NDIS works closely and in partnership with these other support systems and does not replace them.



Health and mental health systems will work with participants when they need clinical intervention or medical treatment. They deal with psychiatric conditions and mental illness. This includes: all medical and clinical services such as general practitioners, mental health treatment by psychiatrists or psychologists, care while admitted in hospital, in-patient and residential care, rehabilitation, medications and pharmaceuticals.

The health system is also responsible for other health related services such as dental care, dieticians, physiotherapists, palliative care and nursing care. Individuals and families sometimes also have a role in funding medical and clinical services, such as out of pocket expenses or gap payments. The NDIS does not cover these costs. Helping participants access the right parts of the service system when they need them can be part of a participant's plan if required.

### More information

Visit the NDIS website or call us:

- @ [www.ndis.gov.au](http://www.ndis.gov.au)
- Telephone 1800 800 110\*  
8am to 5pm (local time) Monday to Friday

For people with hearing or speech loss

- TTY: 1800 555 677
- Speak and listen: 1800 555 727

For people who need help with English

- TIS 131 450
- Find us on Facebook/NDISAus
- Follow us on Twitter @NDIS

\*1800 calls from fixed lines are free. Calls from mobiles may be charged.