

**NDIS Employment Research: Getting a Job**

Having a job might be important to you. We did research to understand what getting a job is like for you if you have an intellectual disability, are on the autism spectrum or have psychosocial disability. We wanted to learn what supports work best and how we can help you look for and find a job.

**What did we do?**

We talked to participants, families, carers, NDIS staff and listened to what they told us. We also looked at what other employment research told us.

**What did we learn?**

You told us that you have time and energy to look for the right job if you are in good health and have a safe place to live. It is important that people who support you know and understand you. You need accessible transport so you can get to job interviews and work.

Some of you also told us going back to study or doing a training course can help you learn new skills and find new job options.

You told us that you found work through your own and your family's networks, participating in your community through clubs and groups or volunteering, work experience or work placements, government funded employment services.

Different supports are available to help you get a job. They can help you learn new skills to be ready for work, help you look for jobs that suit you.

Everyone is different. The supports that are best for you will depend on your individual needs.

If you want to get a job, talk to your contact at the NDIS about your employment goals and what you need to support you. There are resources to help you understand what supports might work best for you and to find out what supports are available through the NDIS and what are available through other sources.

Find out more at ndis.gov.au

or phone 1800 800 110