

**NDIS Employment Research: Keeping a Job**

Enjoying your job is important. We did research to learn how we can help you do well at work, if you have an intellectual disability, are on the autism spectrum or have psychosocial disability. We wanted to understand what it is like for you at work and find out what supports work best.

**What did we do?**

We talked with 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 keep a job if you're in good health, have a safe place to live.

You told us that everyone is different and being welcomed and understood by the people in your workplace is important because it means they can support you.

You also told us to help you keep a job you need support workers that know and understand you, supports that best suit you, accessible transport so you can get to work, support from your family, friends and carers.

Different supports are available to help you do well in your job. They can help you learn new skills while you are at work, help you talk to employers and colleagues, help you when you change your job or workplace. Some supports might work better than others. The supports that are best for you will depend on your individual needs.

If you need support in your workplace, talk to your contact at the NDIS. There are resources to help you understand what might work best for you and what supports are available through the NDIS or through other sources.

Find out more at ndis.gov.au or phone 1800 800 110