



# Supporting home and living choices

What we found out

Easy Read version



**ndis**

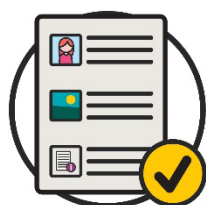
[ndis.gov.au](https://www.ndis.gov.au)

## How to use this report



The National Disability Insurance Agency (NDIA) wrote this report with Scope.

When you see the word 'we', it means the NDIA.



We wrote this report in an easy to read way.

We use pictures to explain some ideas.

**Bold**

We have written some words in **bold**.

Not bold

This means the letters are thicker and darker.



We explain what these words mean.

There is a list of these words on page 30.



This Easy Read report is a summary of another report. This means it includes the most important ideas.



You can find the other report on our website.

[www.ndis.gov.au](http://www.ndis.gov.au)



You can ask for help to read this report.

A friend, family member or support person may be able to help you.

# What's in this report?

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## What is this report about?

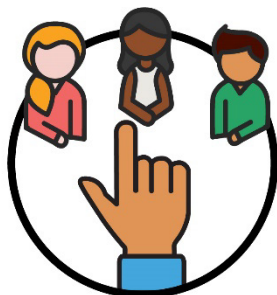


**Participants** are people with disability who take part in the NDIS.

We want participants to have choices about:



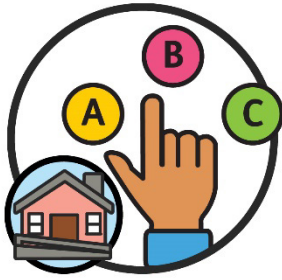
- where they live



- who they live with

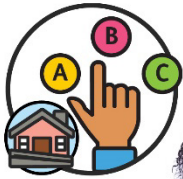


- what supports they use.



We call these home and living choices.

We want participants to:



- make good home and living choices



- live how they want.



So we did some research.



We wanted to find out what people need to live the life they want.

This includes:

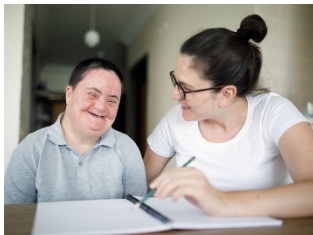


- skills



- supports.

We also wanted to find out how people:



- get support to learn new things



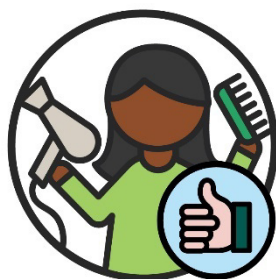
- learn what good home and living choices are.

## Building capacity



We want participants to build their **capacity** to live how they want.

Your capacity is:



- your ability to do something



- the skills you have



- knowing the right people who can help you.



We talked about building capacity in another report.



The report is called Having a go.

You can read it on our website.

[ndis.gov.au/about-us/research-and-evaluation](https://www.ndis.gov.au/about-us/research-and-evaluation)



## Why is our research important?



Some people told us they want to change where and how they live.

Many people with disability live with:



- their family



- other people with disability.



It's important for people to make their own decisions about:

- where they live
- how they live.

Our research will help us support people to:

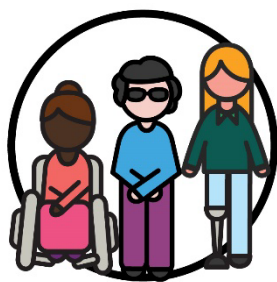


- make the home and living choices that are right for them



- live how they want to live.

## How we did our research



We talked to people with disability about their experiences.

We talked to people with:



- **cerebral palsy** – which affects how well you can move your body



- **Down syndrome** – which affects how you grow and think.



We talked to people with **autism**.

Autism affects how you:

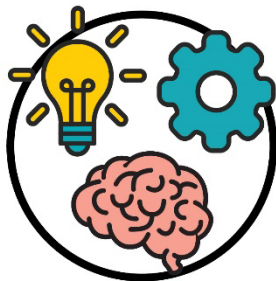


- think
- feel
- communicate
- connect and deal with others.



We talked to people with **intellectual disability**.

An intellectual disability affects how you:



- learn new things
- solve problems
- communicate
- do things on your own.



And we talked to people with **psychosocial disability**.



Some people have a disability because of their mental health.

We call this a psychosocial disability.

It can affect you:

- at different times
- for your whole life.



We found out what these people have already told the National Disability Insurance Agency (NDIA).

We also talked to some of these people:



- one-on-one



- in groups.



And some people shared their thoughts:

- through surveys
- in writing.

# What the research told us

## What people want in a home



People told us they want certain things in a home.



They want a home that is:

- safe
- secure.



They want a home where they can get supports.



They want to choose where they live.



They want to live in an area they like.



This could be somewhere they know.

It could also be an area that is near:



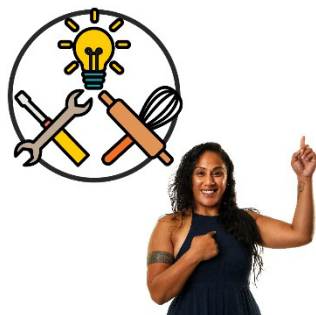
- their friends and family



- public transport.



## How people learn skills



People told us how they learn skills that support the way they want to live.

Participants have learnt to:



- do daily tasks on their own



- look after their health and wellbeing.

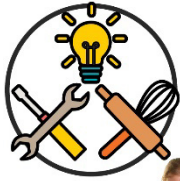


They said they learn best when support workers do tasks with them.

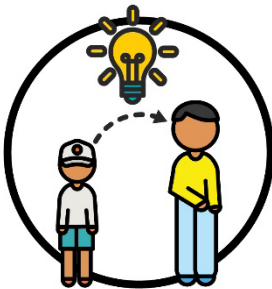
Not for them.



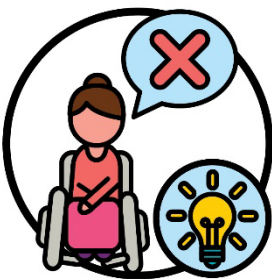
They said it is important to learn how to do things in the community.



They said it takes the right support to learn skills.



And it's good to learn skills when you are young, so you can build on them over time.



They said making mistakes is part of learning.



And different people take different amounts of time to learn a skill.

## How people learn about home and living choices



People told us how they learn about home and living choices.



They said clear information is important.

They said there should be clear information about what:



- home and living choices there are



- skills they could learn to live how they want.



They said they want support to find out what home and living choices they have.



And they said role models help to show different ways of living.



Role models can be people you admire.  
Like a friend who lives in a share house with a group of their friends.

## What we learnt

### Clear information gives people more choice



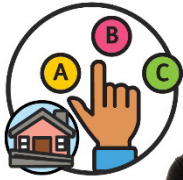
It can be hard to make good choices about where or how you want to live.



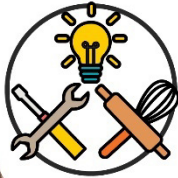
We learnt it's important to share clear information about what choices there are.



Having someone to talk to can help people make choices that are right for them.



It's also important for people to start thinking about home and living choices when they are young.



And it's important for people to think about the skills that will support how they want to live.

## Trying new things gives people more choice

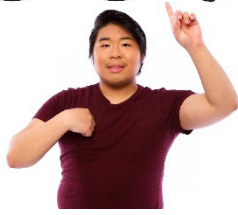
We learnt that if people try different ways of living, they can find out what they:



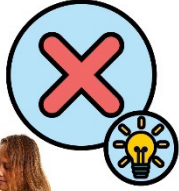
- like



- don't like.



We learnt that if people learn new skills, they will know what supports they need.



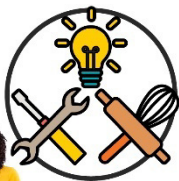
We also learnt that support should help people learn from their mistakes.

Because mistakes are part of learning.

## It's important to support people to learn new skills



We learnt that skills help people have more choice about how they want to live.



Some people need lots of support to learn skills.



But some people can learn skills on their own.



Participants could work with the people who support them to choose what skills to learn.



It's important to support people to learn new skills by doing things with them.

Not for them.

We learnt that people really want to learn how to:



- choose, find and keep a place to live



- understand and use NDIS home and living **funding**.



Funding is the money from your plan that pays for the supports and services you need.



## Supports need to change as people do



We learnt that people need to learn new skills at different times in their lives.



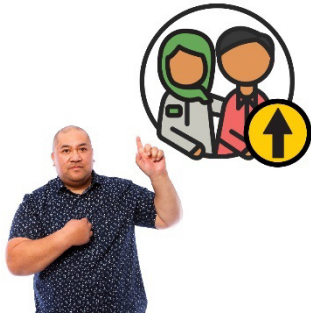
For example, they might need to travel to a new job.



So supports must change when people need to learn other skills.



We learnt that different people need different things.



Some people need more support.



But other people need more time.

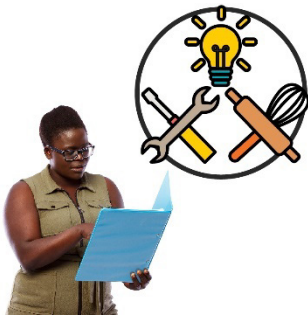


And some people need different kinds of support than other people.

## What's next?



This research will help us support participants to work towards their home and living goals.



It will help us understand how participants learn new skills.

It will help us support participants to:



- make good home and living choices



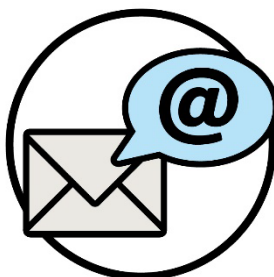
- live how they want.

## More information

For more information about this report, please contact us.



[www.ndis.gov.au](http://www.ndis.gov.au)



[research@ndis.gov.au](mailto:research@ndis.gov.au)



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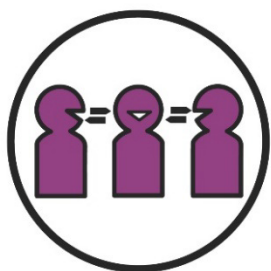
## Support to talk to us



You can talk to us online using our webchat feature at the top of our website.

[www.ndis.gov.au](http://www.ndis.gov.au)

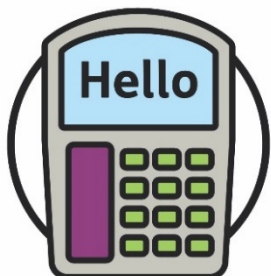
If you speak a language other than English, you can call:



Translating and Interpreting Service (TIS)

**131 450**

If you have a speech or hearing impairment, you can call:



TTY

**1800 555 677**



Speak and Listen

**1800 555 727**



National Relay Service

**133 677**

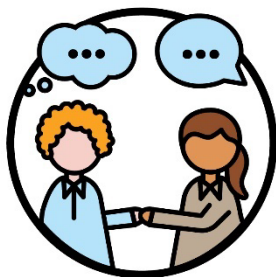
[www.relayservice.gov.au](http://www.relayservice.gov.au)

## Word list

This list explains what the **bold** words in this document mean.

### Autism

Autism affects how you:



- think
- feel
- communicate
- connect and deal with others.



### Cerebral palsy

Cerebral palsy affects how well you can move your body.



### Capacity

Your capacity is:

- your ability to do something
- the skills you have
- knowing the right people who can help you.



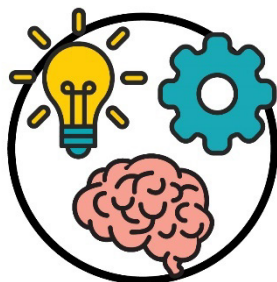
## Down syndrome

Down syndrome affects how you grow and think.



## Funding

Funding is the money from your plan that pays for the supports and services you need.



## Intellectual disability

An intellectual disability affects how you:

- learn new things
- solve problems
- communicate
- do things on your own.



## Participants

Participants are people with disability who take part in the NDIS.

## Psychosocial disability

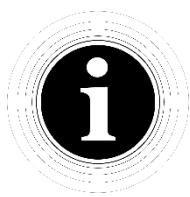


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It can affect you:

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- for your whole life.



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