MANA HEALTH SERVICES

Easy Read

What is an NDIS plan?



Easy Read information about NDIS plans and funding.

How to use this document



Mana Health Services wrote this document.

When you see **we**, it means Mana Health Services.



We wrote it in an easy to read way.

We use pictures to help explain our ideas.



Some words are in **bold**.

We explain what these words mean.

There is a list of these words at the end.



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

Take your time. You do not have to read it all at once.

What is the NDIS?



NDIS stands for **National Disability Insurance Scheme**.



The NDIS gives **funding** to people with disability.

Funding is money to pay for supports.



Supports are things that help you.

Like support workers, therapy or behaviour support.



People who get NDIS funding are called **participants**.

What is the NDIA?



NDIA stands for **National Disability Insurance Agency**.



The NDIA looks after the NDIS money.

Think of the NDIA like the bank.



The NDIA makes and approves NDIS plans.

What is an NDIS plan?



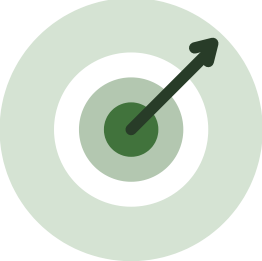
An **NDIS plan** is a document about you.

It says what funding you have.



It is a bit like a **budget**.

A budget shows how much money you have to spend.



Your plan has your **goals**.

Goals are things you want to do or get better at.



Your plan lasts for a set time.

Your goals



Your goals are about what is important to you.



A goal might be to do more things on your own.



A goal might be to make friends.

Or get out into the community more.



A goal might be to feel calm and happy more often.

Funding buckets



Your funding is split into groups.

We like to think of them as **buckets**.



Core supports help with everyday things.

Like support workers and getting out in the community.



Capacity building helps you learn and grow.

Like therapy and behaviour support.



Capital is for bigger things.

Like equipment or changes to your home.

Funding buckets



Money in one bucket usually has to stay in that bucket.

It can only pay for those kinds of supports.



Behaviour support usually comes from a bucket called **Improved Relationships**.

This is in capacity building.

Who looks after the money?



There are 3 ways your funding can be **managed**.



Self managed

You or someone close to you looks after the money.



Plan managed

A **plan manager** pays your providers for you.



Agency managed

The NDIA pays your providers for you.

People who can help



A **support coordinator** helps you use your plan.

They help you find and connect with supports.



A **plan manager** helps with paying for supports.



Mana Health Services is a **provider**.

A provider gives you supports.

We give behaviour support.

When things change



The NDIA will check in with you about your plan.

You might get a new plan.



If your life changes, you can ask for your plan to be looked at again.



Your plan belongs to you.

You can choose who you share it with.



You can call the NDIA on **1800 800 110**.

Word list

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

Budget	How much money you have to spend.
Funding	Money to pay for supports.
Goals	Things you want to do or get better at.
Managed	How the money in your plan is looked after.
NDIA	National Disability Insurance Agency. The NDIA looks after the NDIS money, like a bank.
NDIS	National Disability Insurance Scheme.

Word list (continued)

NDIS plan	A document that says what funding you have.
Participant	A person who gets NDIS funding.
Plan manager	Someone who pays your providers for you.
Provider	A person or business that gives you supports.
Support coordinator	Someone who helps you use your plan.
Supports	Things that help you, like support workers or therapy.

Contact us



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Mana Health Services acknowledges the **Wiradjuri people**, the Traditional Custodians of the land where we live and work.

This Easy Read document was written by Mana Health Services, October 2026. It gives general information only. Talk to us about what this means for you.