

**Places to get help**



You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



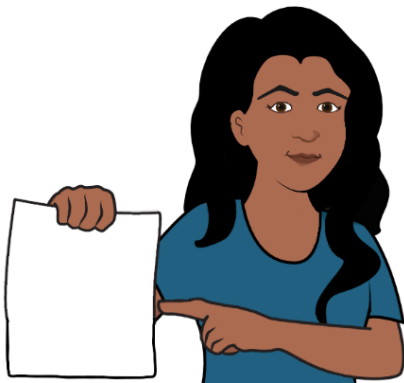
Cerebral palsy can make life hard.



You may have

- pain
- health problems
- mental health problems.

It is hard to do every day things.



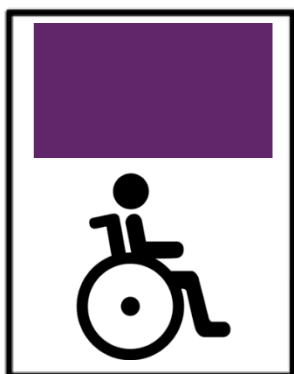
You can get help.



## **Government help**



It is free.



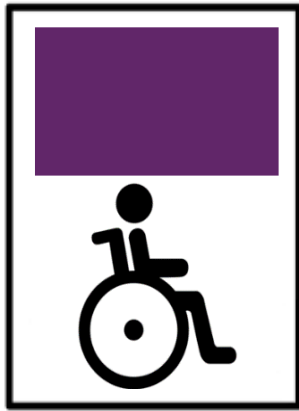
**NDIS**

Go to page 5.



**Job help**

Go to page 9.



**NDIS**



You can get help from the NDIS.

You tell them what you

- need
- want.

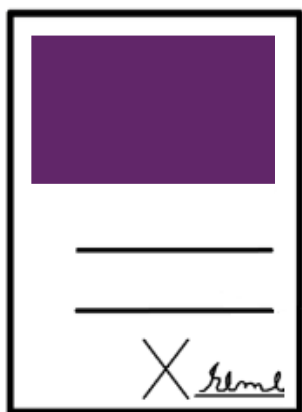


Your health team can help you.

They write reports.

They tell the NDIS what you

- need
- want.



The NDIS make a plan.

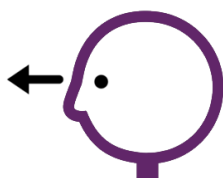
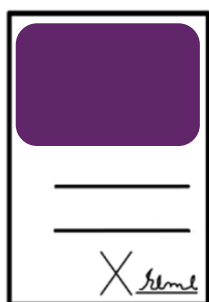
It helps you do what you

- need
- want.



There is money in your NDIS plan.

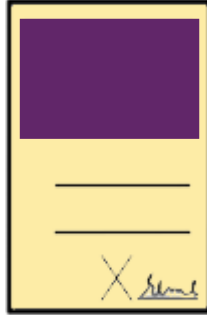
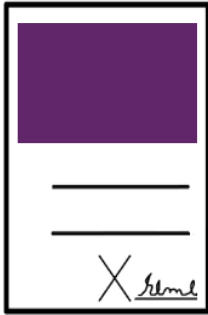
It is for 1 year.



Each year the NDIS look back.

They look at

- the help you got
- the help you need.



You get a new plan.



You need to plan ahead.

It is for big things.

Like you want to move house.

There is lots to think about.

It is more than other people.



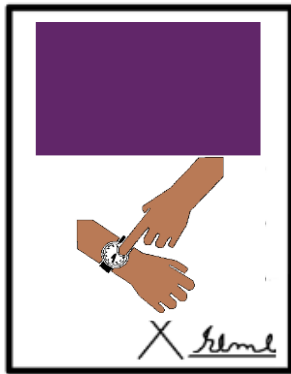
You may need things. Like

- a toilet you can use
- ramps.



You need to think about

- where you need to go
- how you will get there.



The NDIS need time. Like 2 years.

Write it in your plan now.



You need help to use your plan.

A social worker can help you.

Go to page 11.





## Job help

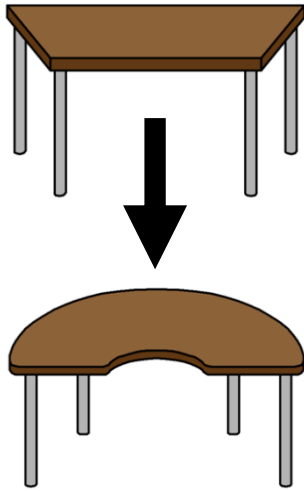
It is called the

Disability Employment Network.



You can get help to

- look for a job
- learn about jobs
- learn your job.



You can get help to  
change things at work. Like your desk.



## Help in the community



You have money in your NDIS plan.

This money pays for your help.



You have people in your health team.

Like

- an OT
- a speechie
- a physio.



You may have

- a social worker
- a therapist.



You get different help from them. Like  
talk to a speechie about your swallow.



Talk to a social worker about a  
new home.



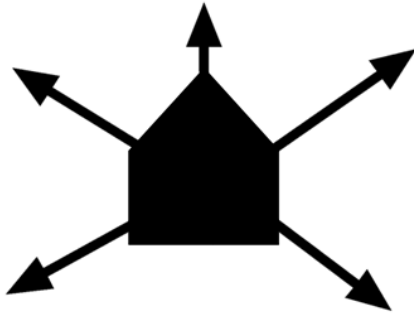
You can get other help. Like

- help to go to the doctor.
- help at home.



You get the help you need.

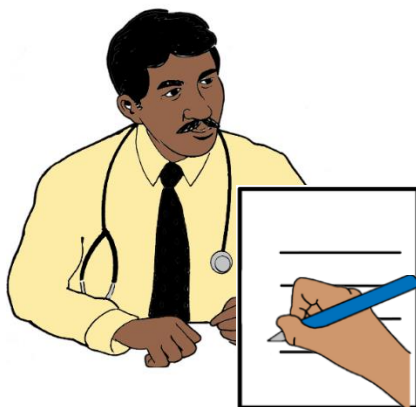
You feel better.



You go to a different place.



You may need to pay.

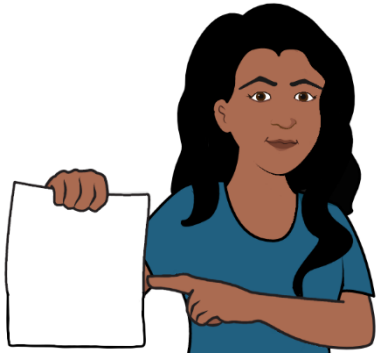


Your new place may need a letter.

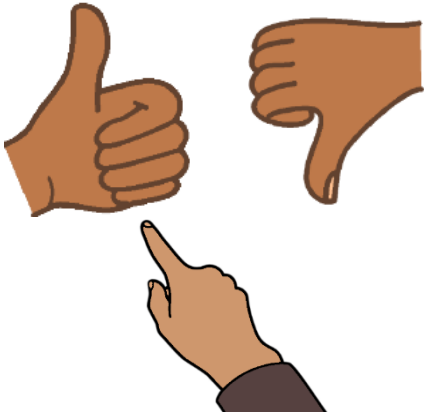
It may be from your doctor.

It says what help you have had.

It says what you want to do now.



## Other help



You can get help to

- choose what you want
- find the help you want
- do more things for yourself.



They help you speak up.

We call them an advocate.



You may need help with the law. Like  
you want your sister to sign your forms.



You ask a lawyer.

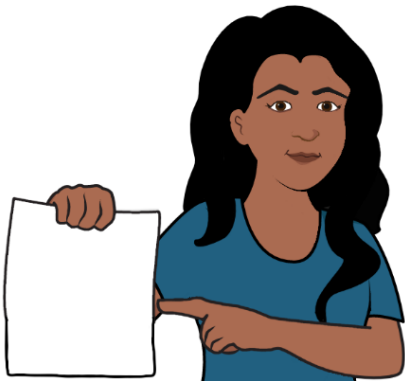


You may need to pay for this help.





## **What can you do?**

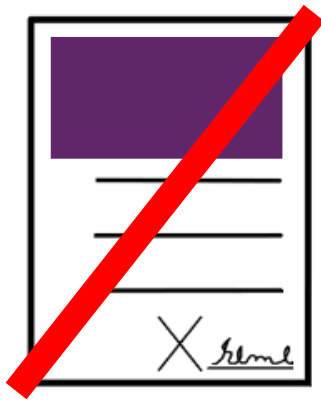


You want to know about help

- from the government
- from other places.



Talk to a social worker.



You do **not** have a NDIS plan.

**Or**



Your needs change.

You need a new NDIS plan.



Talk to a social worker.



**New people to help you**



To look for staff.

Go to [www.carersnsw.org.au](http://www.carersnsw.org.au)

**Services and support**

Look for **Services and support**.

It is

- in the middle
- at the top.

Click on it.



Aids and equipment

Look for the words

Aids and equipment.



It is near the bottom of this screen.

It is very small writing. It is in red writing.

There is a list. It is number 4 in the list.

Click on it.

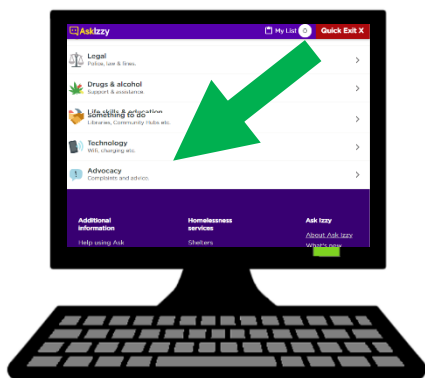


**You want help to speak up**



Go to

[www.askizzy.org.au](http://www.askizzy.org.au)

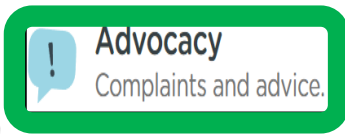
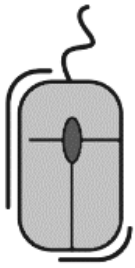


There is a list on the Home page.

Each choice has a picture beside it.

Move your mouse to see more choices.

It is the last choice.



Look for this blue picture.



Look for the word

Advocacy.

Click on them.



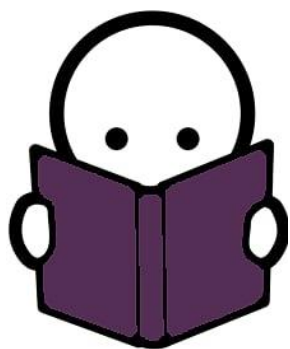
You have 3 choices. They are

- help for a client
- help for you
- help for family.



Help for you is in the middle.

Click on it.



**You want to know more**



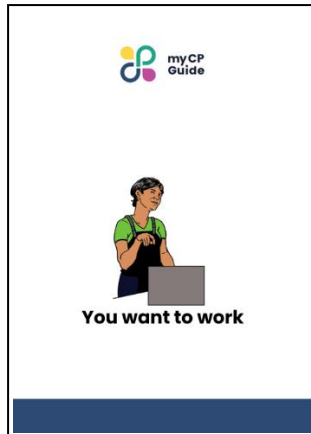
Read

**You do things for yourself.**



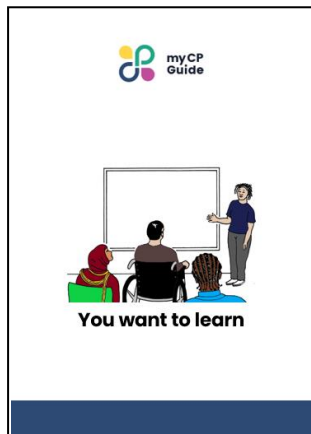
Read

**You want to meet other people.**



Read

**You want to work.**



Read

**You want to learn.**