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# What is the NDIS?

## Step 2 - What is the NDIS?

NDIS stands for National Disability Insurance Scheme. It is the new way of providing disability support in Australia. This may include supporting you if you are living with a psychosocial disability (mental health condition).

The NDIS is available for eligible Australians to get the disability supports they choose.

For people living with psychosocial disability, the NDIS enables you to access disability services and supports alongside your mental health treatment.

The NDIS recognises that people may develop a disability at any time and that everyone's support needs are different.

One aim of the NDIS is to invest in the health and wellbeing of Australia through encouraging economic and social participation, and community inclusion, of people with disabilities.

As everyone's support needs are different, the NDIS uses a person-centred and self-directed approach to enable people to have choice and control over their own life and plan.

### The NDIS Act 2013

The NDIS Act 2013 (<https://www.legislation.gov.au/Details/C2013A00020>) is the law that helped establish the NDIS and the NDIA. Understanding the Act can be helpful for navigating the NDIS.

Some things the Act sets out:

- The principles under which the NDIS operates
- How a person can become a participant in the NDIS
- How a participant's own, goal-based plan is prepared and reviewed, including how the NDIA approves 'reasonable' and 'necessary' supports
- How a provider can become a registered service provider
- The governance arrangements for the NDIA, including its CEO, Board, Independent Advisory Council, and Actuaries
- The process for internal and external review of certain decisions made under the NDIS Act.

### Useful links

[About the NDIS](#)

[NDIS ready](#)

[National Disability Insurance Scheme Act 2013](#)

[Information for carers - NDIS supporting families and carers](#)