



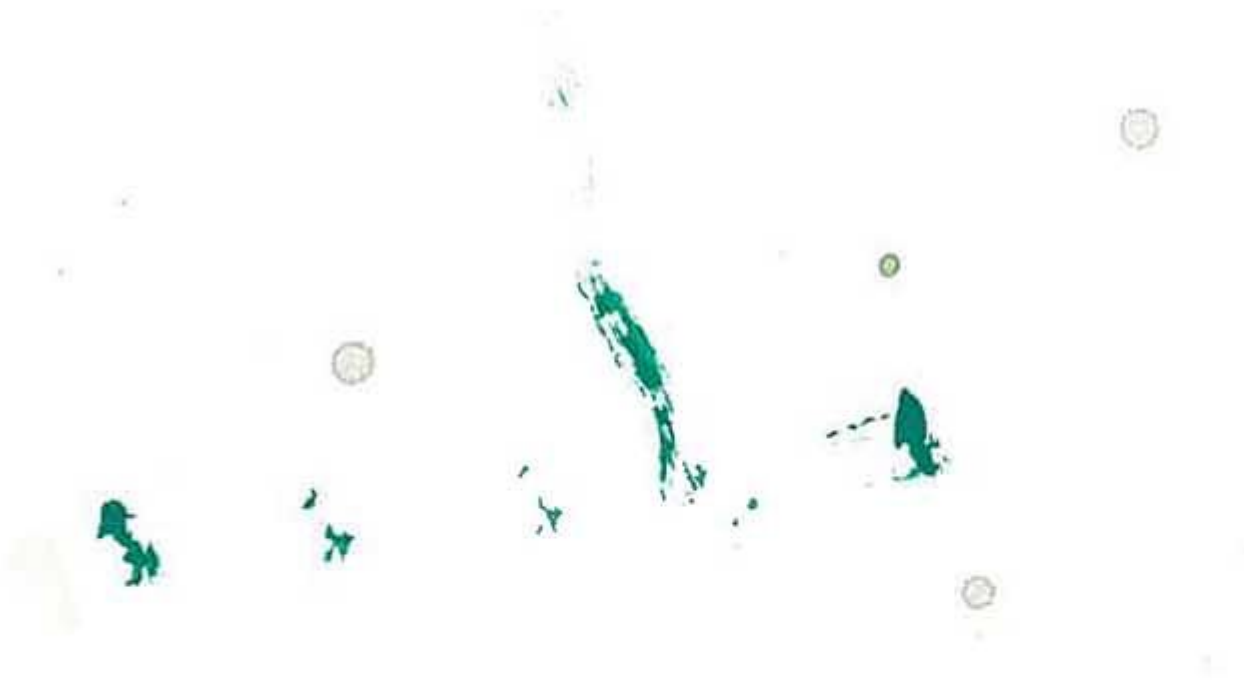
# Aboriginal and Torres Strait Islander peoples Hub

## Welcome

This Hub was 'co-designed' (created and built) with Aboriginal and Torres Strait Islander people with lived experience of mental health concerns, and their mobs. A mob from the NT in Darwin and people from the Cherbourg community in Queensland, who worked on these resources over 18 months in 2019 – 2020. These resources were made for you – to help you along your NDIS journey.

*The 'NDIS logo' you see above was inspired by the Cherbourg community – it depicts N – nulla nullas, D – a person sitting, I – a didgeridoo, and S – 2 boomerangs – brought to life by Casey Coolwell (CHABOO) from Queensland. The artwork flowing through the Hub is from a young Indigenous girl from the Cherbourg community (used with permission).*

The NDIS journey can be hard, but worth it. The NT-Darwin mob have shared stories of Aboriginal and Torres Strait Islander people and their experiences of the NDIS, getting a plan, and how it can help. People in the Cherbourg community worked to share simple messages about the NDIS, and NDIS language, using interactive puzzles. And more.



## Our Stories

### Lawurrpa Maypilama (Elaine)'s Story

Meanings of the images in this story: the collection and gathering of pandanus, clays, roots and dyes represents the learning around the NDIS and family meetings and decision making. The weaving of the mat is the creation of the plan, and the process of planning meetings. The finished mat is the approved and implemented plan for the NDIS.

### Man's Yarning on the NDIS

*With thanks to the man who gave permission for us to use his pictures with this story. This is not his story.*

This story is about a man that has mental health issues and is confused by this. He seeks help, learns about the NDIS and how it can support him with his journey of recovery.

This video is also available in the following languages:

[Man's Yarning on the NDIS - Pitjantjara](#)

[Man's Yarning on the NDIS - Torres Straits Creole](#)

[Man's Yarning on the NDIS - Warlpiri](#)

[Man's Yarning on the NDIS - Western Arrernte](#)

[Man's Yarning on the NDIS - Yolngu](#)

### Woman's Yarning on the NDIS

*With thanks to the woman who gave permission for us to use her pictures with this story. This is not her story.*

This story is about a woman that has mental health issues, physical health issues and a family she is trying to keep together. She learns about the reimagine.today website which gives her the information to support her to apply for the NDIS. Her hopes and dreams are about family, keeping her family with her, and fewer hospital

admissions. She hopes that the NDIS will help her with shopping and cleaning, giving her more time to focus on family and community.

This story is also available in the following languages:

[Woman's Yarning on the NDIS - Pitjantjara](#)

[Woman's Yarning on the NDIS - Torres Straits Creole](#)

[Woman's Yarning on the NDIS - Warlpiri](#)

[Woman's Yarning on the NDIS - Western Arrernte](#)

[Woman's Yarning on the NDIS -Yolngu](#)

## **Yarning About the NDIS**

Menzies School of Health Research have a package of 15 videos on Yarning About the NDIS in **Pitjantjara** and **English** or combined language videos.

[Explore all these videos now!](#)

- Yarning about NDIS: what conditions NDIS can support and national contact numbers.
- Can I get NDIS?: who might be eligible to access NDIS.
- Pathways to support: services people may be able access through NDIS plans.
- No Shame: links to the NDIS and lets people know that NDIS wants to hear from you.
- Give NDIS a ring! (Pitjantjatjara)
- It's for youth too Unna! (English)
- Nyumiti sends a message to her family on APY lands.

## **Resources to support you**

The First People's Disability Network (FPDN) have created the 'Our Way Planning' Resources - take a look at these on their [website](#):

Contact them to find out more: [lisah@fpdn.org.au](mailto:lisah@fpdn.org.au)

*There are a few printable resources you may find useful to support you with your NDIS journey. You can print off the resources below and use them by yourself, or with someone you're supporting.*

*If you would like to order printed versions of any of these resources, please contact us via [reimagine@mhcc.org.au](mailto:reimagine@mhcc.org.au)*

## **What is the NDIS?**

Here are some fun learning activities we made to help you understand it:

[Crossword - NDIS](#)

[Find-a-word - NDIS](#)

[Crossword and find-a-word solutions](#)

## **Yarning About the NDIS?**

Menzies School of Health Research created these resources to help you when Yarning About the NDIS:

[What is NDIS?](#)

[Can I Get NDIS? - Yarning](#)

[Can I get NDIS? - Checklist](#)

[Yarning About NDIS - Brochure](#)

[Yarning About NDIS - Care Plan](#)

[NDIS 'No Shame' Brochure](#)

## **You have an NDIS plan, now what?**

These flyers will give you some tips:

[You have an NDIS plan, now what?](#)

[You have an NDIS plan, who can help?](#)

## **Resources for workers**

### **Learning Activity**

The following eLearning resource is for workers that may be new to or continuing their learning for working with Aboriginal and Torres Strait Islander people and communities. It was built from a lived experience perspective, using the advice given by people in the Cherbourg community in Queensland.

[Supporting Aboriginal and Torres Strait Islander people with the NDIS](#)

Topics explored include:

- Tips for getting to know us
- Cultural history and connection
- Shared understanding
- Building stronger connections.

### **Our Way Planning Resources**

[Created by the First People's Disability Network \(FPDN\)](#)

[Contact FPDN to find out more](#)

## **Useful links**

[Healing Our Way - PODCAST](#)

[Working Collaboratively with Aboriginal and Torres Strait Islander People: A GUIDE TO CULTURALLY SAFE PRACTICE](#)

[Disability in the Bush](#)

[Learn more about cultural safety](#)

[Menzies School of Health Research- Resources](#)

[Australian Indigenous Health Info Net - Resources](#)

[Overview of Aboriginal and Torres Strait Islander health status](#)

