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Social Policy Research Centre

About people who self manage their NDIS plan



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Easy Read

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Report by Christiane Purcal and Kathleen Heather Reedy



NDIS self management



The National Disability Insurance Scheme helps people with disability to get the support they need.

It is **NDIS** for short.

You need to have an NDIS plan to get support from the NDIS.



Some people look after their NDIS plan themselves.

This is called **self management**.

When you self manage your NDIS plan, the NDIS gives you the money for the supports in your plan.



You can use the money to do things like

- Find your own support workers



- Buy your own equipment, like a wheelchair

You do not have to self manage your NDIS plan.



You can choose the NDIS or a plan manager to manage your NDIS plan.

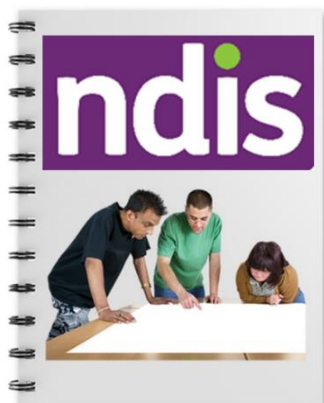


This report talks about the people who self manage their NDIS plan.

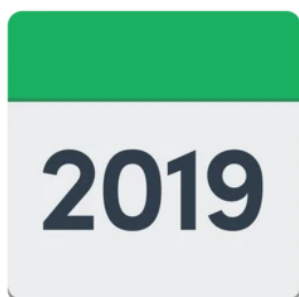
About this study



People from the Social Policy Research Centre did this study.



They looked at information from the NDIS to find out who self manages their NDIS plan.



They used information from 2019.



The Disability Innovation Institute paid for the study.

About self managed NDIS plans



Not many people self manage their NDIS plan.



Most NDIS plans are managed by the NDIS or a plan manager.



Self managed NDIS plans have less money in them.

Which people self manage their NDIS plan



More people in the ACT self manage their plan than in other parts of Australia.



Many parents of children with autism look after their child's plan.

People with disability who self manage their NDIS plan often have

- Spinal cord injury
- Cerebral palsy
- Multiple sclerosis
- Global developmental delay
- Hearing loss or other sensory disability.



Which people do not self manage their NDIS plan



Not many people in the NT self manage their NDIS plan.

Many people who do not self manage their NDIS plan have



- Psychosocial disability
- Intellectual disability
- A brain injury.

What this study shows



Most people do not self manage their NDIS plan.



People in some states like the ACT self manage their plans more often than in other states.



People with some disabilities are more likely to self manage their NDIS plans.



We need more studies on what the reasons are.

More information



This report is part of a larger project.



For more information about the project, go to this link

[Self managing NDIS packages: promising practice for people left behind | Social Policy Research Centre - UNSW Sydney](#)