

## NDIS EVIDENCE TYPES OF ASSISTANCE

This section provides **examples** of some common types of disability assistance that you might recommend in your assessment. Visit our website for a more comprehensive list of support options.

<b>Mobility</b>	Transport assistance, occupational therapy
<b>Communication</b>	Psychology/counselling, social groups
<b>Learning</b>	Peer support and self-help groups, assistance with education goals
<b>Social interaction</b>	Social groups, peer support worker
<b>Self-care</b>	Health psychologist; exercise physio, personal care attendant
<b>Self-management</b>	Cleaner, financial counsellor, support coordinator

## ONLINE VIDEO FOR MEDICAL AND ALLIED HEALTH PROFESSIONALS

VMIAC have produced a video specifically for medical and allied health professionals, about supporting people to access the NDIS.

Watch online at:

[www.vmiac.org.au/services/ndis](http://www.vmiac.org.au/services/ndis)

## ABOUT VMIAC

We're the peak Victorian non-government organisation for people with lived experience of mental health or emotional issues.

### VMIAC PROVIDES

**Advocacy:** Working with people to ensure their rights are protected and their choices are honoured.

**Education:** Providing education to the community about mental and emotional health from the consumer perspective.

**NDIS:** Information and support for mental health consumers regarding the National Disability Insurance Scheme.



**Victorian Mental Illness Awareness Council**  
Building 1, 22 Aintree Street, Brunswick East, Vic 3057  
T: 03 9380 3900 (ask for our NDIS educator)  
reception@vmiac.org.au  
[www.vmiac.org.au](http://www.vmiac.org.au)

Please dispose of thoughtfully

## Information for medical & allied health professionals

# MENTAL HEALTH AND THE NDIS

Supporting your patients to  
apply for support



# YOUR ROLE

## MEDICAL AND ALLIED HEALTH PROFESSIONALS

Health professionals can support their patients to apply for the NDIS by providing evidence of disability and functional impairment. This evidence can be critical in whether patients are approved to access support services.

### NDIS BASICS

The National Disability Insurance Scheme (NDIS) provides individualised funding packages for disability support services to people under 65 years who have a permanent and significant disability. Read more: <http://bit.ly/MHNDIS>

### NDIS and mental health

People diagnosed with a mental illness may be eligible for the NDIS if they have a permanent and significant disability because of their mental health condition. This is referred to as a 'psychosocial disability'.

### NDIS eligibility

Key NDIS eligibility criteria for people with psychosocial disability:

- **Diagnosis** Diagnosed (or likely to be diagnosed) mental health condition
- **Permanence** Likely to have lifelong impacts
- **Functional impairment** Day-to-day living is significantly impacted by the condition

### Documenting evidence of eligibility

You may be required to complete:

- NDIS Supporting Evidence Form
- NDIS Access Request Form (part F)
- Documentation that the person has, or is likely to have, a permanent disability
- Reports or assessments that demonstrate the extent of functional impairment from the disability, such as mental health plans, WHODAS 2.0, Life Skills Profile or HoNOS

# HOW TO PROVIDE EVIDENCE

## FOR PEOPLE WITH PSYCHOSOCIAL DISABILITY

### Evidence about disability commonly includes

- Primary disability (ie, mental illness diagnosis)
- Any secondary disabilities
- Current treatment
- Any other treatment likely to remedy the condition\*

#### \* Important

This last criterion aims to determine if there is a medical treatment that's likely to 'cure' the condition. For most people with a psychosocial disability, the medical evidence suggests 'no'.

### Evidence about functional impairment

The NDIS defines six types of functional impairment:

Mobility / motor skills	Communication	Learning
Social interaction	Self-care	Self-management

People with a psychosocial disability may have impairments in one or all these categories, and there are many aspects of mental health problems which may contribute to this impairment. For each category you will need to describe:

- The type of impairment
- The types of assistance required

As you assess each type of impairment, consider people's needs when they are at their most distressed and disabled.

You may need to book extended consultation sessions for NDIS assessments.

# NDIS EVIDENCE

## TYPE OF FUNCTIONAL IMPAIRMENT

This section provides an **example** of assessing types of functional impairments for one type of mental health symptom. Visit our website for many more examples.

Think about your patient's experience of mental health symptoms, and how each one impacts their day-to-day life, for each NDIS type of functional impairment.

Every person has a different experience and needs, and not all people will be able to easily tell you about the impacts on their life.

**Diagnosis**

- Schizophrenia

**Symptom**

- Hallucinations

**Related treatment side effects**

- Cognitive impairment (memory, confusion)
- Sedation (motivation)
- Morbid obesity

**Psychological impact**

- Anxiety (fears associated with social situations, content of voices)
- Depression (despair and hopelessness about future, low motivation)
- Low self-esteem

**EXAMPLE**

**Functional impairments**

**Mobility** Difficulty using public transport (anxiety, obesity)

**Communication** Impaired confidence & interpersonal communication skills

**Learning** Impaired memory & concentration

**Social interaction** Impaired social skills, no close friends/ socially isolated, lonely

**Self-care** Mood, motivation & sedation impair personal care / grooming & ability to maintain fitness

**Self-management** Difficulty with shopping, cleaning, opening mail, paying bills and family obligations