



## Stroke under 65 and accessing NDIS funding

While the median age for stroke in Australia is around 75 years, **one in every four** occurs in a person aged less than 65 years. (Ref 1). Around 20 strokes a day impact Australians under the age of 65.<sup>1</sup>

The National Disability Insurance Scheme (NDIS) is available throughout Australia to anyone, under the age of 65, who can demonstrate they have a permanent intellectual, physical, sensory, cognitive, or psychosocial disability. The overall aim of the NDIS is to improve an injured person's ability to function in all aspects of daily living and, over time, gain more independence.<sup>2</sup>

### NDIS funding may be available to provide

- extra support around the home, allows you to participate in social/ recreational activities, and give you access to rehabilitation and exercise programs as well as aid or equipment. Following a stroke, it's not uncommon to experience a certain degree of anxiety and depression. In these cases, NDIS funding may be available to you for mental health support and any other support you need to help you maintain your wellbeing and your independence.

It is critical survivors of stroke who are participants in the scheme are correctly classified, to ensure the NDIS get a true picture of this cohort and is better able to understand their needs, as well as what the barriers to access may be.

### To be eligible for NDIS funding

The disease or medical condition must cause permanent impairment (physical, intellectual, cognitive, neurological, visual, hearing, or psychosocial), resulting in significant disability

Examples of this include hemiparesis, muscle weakness or partial paralysis on one side of your body, speech difficulties, pain, memory loss plus others. Any of these significantly impact activities of daily living, quality of life, and self-esteem.

The NDIS funds numerous critical services for people who have disabilities resulting from a stroke. These include personal care support, community access support, nutritional support, skills development, transport, household tasks, and behavioural support.

## To join the NDIS, you need to meet the access requirements:

This includes the Scheme being available in your area, your age, your residency status, and the nature of your disability.

Anyone who thinks they might be eligible for the NDIS can download an Access Request Form (ARF), and a Supporting Evidence Form (SEF), and work with their GP, allied health, and specialist medical professionals to prepare and provide the information required and submit this to the NDIS.

## To date the NDIS funds participants approx. 7,993 in Australia with stroke<sup>3</sup>

Currently, the NDIS supports 6,357<sup>3</sup> stroke survivors under the age of 65. So, if you are under the age of 65 and had the misfortune to have a had a stroke and have issues you may be eligible to receive support from the NDIS.

## Your Goals

- A NDIS plan will be designed with you in mind as an individual so you need to decide the right goals for you that will enable you to maintain or improve your own quality of life.
- It can be helpful to have a mix of short- and long-term goals and how you will achieve these goals

## Some areas to consider

- What do you need to change/implement to better service you at home or in the community?
- If you are currently working, studying, playing sport etc, what support do you need to continue?
- Would you like to participate in the community?
- Do you need more support that will require you to engage more in the community?

## Examples of Goals

- Building daily living skills such as cooking, shopping, gardening, or personal care
- Returning to work or getting a job
- Having a holiday
- Improving mobility or communication skills
- Meeting new people
- Decrease your pain
- Doing more activities, either social or recreational

## Who can Assist you?

- Family members and friends
- The NDIS Local Area Coordinators to get your plan underway
- Then you can rely on Plan Managers to pay your invoices on your behalf and support coordinators

## You have 3 choices when you finalise your NDIS Plan

1. **Plan Management**- will manage all your invoice and submit them to the NDIS on your behalf. They will They are able to assist if there are any issues with any of your funding. This does not cost you anything as NDIS funds the Plan Manager for this service
2. **Self-Managed** - you manage the funds yourself; you will also need to keep track of your spending, submit all invoices, and follow up on any issues.
3. **NDIA Managed** -The NDIS can manage the funds on your behalf, but you can only use registered NDIS providers

*For further information in regard to funding for the NDIS and Plan Management for the NDIS visit [www.planmnageassist.com.au](http://www.planmnageassist.com.au)*

*Ref 1: Brain Injury Australia. Ref 2: National Disability Insurance Scheme. 2021.Ref 3: NDIS Data*