



Meals on Wheels
Central Coast

National Disability Insurance Scheme

Frequently Asked Questions



Learn all you need to know about the National Disability Insurance Scheme (NDIS) to help improve your quality of life.

What is the National Disability Insurance Scheme?

The NDIS provides funding to eligible people with disability to gain more time with family and friends, greater independence, access to new skills, jobs, or volunteering in their community, and an improved quality of life. The NDIA (National Disability Insurance Agency) implements the NDIS and provides NDIS participants with funding to purchase supports and services that will help them pursue their goals.

The Australian Government provides funding for the NDIS program and they may provide meal supports in your NDIS plan. If meal preparation supports is included in your plan, the NDIS will specify the amount in your core supports.

Meals on Wheels Central Coast is a registered NDIS provider, therefore we are able to provide meals to agency-managed, plan-managed and self-managed participants. A charge will be made against your NDIS plan for the preparation and delivery of your meals. You are responsible for the cost of your meal ingredients as the NDIS does not cover this. You can relax knowing this cost is set out in our NDIS menu.

To find out more about the NDIS, visit www.ndis.gov.au

What Meals on Wheels services can I get through the NDIS?

You can access **meal delivery services** through us. We can help you live independently by providing an extensive menu of delicious, nutritious and affordable meals delivered free to your home by our dedicated volunteers. Looking for something specific? We offer a range of dietary options and meal sizes, providing a wide range of meal choices for you.

Am I eligible for the NDIS?

To be eligible for the NDIS, you must be:

- aged between 9 and 65
- be an Australian citizen, permanent resident, or Protected Special Category Visa holder
- live in Australia and have a disability caused by a permanent impairment
- usually need disability-specific supports to complete daily life activities
- need some supports now to reduce your future need for support
- need some supports now for your family to build their skills to help you.

A Local Area Coordinator can help you to understand the NDIS, apply and connect with other government and community supports.

How do I apply?

If you think you are eligible for the NDIS, you can:

- contact your local NDIS Office or local NDIS partner and ask them to support you to connect with local disability supports or apply to the NDIS if eligible
- phone the NDIS on **1800 800 110** to be supported to apply to the NDIS.

I have a NDIS plan – what's next?

If you're eligible, the next step is to connect with us.

There are two ways to do this:

1. Your Support Coordinator or Local Area Coordinator can refer you to us. With your consent, your Support Coordinator or Local Area Coordinator can send a referral to Meals on Wheels Central Coast.

The referral lets us know you're a new client wanting a service and prompts us to contact you. We will arrange a quote and service booking, then submit to the NDIS for approval before you can receive meals.

2. You can refer yourself. Call our friendly Client Referral staff on **02 4357 8444** and provide your NDIS plan.



I've signed up with Meals on Wheels – what's next?



1. We will arrange a first home visit to help get you started and answer any questions you may have.



2. Order from our extensive menu, which offers a variety of dietary options and meal sizes.



3. Meals are delivered to you with a smile by a friendly volunteer, who checks in on your wellbeing.



4. Enjoy affordable and nutritious meals, helping you to live a flourishing, independent life!