

Skill-Building Hub

Welcome

On this page we've grouped together some activities and resources to help you with building basic skills that may be useful for the NDIS journey. These were made by peers, for peers, to explore skills such as decision-making and self-advocacy. Whether you receive an NDIS plan or not, there are resources here to support you:

- Build skills important to your recovery
- Explore your hopes and dreams
- Feel empowered to pursue your goals.

One important skill we explore by itself on another page is self care:

[Self-Care Hub](#)



Activities and resources

In this first activity, you can explore some of the basic skills you'll need for the NDIS journey:

[Skills to build for your NDIS journey](#)

Self-Advocacy

What is self-advocacy? And why is it important for recovery? We explore this further here:

[Self-advocacy, Recovery and the NDIS](#)

Now that you know a little more about self-advocacy, this checklist may come in handy when you next want to self-advocate:

- [Self-Advocacy Checklist](#)

Decision-Making

The NDIS is all about CHOICE and CONTROL – so decision-making is key! To start, you may like to explore your skills in decision-making with this learning activity:

[Decision-making and you](#)

Next time you need to make a more complex decision, this printable tool may come in handy:

- [Decision-Making Tool](#)

Reimagine Your Life

Whether you get an NDIS plan or not, you can explore your hopes and dreams for a meaningful life. Our workbook is a place to explore your hopes and dreams, as well as to keep together your notes and information about your NDIS application:

[Reimagine Workbook](#)

If you're not sure how to fill it out, you can also look at this example workbook:

- [Example workbook](#)

NDIS planning

One question people are often unsure about is how to manage their NDIS funds. This learning activity explores your options:

[Exploring Self-managing your plan](#)

If self-managing your plan seems right for you, this checklist includes the main things you'll need to keep in mind:

- [Steps to self-manage](#)

Some people worry about what will happen to their plan if they become unwell. Our peers put together this flowchart to support people at this time:

- [What if I become unwell?](#)

Do you have a planning meeting coming up? This quick planning meeting checklist may be useful:

- [NDIS meeting checklist.](#)

Thanks for checking out these resources. If you would like to order printed copies of any of our resources, please email us at reimagine@mhcc.org.au

Other Useful Resources

[National Disability Advocacy Program](#)

[AdvoKit – tools to support people during the pandemic and beyond](#)

[Self-Manager Hub](#)

[Looking After Yourself](#)

[Assertive Communication](#)

[Assertiveness](#)

[Resolving Conflict](#)

