



A R A F M I

*you are not alone*

# Arafmi NDIS Mental Health Support Services



We provide quality support, education and advocacy services to people experiencing mental ill-health, their families and carers.

# Our NDIS Services

Helping families, carers and people living with a psychosocial disability make the most of the NDIS Registered NDIS Provider.

## What is NDIS?

The National Disability Insurance Scheme (NDIS) is a way of providing support for people with disabilities – including psychosocial disability.

An important part of being an NDIS participant is having choice and control over the funding received in their NDIS plan. The funding will be used to maintain the individual's health and wellbeing, participate in the community and pursue their goals.

Our dedicated team will take a personalised approach to walk you through the NDIS application process.

We're passionate about understanding your needs and goals, your likes and dislikes, in order to customise support services that suit you to make sure you get the most out of your NDIS plan once it is approved.

## What is a psychosocial disability?

If you have a mental health condition that significantly impacts your ability to do day-to-day tasks and activities without support, this is considered to be a psychosocial disability and you may be eligible for the NDIS.

## Am I eligible for the NDIS?

Eligibility for the NDIS is determined case-by-case depending on the impact of a person's condition on their day-to-day functioning. The best way for a person to test their eligibility is by applying for the NDIS.



### 1. Get in touch

Our dedicated team of experienced staff can help you begin your NDIS application.



### 2. Making an access request

Our team will support you to collect all of the information you will need for your NDIS application.



### 3. Preparing for your NDIS meeting

We will help you prepare for, and sit with you during your NDIS planning meeting.



### 4. Getting the most out of your plan

We can provide you with high quality support services, or help you find other appropriate services that best meet your needs.



### 5. Your future

We can continue to support you to ensure you and your family are receiving the supports you need.

## Our Support Services

### Core Supports:

- Support with daily activities such as personal care & household tasks
- Support to access the community
- Support to participate in recreational, social or community activities

### Capacity Building Supports:

- Support Coordination
- Improved Living Arrangements
- Increased Social & Community Participation

### Accommodation

Arafmi offers a range of accommodation options and support for people with a psychosocial disability, situated across South East Queensland, including:

- Short-term Accommodation (respite)
- Supported Independent Living
- Individualised Living Options (ILO).

## How we can support you

Arafmi offers a range of NDIS services, and also support for carers including:

- NDIS Application Support
- Core Supports
- Capacity Building Supports
- Accommodation
- Carer Support

Whether you need help navigating the NDIS, are looking for support services for a loved one or simply need someone you can talk to who understands, we're here for you.

### Contact our NDIS Support Team:

To learn more about our NDIS services and the suitability for you or the person you care for, make a free, no obligation appointment to discuss. Contact our friendly team today.

**Call:** 1300 554 660

**Visit:** [arafmi.com.au](http://arafmi.com.au)

**Email:** [ndis@arafmi.com.au](mailto:ndis@arafmi.com.au)

**Write to us:**

PO Box 248  
New Farm, QLD 4005

## Who is Arafmi?

Arafmi is a not-for-profit community organisation that has provided quality services to the Queensland mental health community for over 40 years.

We provide support, education and practical assistance to people experiencing mental ill-health, their families and carers.


*The Arafmi Carer Supports are primarily funded by Queensland Health and free to mental health carers in Queensland.*



Registered NDIS Provider



### Get in touch

 1300 554 660

 [ndis@arafmi.com.au](mailto:ndis@arafmi.com.au)

 [arafmi.com.au](http://arafmi.com.au)

 [instagram.com/arafmild](https://www.instagram.com/arafmild)

 [facebook.com/arafmiql](https://www.facebook.com/arafmiql)