**Getting help with my NDIS plan**

An NDIS plan says what support and services a person with disability will get.



Your NDIS plan can help you with:

* Mobility aids
* Communication devices
* Personal care
* Transport costs.



Are you unhappy with your NDIS plan?



You or someone you trust can ask for help from an **advocate**.



An advocate can:

* Listen to you and find out what you want to make that happen.
* Support you to make phone calls and go to the meetings.
* Help you say what you need.



People with Disability Australia can find an advocate to help you.

You or someone you trust can call us.



**Call us on the phone for free: 1800 843 929**



**Or** [**visit the PWDA website here**](https://prdpwd.wpengine.com/get-help/)**.**