

Making the Disability System Work for You Series

Navigating the disability support system in Aotearoa can feel like a full-time job. There's a lot to understand, things keep changing, and the stakes are high, because this is about the support that shapes your daily life, or the life of someone you love. Whether you're brand new to disability support or have been navigating them for years, there will be something useful here, especially given how much is changing right now.



Session 1 - How the Disability System Works

A plain-language guide to how disability support is structured in Aotearoa, from government policy through to NASC and the services you actually receive. This session covers eligibility and common supports including Carer Support, Individualised Funding and residential options. You'll leave this session with a better understanding of how the disability system works for you.



Session 2 - Needs Assessments in a Time of Change

Your needs assessment is one of the most important conversations you'll have in the disability system. This session covers how the process is meant to work, how to prepare, and some helpful strategies if things aren't going smoothly. You'll leave this session with a clear understanding of how to get the most out of the needs assessment conversations to ensure you get the best outcome.



Session 3 - Making the Most of Individualised Funding

Individualised Funding gives you more choice and control, but it can also feel overwhelming. This session explains what IF is, how it works, what a Host organisation does, and what recent changes mean for you. We'll work through real scenarios and talk about helpful strategies to keep things moving.

We are grateful to Foundation North for funding these workshops for people in Tāmaki Makaurau and Te Tai Tokerau.