

NDIS Sports Participation Guide



What's in this guide?

Who is Deaf Sport Australia?	3
Getting ready for your planning meeting	4
1. Find a sport activity	5
2. Do your research	6
3. Include Sport part of your life	7
4. Set your goals	7
5. Getting your information	8
Things to remember	9
Help and Support Questions	10
My Goals / Checklist example	11
Contact us	12

We acknowledge information from **Disability Sport and Recreation** for their *NDIS Sport Guide - easy read version*

Who is Deaf Sport Australia?

Deaf Sport Australia (DSA) is the peak body for deaf sport in Australia. DSA was established in 1954 and is affiliated with the International Committee of Sports for the Deaf.

Deaf Sport Australia is a member-based organisation that supports:

- Deaf and hard of hearing Australians
- National Deaf Sport Organisations
- State Deaf Sport and Recreation organisations
- National and State Sport organisations
- Deaf Services organisations

Deaf Sport Australia is recognised as a National Sport Organisation for People with a Disability (NSOD) by Sport Australia. DSA has a strong history of leading and advocating change in community attitudes and social policy and we are committed to ensuring that opportunities to participate in sport are inclusive / accessible for all deaf and hard of hearing Australians.

Some of the sports that DSA is involved with are athletics, basketball, golf, netball, touch football, futsal, swimming, football, lawn bowls, tennis, rugby, 8-ball and cricket.





Getting ready for your planning meeting

The National Disability Insurance Scheme (NDIS) is a new way of providing support to deaf, hard of hearing and people with disability in Australia.

It helps people:

- achieve their goals
- take part in the community.

If you have been approved for the NDIS, you will need to get ready for your planning meeting.

Or you might be getting a **plan review** - this is when the NDIS check to see how well your plan has been going.

At your planning meeting, you will talk about:

- the supports you need
- the goals you want to achieve.

This can include taking part in a **sport activity** near you.

A **sport activity** is something that learn and get good at or want to play with other people.

It could be:

- basketball
- tennis
- Soccer
- Swimming
- athletics (or any other sports).

If you want to include sport activities in your plan, there are some things you will need to do before your meeting.

They include:

1. Finding a sport activity you want to do
2. Doing some research
3. Making sport part of your life
4. Setting some goals
5. Getting your information.

We explain these steps below.

1. Find a sport activity

You need to choose what sport you want to put in your NDIS plan.

Follow the steps on our *Active Deaf* programs webpage to find an sport activity that's right for you - <https://deafsports.org.au/active-deaf-programs/> .

You can also become a member of Deaf Sport Australia's sport organisations - check out national deaf sport organisations or contact our Sport Development Officers. See our contact information page on <https://deafsports.org.au/sports/national-deaf-sports-organisations/>



2. Do your research

When you choose a sport activity, you need to work out what support you will need to do it.

This could include: > access needs

Under the NDIS, the access you may need to take part in a sport activity are called:

- Deaf Sport program
- Communications Support Worker
- Auslan Interpreter
- Real time captions
- Assistive Equipment for sport and recreation

If you are deaf or hard of hearing with another disability (eg; physical disability)

- You will need to also think about:
 - equipment you will need, like a sports wheelchair
 - if your equipment needs to be fitted by someone like:

o a **physiotherapist** - someone who helps people who have trouble moving their body

o an **occupational therapist** - someone who helps people live the best life they can

- if you can hire the equipment or will need to buy it.

You will also need to think about how you will get to your sport activity.

You might get there by:

- a family member taking you
- a support worker taking you
- public transport
- a taxi.

Go to the NDIS website and search for 'Transport funding'. www.ndis.gov.au

You also need to think about any 1-on-1 support that will help you take part in a sport or recreational activity, such as:

> Communication support

3. Sport Participation

It's important to think about how you can enable sport to become part of your life.

It can help to work out what you already do during the week. The things you do could include:

- school
- work
- sport
- travel
- activities with your family and friends.

4. Set your goals

You need to include the sport activities you want to do:

- in your NDIS plan
- as part of your goals.

These activities will only be included if they are part of your goals.

Sport and recreation are part of 4 NDIS funding groups:

- Social and community participation
- Health and wellbeing
- Relationships
- Choice and control.

This example shows you how to connect your sport activity to an NDIS goal.

Activity: I want to play basketball.



Goal: To make new friends (social participation) and take part in my community (community participation).

You can use our 'Goals' notes to write down your sport goals.

When you write your goals, think about:

- what you have been doing in the last year
- the new things do you want to do
- the sport goals you want to achieve in the next 12 months

Check page 10 for 'My Goals' plan

5. Getting your information

Take as much information as you can to your planning meeting.

You can use our Checklist to make sure you have all the information you need.

You can find this on page 10.



Things to remember

Ask for help in your planning meeting if you need it.

You can take someone with you who can support you to have your say. This person is called an **advocate**. Contact *Deaf Sport Australia* for information on finding an advocate.

There are advocacy organisations that you can contact for help.

If you are not happy with your NDIS plan, you can ask for a review.

Go to the NDIS website and search for 'How to review a planning decision'.

www.ndis.gov.au

You can ask the National Disability Insurance Agency (NDIA) questions you have about your plan.

The NDIA is the organisation that manages the NDIS.

Doing a sport activity is great fun.

Help and Support Questions

- ⇒ How do I find out about accessible sport programs?
- ⇒ What will make my activity more **accessible**? If something is accessible, it means everyone can use it.
For example, Auslan interpreters or a communication support person
- ⇒ What equipment do I need to take part in my activity?
- ⇒ What transport do I need to get to my activity?
- ⇒ What extra supports will I need to take part in my activity?

My Goals (example)

Goals	What sport will help you achieve these goals?	What support do I need to participate and achieve my goals?
<i>I want to do sport activity with other people</i>	<i>Futsal</i>	<i>Communication Support worker and Auslan interpreter for meetings, training.</i>
		<i>Find a deaf Futsal sport program</i>

YOUR CHECKLIST

Questions	Answers
What sports do you like or want to play?	
Where can I play the sports?	
What support do I need?	
Are there any sport programs accessible to deaf or hard of hearing people?	
Where can I get information?	
When can I play sport?	
Set your goals	
Write your NDIS plan	
Request meeting with NDIS Planner	
Do you need an advocate / support person at your meeting?	



Contact Us

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