

MEDIA RELEASE

27 April 2017

Expo clears the NDIS cloud of confusion

While the NDIS now gives you choice about your disability and mental health services, the reality is many people find that choice can lead to confusion, uncertainty and frustration about what's available and how to access it.

The upcoming Carers ACT Creating Connections Expo, on Saturday 29 April, aims to relieve that confusion by giving people (both with NDIS packages and without) direct access to local disability and mental health service providers, all in the same location at the same time.

"The aim of this free Expo is to help people get answers to their questions straight from the source", said Lisa Kelly, Interim CEO of Carers ACT.

"If people need to organise a disability or mental health service for themselves or the person they care for, or want to talk to someone about the needs and gaps in their service provision, then this will be the ideal place. The people they need to talk to will be there.

"There are a lot of people who are frustrated because they can't find anyone to provide the supports that have been allocated in their NDIS plans. Some are simply looking for new and creative ways to help meet their goals", Ms Kelly said.

Verity, a carer who has been supporting her daughter for nearly 19 years, agrees that more needs to be done to help people with their NDIS choices.

"The arrival of NDIS is a life-changer for us, and it really is wonderful to now have so much choice about our disability and mental health services. It can be difficult to find the right services though. I'm really looking forward to this Expo, as it will be great to see what other options are available and talk to providers directly. I am really hopeful that we'll be able to sort out a number of issues all at once," she said.

Ms Kelly said the Expo won't be a glitzy 'bells and whistles' affair but will focus on what matters: information and solutions. "Don't expect any jumping castles and food vans, but do expect some straight, simple answers and hopefully, solutions to your problems".

There will be over 40 service providers present including NDIA, self-care services, occupational therapy and equipment services, counselling services, assisted living organisations, and group activity providers.

The free Expo will run from 10am to 2pm on Saturday 29 April at the Carers ACT premises, 80 Beaurepaire Crescent, Holt. For the latest information visit www.carersact.org.au or phone 6296 9987.

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