



Preparing for the Festive Season with a Disability

The festive season can be a complex time for many, but it can also be a time to relax with loved ones and get involved in the holiday spirit. If your usual NDIS support services are unavailable over the break, plan ahead to ensure you've got the right supports in place.

Plan Ahead:

Will the NDIS supports and services I use be available during the holiday season?

Each NDIS service will have different closure periods. Clarify the availability of each service you use and discuss what options they might have in place over the festive season break.

Will I need the same level of support during the holiday season?

Bear in mind that a lot of services have reduced staff available at this time. Let your NDIS provider know in advance the hours and days of support you require. Remember that Christmas Day and New Year's Day will be at higher rates as they are public holidays.

Will I have sufficient products to cover the holiday closure period?

It's a great idea to stock up on products you know you'll need before the end of the month. Some product-based services will shut down, and many may have delays in postage.

Have a Plan B:

- Check if your usual contacts and support team members will be around during the holidays. If they're travelling, it's important to have back-up supports in place.
- Think about who else you can call if needed and speak with them prior to the festive season to ensure they're aware of your needs. Confirm and test contact methods like phone numbers or email addresses.

Enjoy yourself!

- See what's going on in your local area and get involved to help spread some festive joy.
- Connect with family and friends and enjoy your time together.
- Reflect on the year that's been and think about the year ahead. What have you achieved that you're proud of?
- Set goals for next year. Acknowledge your successes and use them as inspiration for goals to set in 2023.