

# PSYCHOSOCIAL DISABILITY & THE NDIS



## How the NDIS Supports People with a Psychosocial Disability

Living with a psychosocial disability can impact daily life in many ways — from routines and relationships to confidence and community.

The NDIS offers tailored supports that can empower individuals to live with more independence, stability, and connection.

### Core Supports

#### Assistance with Daily Life

- Help with personal care, cooking, cleaning, and developing daily routines
- Builds confidence and independence at home

#### Transport

- Travel to appointments, community activities, education or work
- Reduces isolation and supports engagement



## Capacity Building Supports

#### Improved Daily Living

- Psychosocial recovery coaching, counselling, or skill development
- Helps with emotional regulation, motivation, and life skills

#### Improved Relationships

- Support to build or repair social skills, boundaries, and healthy communication
- Reduces social anxiety and builds safe community connections

#### Improved Living Arrangements

- Help finding and maintaining safe, stable housing
- Includes tenancy support and daily living planning

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### Quick Fact

Psychosocial disability is one of the fastest-growing areas of NDIS participation in Australia.

It refers to the functional impacts of a mental health condition — not just the diagnosis itself.

## Metrocare Services

Call us: 1300 431 896 | Visit [www.metrocareservices.com.au](http://www.metrocareservices.com.au)

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## Increased Social & Community Participation

- Support to try new activities, join groups, or volunteer
- Builds confidence and reduces isolation

## Support Coordination

### Support Coordination / Psychosocial Recovery Coach

- Help navigating services, building your support network, and making the most of your plan
- Empowers participants to set goals and drive their own recovery



## Participant Story: Meet Sara

“Before I had NDIS support, I was really isolated. Just getting out of bed and planning my day felt overwhelming. Metrocare helped me build a routine that works for me — and my support worker helps me get to appointments and stay connected with my community.

I feel more confident, and like I’m finally moving forward.”

— Sara, NDIS Participant with a Psychosocial Disability

**Metrocare Services offers tailored, recovery-oriented supports to help you build the life you want.**

📞 1300 431 896

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🌐 [www.metrocareservices.com.au](http://www.metrocareservices.com.au)

● NDIS Registered Provider |

Based in Adelaide

## Did You Know?

You don’t need a diagnosis to access the NDIS — what matters is how your mental health condition affects your daily life and ability to participate in the community



REGISTERED  
NDIS  
PROVIDER

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