# **Transcript – How you canparticipate socially and in the community**

The NDIS did research to learn how you can participate socially and in the community if you have an intellectual disability, are on the autism spectrum or have psychosocial disability.

We wanted to understand what activities, places and supports can help you to meet people to spend time with, develop friendships and feel included in the community.

**What we did:**

We talked with participants, families, carers, NDIS staff and listened to what they told us. We also looked at what other research told us.

**What we learned about what helps you:**

You told us that you can participate socially and in the community by:

* Doing things that interest you.
* Doing things with people in your community.
* Doing things with other people with disability, like being in a peer support group.

Some examples are:

* Walking a dog in your neighborhood,
* joining a community group like Men's Shed or your community garden.
* Participating in sport, physical activity or outdoor recreation activities like football, going to the gym, horse riding or bushwalking.
* Spending time in an open arts studio or joining a music, dance or drama group.

The research found that doing these activities can increase how much time you spend with others and help you make new friends and participate in the community in other ways.

**Finding what is right for you.**

Talk to your family, friends, other supports in your life or your contact in the NDIS about what activities or groups might be available to you.

For more information please visit ndis.gov.au or phone 1800 800 110

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