# **Transcript – Building skills, confidence and wellbeing to participate**

The NDIS did research to learn what you need in your life to participate in the community and what skills help you connect with other people.

**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 before you can participate in the community you need:

* A safe place to live
* Good health
* Good food and sleep
* Access to transport, and
* The confidence to be social and join in

Other research told us the same things. It also told us the supports that help build your social skills, can help you make friends or meet a romantic partner.

The best way to learn these things will be different for each person. Some people learn better with one-on-one support but others may learn better in a group of people with similar disabilities.

**How you can use this information.**

We have developed guides for understanding supports that can help you understand what supports might help you build your skills and confidence to participate in the community.

You can find these on the ndis.gov.au website

You can also talk to your family, friends, other supports in your life or your contact at the NDIS about what can support you to build your skills and confidence.

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

[End Transcript]