# **Transcript – What community participation means**

Staying connected to the community is important for everyone's well-being, health, and quality of life. It can also help people build pathways to employment.

The NDIS recently did some research to understand what community participation is like for people who have an intellectual disability, are on the autism spectrum, or have psychosocial disability, to understand what supports and services can help people connect with their communities.

**What did we do?**

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

**What did we learn?**

Research tells us that community participation is:

* The place where you interact with other people.
* The people you interact with. This includes people you already know and people you have just met.
* How you interact with other people and what this means for you.
* Activities you do with others or in the community.

You told us that community participation means you feel like you belong. You feel more confident. You build deeper friendships and connections with other people. You feel safe in your community.

You told us the types of community participation you're involved in include:

* doing things that interests you, like sailing or bushwalking.
* Activities with people in your community, like joining a sports team or your community garden.
* Activities with other people with disability, like being in a peer support group.

Research told us the same things.

**Finding what is right for you.**

Speak to your support network, such as your family, friends or other supports in your life and your contact at the NDIS about what community participation means to you and how you can connect with your local community.

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

[End Transcript]