Am I Eligible for the NDIS?

Understanding the current access requirements — and upcoming changes

Before applying for the National Disability Insurance Scheme (NDIS), it's natural to want to understand whether you're likely to be eligible. Getting a clear picture of the requirements before you apply can save time and help you prepare a stronger application from the outset.

The Three Core Requirements

To be eligible for the NDIS, an applicant generally needs to meet three requirements. The **age requirement** means you must be under 65 years old at the time you apply. The **residency requirement** means you must live in Australia and be an Australian citizen, hold a Permanent Visa, or hold a Protected Special Category Visa. The third requirement is either the **disability requirement** or the **early intervention requirement**.

The Disability Requirement

The disability requirement generally covers impairments that are intellectual, cognitive, neurological, sensory, or physical in nature, or a psychiatric condition, where the impairment is permanent (or likely to be permanent) and substantially reduces your ability to take part in everyday activities. Evidence from treating health professionals is usually needed to demonstrate how the impairment affects daily functioning.

The Early Intervention Requirement

Some applicants may qualify under early intervention rather than the disability requirement, where receiving support now is likely to reduce the person's future support needs — this pathway is often relevant for young children or people with a recently acquired impairment.

Important: Access Rules Are Changing

It's important to know that the Australian Government is currently implementing reforms to the NDIS through the *Securing the NDIS for Future Generations* legislation, passed in August 2026. From 1 January 2028, new applicants will be assessed against a new, standardised, evidence-based functional capacity assessment, and current participants will be progressively reassessed under the new criteria over three years. Additional changes affect eligibility for people accessing workers' compensation or motor vehicle accident schemes, and a new dedicated pathway called **Thriving Kids** is being introduced for children aged 8 and under with developmental delay or autism and low to moderate support needs, who will transition out of the NDIS into this new support model. Because these reforms are still rolling out, it's worth checking the current NDIS website or speaking with a provider for the latest guidance before assuming how these changes may affect you or a family member.

How to Apply

Applications are made through an NDIS Access Request Form, which can be lodged with support from a Local Area Coordinator or directly with the NDIA. You'll generally need proof of identity and supporting evidence from a health professional describing your impairment and how it affects your daily life.

How Fiora Healthcare Can Help

Understanding eligibility can feel overwhelming, especially with reforms currently underway. Our team in Albany supports participants and families across the Great Southern region and can help point you toward the most current, accurate information as you consider applying or preparing for reassessment under the new rules. This guide is general information only and isn't a substitute for official NDIS advice — always check ndis.gov.au for the latest requirements.

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