

Lift & Live

# Community participation

Western Sydney & Central Coast



# Community participation

## What is it?

Community Participation is an NDIS support category that helps people with a disability take part in social, recreational, and community activities.

It is designed to:

- Build confidence and independence
- Reduce social isolation
- Foster meaningful connections in your local community

Note: Funding covers your support worker — not the activity itself.



# Activities we can support

## From sport to culture and beyond

### Recreation

Sports clubs, gym sessions, and hobby classes

### Social

Community groups, social gatherings, and events

### Skill development

Cooking, gardening, photography, and more

### Culture

Movies, museums, and local festivals

### Volunteering

Work experience and community volunteering roles

# How participation is funded

Covers day-to-day assistance with social and community activities. Use this funding to get out and participate right now — it is flexible and can be applied as needs arise within your plan period.

Focuses on building your skills and independence over time. Use this funding to work toward doing more on your own in the future. Both categories can be used together, depending on your goals and plan.

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# The right match makes all the difference

We pair you with a support worker who shares your interests.



# 01 Get to know you

We learn about your interests, goals, and what your NDIS plan allows.

# 02 Match your worker

We pair you with a support worker who fits your personality and needs.

# 03 Find your community

We help you discover local activities and community groups that suit your interests.

# 04 Build independence

We support you to participate and grow your confidence and independence over time.

# Where we operate

## Western Sydney

- Penrith
- Blacktown
- Parramatta

## Central Coast

- Gosford
- Wyong

Local knowledge means better connections — we know the activities, groups, and venues in your area.



# Why community participation *matters*

1 in 3

of NDIS participants report feeling socially isolated

Better wellbeing

Regular participation improves mental health and emotional wellbeing

Right match

Matched support workers lead to significantly better outcomes for participants

Get started

We'll match you with the right support worker and help you take the first step.



## Contact us

Email us at  
[hello@liftandlive.com.au](mailto:hello@liftandlive.com.au)

## Find us

Lift & Live  
Western Sydney and Central Coast

## Online

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