



with a NASC

*Am I eligible?* Check the criteria to see if you are eligible [DSS Eligibility](#)

*Find a NASC in your region* [NASC by region](#)

*Can I self-refer?* You can refer yourself, or any other person or organisation can make the referral for you. NASC reviews your eligibility and will make an assessment time with you.

Suggestions other carers have made...

- *Plan for the assessment*
- *Review a weekly schedule of support needs*
- *Have a person with you for support*
- *Take time to review the completed assessment document before signing it*

