



**NDIS Quality  
and Safeguards  
Commission**

# Lifestyle risk factors

What you need to know

Easy Read fact sheet

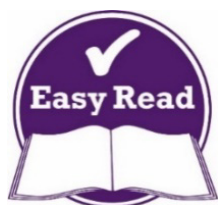


## How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

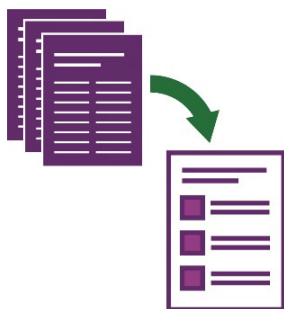
We use pictures to explain some ideas.

**Bold**  
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

## What are lifestyle risk factors?



Your **lifestyle** is how you live your life.



**Risk factors** are things that can affect you in bad ways.



Lifestyle risk factors can have bad effects on your health.

Lifestyle risk factors include:



- not eating healthy food



- not doing enough exercise



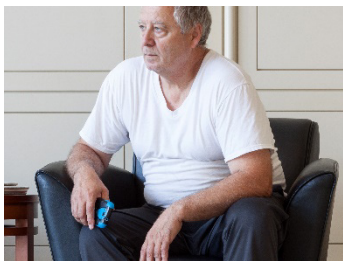
- smoking



- drinking too much alcohol



- stress



- spending a lot of time alone



- not connecting with other people.

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People with disability are more likely to have bad problems with their health, including:

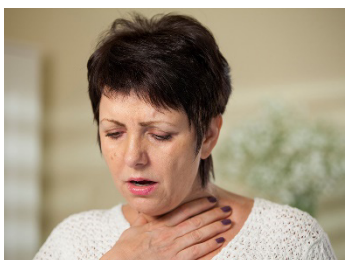


- physical health – how their body works



- mental health – how they think and feel.

For example:



- finding it hard to breathe



- problems with your heart



- feeling sad a lot of the time.



Lifestyle risk factors can make these things:

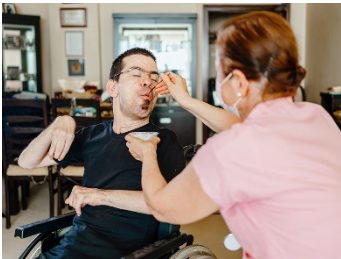
- happen
- get worse.

## What can you do about lifestyle risk factors?



People who support you can help you lower your lifestyle risk factors.

People who support you can be:



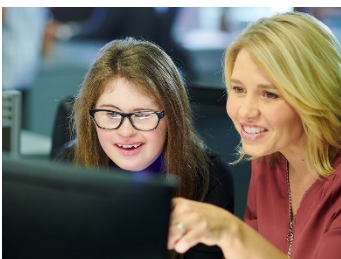
- NDIS workers



- health care workers



- family members or friends



- other supports and services.



They can connect you with services to help you lower your lifestyle risk factors.

They can also support you to:



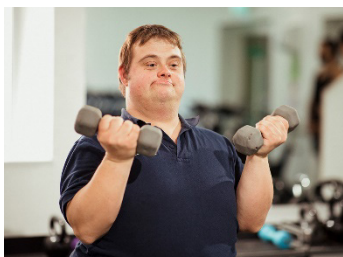
- eat healthier food



- exercise more



- connect with others



- stay at a healthy weight



- stop smoking



- have less stress



- drink less alcohol.



They can help connect you to **dietitians**.

Dietitians are people who help you with what you eat and drink.

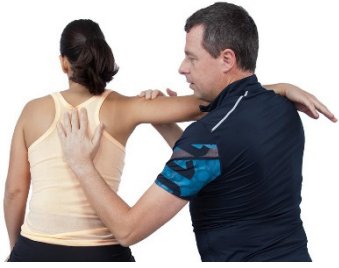


People who support you can help connect you to **counsellors**.

A counsellor is someone you can talk to about:

- how you think and feel
- ways to help you feel better.





They can help connect you to **physiotherapists**.

Physiotherapists can help you:

- with ways to move your body
- get better after an injury.



They can help you make good choices about your lifestyle.



They can also support you to change your lifestyle so it matches:

- the health you want to have
- your lifestyle goals.

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## More information for you



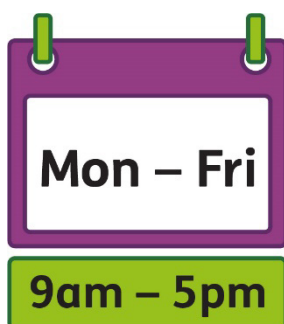
If you want more information about lifestyle risk factors, you can go to our website.



[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)

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## Contact us



You can call us from 9am to 5pm,  
Monday to Friday.



If you live in the Northern Territory, you can  
call us from 9am to 4.30pm.



**1800 035 544**



You can send us an email.

[contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)



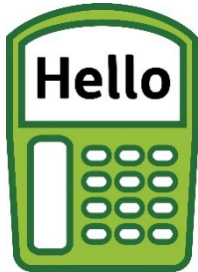
You can write to us.

NDIS Quality and Safeguards Commission  
PO Box 210  
Penrith  
NSW 2750



You can go to our website.

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)



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