



Kyabra NDIS Planning Workbook



There are lots of things you can write down by yourself or with a family member, carer or provider to help you get ready for your first NDIS planning conversation.

This booklet will ask questions about how you are going in different areas of your life. This will help the NDIA to develop a plan that provides the right support for you. These questions will be asked again at plan reviews, so you can tell the NDIA how you are progressing, and if any adjustments need to be made.

Information from these questions will also be important for tracking the progress of the NDIS, and will help to improve the Scheme for everyone. If possible, the NDIA may also interview a family member, to see how they are going as well.

Here are some examples of things you will be asked about in your first NDIS planning conversation.

1. Your personal details

You will be asked your name, age, where you live and about your primary disability. Make sure you have all your personal details and any reports or assessments in one place to help with this.

What reports/assessments do you have?

These could include and are not limited to:

- a. Pre-existing assessment reports from specialist clinicians.
- b. Assessment information provided to Australian Government agencies such as Centrelink
- c. Assessment information provided to state/territory government agencies
- d. Assessment information provided to or prepared by participants' existing service providers
- e. Other assessment-related information the participant considers is relevant and useful in describing their support needs.



2. Your community and mainstream supports

You will be asked about what support you currently receive from people in your life and in your local community. This can include things like health services or help at school and sports groups, as well as friends and family who help you.

List your current support network:

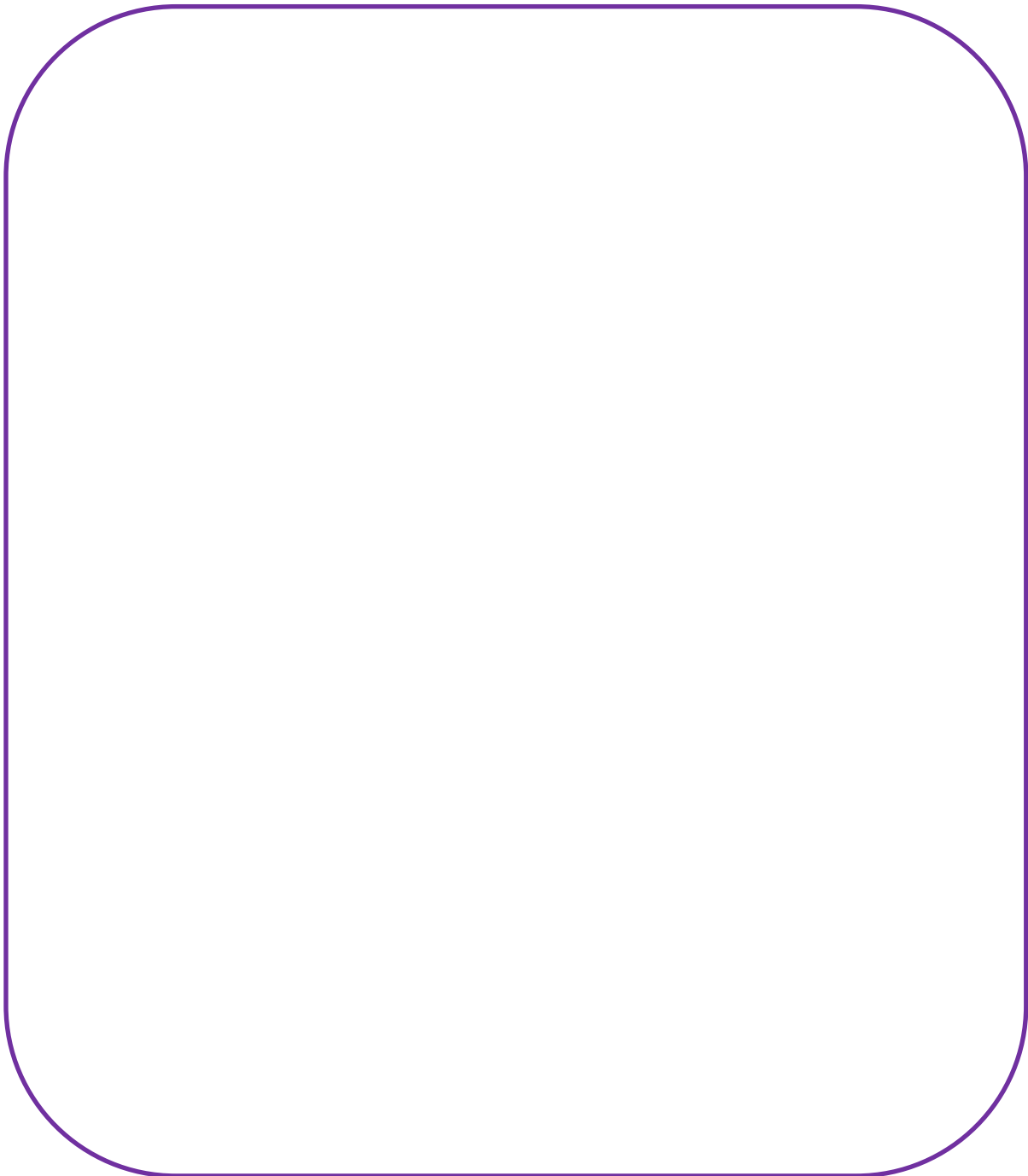
Formal	Informal



3. How you manage everyday activities

The NDIA will ask you questions about how you manage your everyday activities. This helps the NDIA to understand what your abilities are as well as what you might need, including equipment, accommodation or help to take care of yourself or your home.

What daily/regular assistance do you need?



Living arrangements (eg who do you live with, do you need any modifications in your home)

Do you need any equipment/aids/assistive technology? (eg modified bed, wheelchair, hoist, hearing aids, communication boards)

What kind of transport do you use? (eg public transport, wheelchair accessible car)



4. Your safety

We'll ask you some questions so you can let us know if there are any areas in your life where you may feel unsafe or where you might need extra help. We want to support people to learn how to do things safely.

Write down any safety concerns you have:



5. Setting your goals

The NDIA will talk to you about your goals for the next 12 months and what you are hoping to achieve through your first plan, particularly about your immediate and essential needs. Goals could include: *how you will increase choice and control in your life; learning and education; work; social and community activities; investigating housing options; or improving your health and wellbeing.* The NDIA will also talk about how you are going to explore and develop your longer-term goals over the next 12 months.

List any goals you have below:

Work (eg get a job, volunteer or make changes to current job)

Lifeline Learning (eg study at university or tafe)

Social and Community Participation (eg join a club, attend more social events)



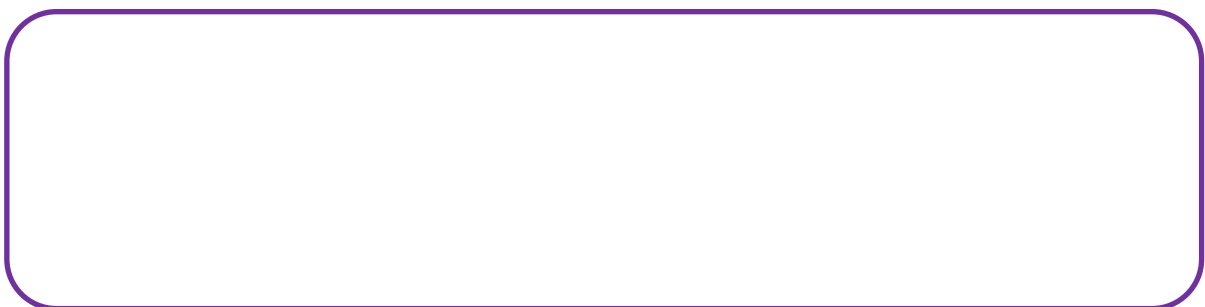
Choice and Control (eg to increase independence at home or community)



Home (eg modify your home, change living arrangements)



Health and Wellbeing (eg play sport or become more physically active)



Relationships (eg make new friends, strengthen current relationships)



Daily Living (eg need more support with every day tasks)



6. Starting your plan

The NDIA will ask you how you want to manage your plan. Your NDIS plan will include a statement about how NDIS funded supports will be managed. The NDIS will work with you to start your plan.

The plan must specify that funding is to be managed by:

- you or your nominee (such as Mum or Dad)
- a registered plan management provider
- or the NDIA.

Who do you want to manage your NDIS funded supports?

7. Next steps

At the end of your conversation with the NDIA, they will talk about the next steps, including your plan approval and starting to use the funding in your plan. For participants who will have an LAC to support them to implement their plan: A Local Area Coordinator (LAC) from an NDIS partner organisation will be in contact with you to discuss your plan, help you access supports and discuss your longer term goals under the NDIS. For participants who receive help from a Support Coordinator to implement their plan: Your plan will include funding for a Support Coordinator to help you implement your plan. Once your plan is approved, this person will contact you to discuss your plan, help you access supports and discuss your longer term goals under the NDIS. For participants who are self-managing: You will be contacted by the NDIS once your plan is approved and we will talk to you or your nominee about the opportunities and responsibilities of self-managing your plan.

