The NDIS

- Aims to deliver individual supports based on actual need
- Personalised support
- Individual goals
- If persons with a disability needs are met, then so are those of the carer.

Preparing for the NDIS (Getting ready)

The NDIS use planners to establish what supports you need. Knowing what you need before they call is really useful and important and places you in the drivers seat. The NDIS has a preference for phone meetings to create peoples plans.

You can request a face-to-face meeting in your home. This ensures you are able to articulate your needs, or that of your family member with greater clarity and purpose. The NDIS uses information gatherers and planners. Planners have greater capacity to listen and understand your needs. Information gatherers gather information, which is then passed onto a planner.

Preplan:

You may have a clear idea of what you need based on what is happening now in your life, The NDIS has the capacity to go that extra mile. It is not based on the broken system with limited funding available.

- You will still need to clearly articulate and justify what you require.
- The NDIS focuses on providing what are called reasonable and necessary supports.

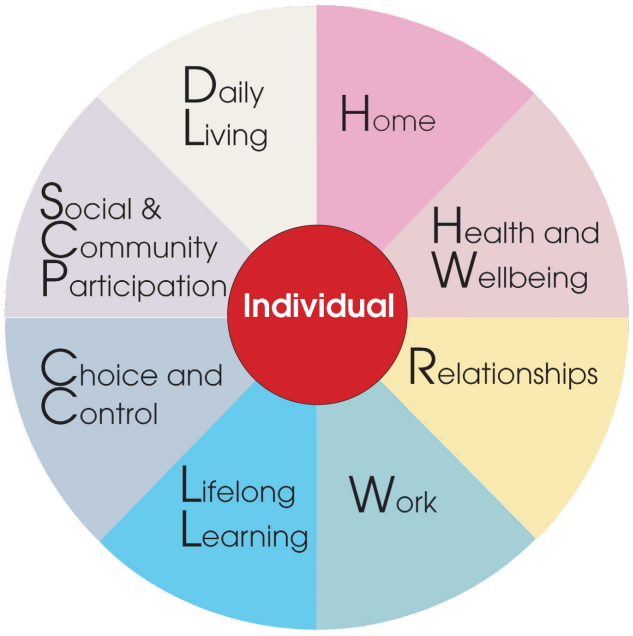
What might a preplan consist of?

- Individual goals
- What you are doing now and what supports do you have.
- What is missing
    - What informal supports do you have
    - What formal supports do you have
- Do you need any professional support? i.e. Therapists, OT, Speech etc.
- Do you need any specialist equipment?
- What else?
- Consider brainstorming your actual needs with others to assist you to decide and ensure you do not miss anything. You can seek professional support to do this or maybe just your circle of friends, family etc. Those who know you best along with a critical friend who can throw outside options into the group.

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- Document this clearly. This is useful for:
    - The NDIS planner
    - Useful for service providers who provide you with supports so they know what you need and want to address each day, week of your life.
    - Useful if you need to appeal any decision that the NDIS makes that does not address your documented needs.
    - It is important to note that if you think of something else after your plan has been accepted and you wish to add it or change it this may result in your plan being reviewed. A review might result in more support or it might be less. There is no guarantee either way.

The Eight Domains



Disabilities are as diverse as these eight domains. The eight domains can be used with anyone, regardless of disability, competence or understanding.

- Physical
- Intellectual
- Cognitive
- Emotional
- Social
- Challenging Behaviours
- Psychological etc.

The NDIS focuses on how someone's disability impacts on a person.
NOT the disability itself
This ensures that each individual is supported in his or her own unique way.

Using some of these domains lets see how they may be used and what individual goals might look like.

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Here is Fred.



Fred has a physical disability, uses a wheelchair and needs support for activities of daily living and to access his community.
*The goal and strategies following are **only for Fred.***
You will need to develop your own goals and strategies as everyone is different and everyone has different needs.

Using the **HEALTH and WELLBEING domain**

A Goal:
I would like to have better hygiene and a healthier life style

What are the things that would support me to achieve this goal? I refer to these as strategies.

Some strategies:

- I need to be able to better access my bathroom.
- I need assistance in the morning to shower and dress myself.
- I need assistance with my toileting and continence needs.
- I need assistance with my personal needs. Activities of daily living.
- I need assistance to go to the local gym. (Links in with Health and Wellbeing and Social Community Domains)

What supports have these strategies identified? What actually does Fred need?

- Look at what is needed to make Fred's bathroom accessible. Occupational therapist needed to assess. Builder to build, equipment or disability specific items perhaps. This will depend on the OT's report.
- Support Coordination and Support Worker
- Continence products
- Travel to Gym if he cannot do this easily. All participants receive a travel allowance as part of their package, The amount given is dependant on what the person needs it for,

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Here is Bill.



*Bill has an Intellectual/cognitive disability and struggles with concepts or completing some basic tasks. The goal and strategies following are **only for Bill.***
You will need to develop your own goals and strategies as everyone is different and everyone has different needs.

Using the **RELATIONSHIPS, SOCIAL and COMMUNITY PARTICIPATION domains**

A Goal:
I would like to make new friends.

Some strategies:

- I would like to join a local group that has similar or the same interests that I have.
- I need someone to support me to control my behaviour when I meet new people. (Includes Daily Living and Health and Wellbeing Domains)
- I need someone to support me to go to local football and basketball events.
- I need professional help to assist me with my communication skills. (Social Participation and Daily Living Domains)

What supports have these strategies identified? What actually does Bill need?

- Accessing local groups. Support Coordinator to assist him to identify, work with him and link him into these groups
- Professional support. Behavioural therapist and Speech Therapist.
- Support Worker.

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Here is Mary.



*Mary has a physical disability, a sight impairment and challenging behaviours. The goal and strategies following are **only for Mary.***

You will need to develop your own goals and strategies as everyone is different and everyone has different needs.

*Using the **WORK domain***

A Goal:
I would like to find and keep a job

Some strategies:

- I need assistance in finding a job that I am interested in.
- I need training to help me keep my job (Work and Lifelong Learning domains)
- I need assistance to manage my behaviour (Work, Social and Relationship Domains)
- I need assistance getting to work and while working.
- I need my work place to be accessible and easy for me to work in.

What supports have these strategies identified? What actually does Mary need?

- Professional support. Behavioural Therapist. Support Coordination.
- Accessing Further Education.
- Transport. Support Worker.
- Liasing with work place re changes etc.

Note: Support Coordination is at the beginning of the process and is not usually ongoing. This is to empower Mary to manage her own life herself.

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Here is Sally.



*Sally has autism, a learning disability and complex communication needs. She is still at school. The Education Department is responsible for education. Not the NDIS. The goal and strategies following are **only for Sally.***

You will need to develop your own goals and strategies as everyone is different and everyone has different needs.

Using the **SOCIAL and COMMUNITY PARTICIPATION domain**

A Goal:
I would like to improve my communication skills and be more confident when in the community.

Some strategies:

- I need the support of a speech therapist to assist me to improve my communication..
- I need support and strategies to assist me to manege when out in the community
- I need support to better manage my behaviour.

What supports have these strategies identified? What actually does Sally need?

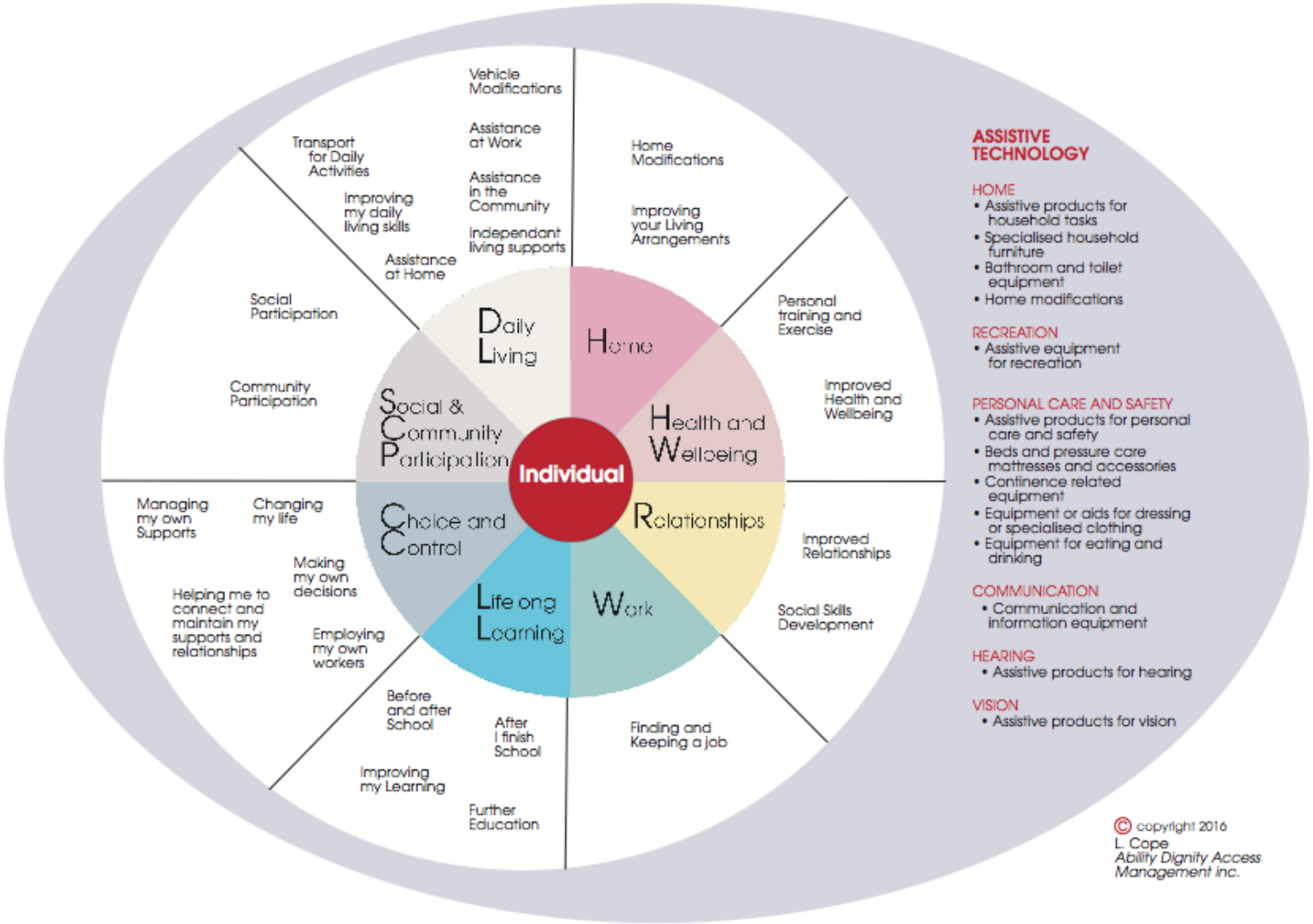
- Professional support. Speech therapist. Behavioural management.
- Support Worker
- Support Coordination.

Supports for Sally are outside school hours. There are options here for Sally and her parents to liase with her school for consistency. Sharing information between school and home can be powerful. For some students the NDIS might consider supplying their physical/medical needs at the school at set times during the day. i.e. Tube feeding, etc. Specialist non-education needs that the Education Dept is not able to provide

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The Eight Domains and other related areas

This diagram shows some of the links between domains and actual line item areas identified by the NDIS that can be provided.



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