

## Top Tips for your Plan Review



Plan reviews are a normal part of the NDIS. The NDIA says that your plan review will help you to measure your progress against your personal goals, to explore new goals and identify any changes in your life. The most important part of the plan review though is for you to take stock of how your NDIS Plan is working for you! If you need further or different assistive technology, equipment, services or supports to make your day to day activities and longer life goals easier and more possible to achieve, your plan review is the time to speak up about them. Plan reviews can be held annually, every two years or as required depending on your circumstances.

Depending on your circumstances, life stage and availability, your NDIS plan review may be conducted over the phone or face to face. This is an opportunity to talk to your NDIS representative (usually a Local Area Coordinator – LAC or Early Childhood Early Intervention – ECEI partner) about what currently works for you in your NDIS Plan and what doesn't.

Here are some top tips for making the most of your Plan Review:

### **1. Take a family member or support person with you.**

This could be a carer or family member. You may even consider enlisting an advocate. Disability advocates can help you to uphold your human rights, to be heard and taken seriously. Call 1800 RIGHTS and our PossABLE Advocacy team can either advocate for you or connect you with a service who can, depending on where you live.

## **2. Make a list of pros and cons about your Plan.**

What's working in your NDIS Plan and what's not? Spend some time ahead of your review and jot down a few things in Column A, things that are good and that you'd like to keep included in your NDIS package and a few things in Column B, things that need more attention or revisiting.

## **3. Check your outcomes against your original goals.**

Has your NDIS Plan helped you to achieve your goal as set out in your initial plan meeting? If not, why not and how can your supports help you to move closer to that goal moving forward? Are your original personal goals still relevant or do you have new ones? Write down some notes to take with you so you can refer to them if you lose focus or become flustered.

## **4. Ask for an implementation plan.**

After the plan review, ask your LAC or ECEI partner to come back and help you set up an implementation plan. This will help you break down your core supports and help you get a clear picture of your daily activities and supports, whether that's a Guide Dog, 2 hours of occupational therapy a week or 12 hours of personal care and domestic assistance.

## **5. Make sure your GP updates your assessment to reflect your current situation accurately.**


A lot can change in 12-24 months. Make sure all documentation about your disability supplied to the NDIA is accurate, up to date and clearly reflects your practical, everyday needs. This will help you and your NDIS representative to build a plan that reflects your daily living needs and personal goals moving forward.

## **6. Once you get your funding, use it!**

Contact IDEAS to find services, supports, assistive technology or equipment that you can access with your NDIS package. If you are looking for a registered NDIS Provider in your area, search our directory or call us and we can do the searching and calling around for you!

### **CONTACT DETAILS**

#### **IDEAS**

 1800 029 904

 [www.ideas.org.au](http://www.ideas.org.au)

 [www.ideas.org.au/lx?sid=28057](http://www.ideas.org.au/lx?sid=28057)