

INDEPENDENT INFO FOR YOUR NDIS PLAN

INFORMATION IS POWER

GET STARTED ON PLANNING - IT IS ALL ABOUT YOU

Use IDEAS pre-plan workbook to 'Kickstart' your Ideas about your needs, goals and supports for your individual NDIS plan to live the life you want

POWER UP YOUR NDIS PLAN

MY NAME IS _____

DATE OF BIRTH _____

PHONE NUMBER _____

EMAIL ADDRESS _____

MY ADDRESS IS _____

MY VISION FOR MY LIFE IS

HOW I SEE MY LIFE

What do you want to see happen in life?

MY LIFE

ABOUT ME

what I like, where I live and the people who play an important role in my life formal and informal support

EXAMPLES

Family, Friends, Support Staff, Community, an advocate

YOUR PLAN SHOULD BE JUST ABOUT YOU

You should say what you want in your plan, and you should say what you need in your plan

- The plan will talk about what you want to happen. The plan will call this your goals and aspirations.
- The plan will say how things will happen. Like learning to cook before you move out of home. Or learning how to travel on a train or bus so that you can get around by yourself.
- It will talk about things you can buy. Like equipment.
- It will talk about how much money you can have to pay for people to help you. Like support workers. Maybe you need someone to help you get ready to go out each day. Or someone to help you clean your teeth.

MY GOALS AND ASPIRATIONS

THINK BIG!

Goals can include your employment, education, social participation, independence, living arrangements, health and wellbeing. Reasonable and necessary supports are funded by the NDIS to help you reach your goals and aspirations.

A GOAL IS SOMETHING YOU WANT IN YOUR LIFE

EXAMPLE

MY GOALS

WHAT MY GOALS ARE **What do I want to achieve?**

EXAMPLES

To have support to go to leisure and fun activities, to participate in a photography course, to support my hearing, communication and learning needs

To participate in social activities that I enjoy like going to the movies, cafes, the library, visiting family & friends.

STEPS TO MAKE IT HAPPEN

What do I need to do?

How will I do it?

- Learn about different social services in the community.
- Identify support person/s that I get on with.
- Enquire about social activities the cost, opening hours; schedule them into current life schedule

WILL I NEED HELP?

Who will help me and how?

Family/Friends, Community group/support person

- I will need a support person to help me find out the information I need.
- I will need a support person /group of people to take me to regular social activities.

HOW FUNDING WILL SUPPORT ME TO ACHIEVE MY GOALS

What funding purchase to assist me?

Funding of support person/group of people will help me to be able to go to activities and also it would help me to continue ongoing friendships.

HOW WILL I KNOW I'VE ACHIEVED MY GOALS

What will be different?

I will attend social activities that I love and feel a sense of being included.

I will feel happy that I am participating in activities that are important to me.

MY GOALS

GOAL # _____

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SAFEGUARDS

TO IDENTIFY ANY RISKS THAT WILL PREVENT YOU ACHIEVING
YOUR GREAT LIFE

EXAMPLE

SAFEGUARDS

- To feel safe and trust the people that will be there to support me.

STRATEGIES TO SUPPORT ME...

- Ensure that I will be informed of any necessary changes to my support persons/groups
- To have a weekly snapshot of my week prepared so that I can have, good time management, aware of how much money I will need for living and activities, savings, and when I will visit friends and family.
- Mum and Dad to be an active participant in my life and decisions.
- Support persons to provide a profile.

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CURRENT WEEKLY SNAPSHOT

WHAT DO I DO EVERYDAY AND HOW IT WILL CHANGE

MONDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

TUESDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

WEDNESDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

THURSDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

CURRENT WEEKLY SNAPSHOT

WHAT DO I DO EVERYDAY AND HOW IT WILL CHANGE

FRIDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

SATURDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

SUNDAY

CURRENT ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

FUTURE ACTIVITY/SUPPORT

Where I go, what do I do, who do I do it with?

TRANSPORT

Do I need help?

MY BUDGET

PAID AND UNPAID SERVICES AND SUPPORTS

Think about how you would like to manage you NDIS support funds

1. Self-Managed

You or your nominee directly manage the funds. All transactions are completed by the participant for services rendered. Flexible option.

2. Agency managed

This is where the providers claim directly from the National Disability Insurance Agency.

3. Plan Manager

Funding in your plan is allocated for a third party to manage financial transactions in your plan.

4. Automated payments

(Transport only) these funds can be deposited into an NDIS bank account weekly, fortnightly or monthly.

5. Combination

A combination of all of these to meet your individual needs. Flexible option

1

TYPE OF SERVICE I HAVE

Formal and informal for e.g. respite, personal care, day program, shopping, social

THE PROVIDER/ PEOPLE WHO HELP ME

e.g. organisation, nan, volunteer

WHEN DO I USE THIS SUPPORT

hours, days, months

FUNDING PACKAGE AND HOW MUCH \$

Note: if not a paid service too

COMMENTS

Will this change? Need more support? Do I need equipment or assistive technology?

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CONTACT DETAILS

Contact _____

Relationship _____

Address _____

Phone Number _____

Contact _____

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