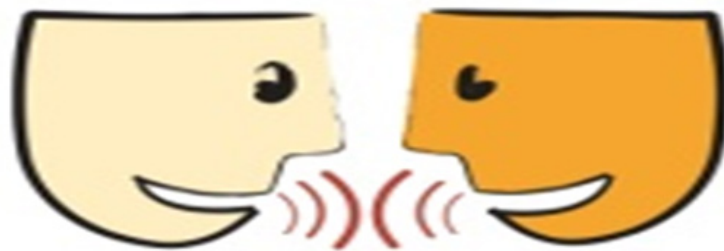


# Conversation Starter Tool



This plan belongs to: \_\_\_\_\_

Date: \_\_\_\_\_

The following people helped me with this plan (please list):

# Conversation Starter

## Pre - Planning to Reach My Dreams and Goals

The National Disability Insurance Scheme (NDIS) was launched in the Hunter in July 2013. This is an exciting time, you will have an opportunity to make choices and have control over the types of support you need to enable you to achieve your dreams and goals.

To make the most of this exciting opportunity, it is important that you have time to talk, think and plan. The 'Conversation Starter' Tool has been developed to help you have conversations with those who are important to you and to think and plan the supports you need to reach your goals, and dreams.

It is important to recognize that this 'Conversation Starter' Tool sits outside of the National Disability Insurance Agency (NDIA) planning process and is a pre-planning tool only. How your NDIS Support Plan is developed will be decided by an NDIA Support Planner after discussion with you and other important people in your life. You can request that your current Service Provider be involved in the NDIA Support Plan Meeting. Your Service Provider is not responsible for the development of the NDIA Support Plan or for any decisions made about funded supports.

When your opportunity comes to attend a planning meeting with a Support Planner from the NDIA, you will be able to take this 'Conversation Starter' Tool along with you. This will help you explain to the Planner what your current supports include. It is important for the Planner to know this information so you don't miss out on necessary supports. This tool will also help you explain what your dreams and goals are and what other supports you need to achieve these.

During the support plan meeting, the Support Planner will be looking at what supports are 'reasonable and necessary' to assist you to reach your dreams and goals. They will talk about how your family, friends and the community can support you and what supports you need funding for.

Remember; this is your opportunity to make important changes to the way you are supported. You don't have to fit into programs and services, you have choice and control.

Happy planning!

*The development and release of this tool to the wider Disability Sector has been made possible due to a successful funding application by The Mai-Wel Group to the NSW Organisational Transition Fund, a joint initiative between NDS and ADHC.*

# What Supports Do I Currently Receive?

## Learning and Applying Knowledge

- Understanding and remembering information
- Learning new things,
- Practicing and using new skills and ideas



## Examples of Current Programs and Services that offer support in these areas

- Behaviour Support
- Transition to Work (TTW)
- Accommodation Support - in home, group home, drop in or outreach support
- Independent Living Skills Initiative (ILSI)
- Supported Living Fund (SLF)
- Day Programs – Life Choices, Active Ageing, Community Participation (CP)

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## General Tasks & Demands

- Doing daily tasks
- Managing routines
- Handling problems
- Making decisions



## Examples of Current Programs and Services that offer support in these areas

- Accommodation Support - in home, group home, drop in or outreach support
- Independent Living Skills Initiative (ILSI)
- Supported Living Fund (SLF)
- Behaviour support
- Community Participation (CP)

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Communication

- Being understood
- Understanding others



## Examples of Current Programs and Services that offer support in these areas

- Behaviour support
- Speech therapy
- Signers
- Interpreters

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Mobility

- Moving around the home and community
- Aids and equipment



### Examples of Current Programs and Services that offer support in these areas

- Contingence Aids Payment Scheme (CAPS)
- Enable NSW
- Vision Australia
- Guide Dogs NSW
- What aids and equipment do I use?
  - wheel chair, walking frame, special shoes, incontinence aids, white cane, guide dog etc
- Who currently funds the purchase, maintenance/repair of these aids and equipment?

### Supports I currently receive in this area

### Days/times per week I receive support in this area

### Notes

# What Supports Do I Currently Receive?

## Self-Care and Special Health Care Needs

- Showering or Bathing
- Dressing
- Eating
- Toileting
- Support with specific health care needs such as Epilepsy, Diabetes, Arthritis, Mental Illness, Medication.



## Examples of Current Programs and Services that offer support in these areas

- Community Participation (CP)
- Personal Care Service
- Attendant Care
- Day Program - Life Choices, Active Ageing, Leisure Links
- Accommodation Support - in home, group home, drop in or outreach support
- Assistance with medication
- Planning around diet and nutrition

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Domestic Life Activities

- Preparing meals,
- Cleaning and housekeeping
- Home maintenance
- Grocery shopping
- Paying bills
- Money management and budgeting



## Examples of Current Programs and Services that offer support in these areas

- Accommodation Support - in home, group home, drop in or outreach support
- Domestic Assistance
- Home modifications
- Independent Living Skills Initiative (ILSI)
- Supported Living Fund (SLF)

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes



# What Supports Do I Currently Receive?

## Housing & Accommodation



### Examples of Current Programs and Services that offer support in these areas

- Accommodation Support - in home, group home, drop in or outreach support
- Domestic Assistance
- Independent Living Skills Initiative (ILSI)
- Supported Living Fund(SLF)
- COMPASS Housing
- Community Housing Providers

### Supports I currently receive in this area

### Days/times per week I receive support in this area

### Notes

# What Supports Do I Currently Receive?

## Interpersonal Interactions and Relationships

- Making and keeping friends and relationships,
- Coping with feelings and emotions



## Examples of Current Programs and Services that offer support in these areas

- Behaviour support
- Leisure Links
- Independent Living Skills Initiative (ILSI)
- Transition To Work (TTW)

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Community, Social and Civic Life

- Community activities
- Recreation and leisure



## Examples of Current Programs and Services that offer support in these areas

- Community Participation
- Transition To Work (TTW)
- Day Programs – Life Choices, Active Ageing, Leisure Links
- Peer Support
- Respite
- Supported holidays
- Sporting and Creative Arts groups

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Education and Training

- Special interest courses
- Professional Development
- Personal development



## Examples of Current Programs and Services that offer support in these areas

- Transition to Work (TTW)
- Specialist Employment Agency
- TAFE, WEA, University, Community College
- Supported Living Fund (SLF)
- Independent Living Skills Initiative (ILSI)

## Supports I currently receive in this area

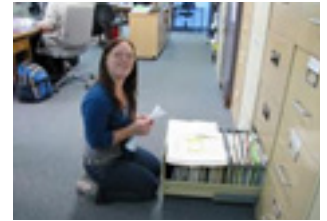
## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Employment

- Find a job
- Keep a job
- Interview skills
- Work experience
- Supported employment
- Open employment



## Examples of Current Programs and Services that offer support in these areas

- Australian Disability Enterprise (ADE)
- Specialist Employment Agency
- Transition to Work (TTW)

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Currently Receive?

## Transport

- How you get to and from your daily activities?



### Examples of Current Programs and Services that offer support in these areas

- Taxi vouchers
- Mobility Allowance
- Provided by a program/service - Community Participation, Day Program, Accommodation (in home, group home, drop in or outreach support)
- Provided by family
- Community Transport

### Supports I currently receive in this area

### Days/times per week I receive support in this area

### Notes

# What Supports Do I Currently Receive?

## Emergency or Crisis Situation

- What support do you need if your carer, friends, family can't support you.



## Examples of Current Programs and Services that offer support in these areas

- Emergency Respite in a centre/In Home Respite
- Host Family Respite
- Case Management – ADHC, Community Options Program (COPS), Local Area Coordinator
- Supported Recovery, Partners in Recovery

## Supports I currently receive in this area

## Days/times per week I receive support in this area

## Notes

# What Supports Do I Need To Achieve My Dreams & Goals?

## Learning and Applying Knowledge

- Understanding and remembering information
- Learning new things,
- Practicing and using new skills and ideas



**What new things would I like to learn? What new skills do I want to develop?**

**Who could assist me?**

**When will I need this assistance? Days, times, places**



# What Supports Do I Need To Achieve My Dreams & Goals?

## General Tasks and Demands

- Doing daily tasks
- Managing daily routines
- Handling problems
- Making decisions



### What type of support would work best for me?

Face to face support, someone who can develop plans and/or pictorial routines, routine support, support if/when I need it (episodic).

### Who could assist me?

### When do I need this assistance? How many days/hours per week?

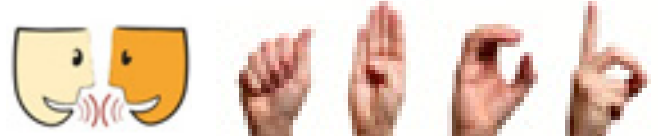
### Where would I need this assistance?

At home, in the community, at work, when attending appointments or meetings.

# What Supports Do I Need To Achieve My Dreams & Goals?

## Communication

- Being understood by others
- Understanding others



**Could I be more independent with my communication if I had certain aids and equipment? Eg. communication board, iPad**

**Would I benefit from some therapy to help me develop my communication?**

**Where would I need assistance? Home, work, school/TAFE/University, community.**

# What Supports Do I Need To Achieve My Dreams & Goals?

## Mobility



**What help do I need to move around my home and community?**

**Could I be more independent or more mobile if I had certain aids and equipment?**  
Eg. walking frame, wheel chair, special shoes?

**Would I benefit from some therapy to help improve my mobility?**  
Eg. Occupational Therapist, Physiotherapist, Exercise Physiologist.



# What Supports Do I Need To Achieve My Dreams & Goals?

## Special Health Care Needs and Self-Care Continued...



**Do I need someone to check I am taking my medication properly?**

**Do I need assistance with showering, toileting, dressing, feeding?**

**Who could assist me?**

**When would I need this support? Days/times, flexible support**

**Where would I need this support?**

Home, community, on holidays, at work, social activities events?

# What Supports Do I Need To Achieve My Dreams & Goals?

## Accommodation/Housing



Where would I like to live?

Who would I live with? By myself, a friend, find a flat-mate, family?

What type of place would I live in? A home, unit, apartment block, granny flat. Will I buy my own home or rent?

Would I need anything particular in my home? Ramp, wide doorways, level access, accessible bathroom, spare bedroom?

# What Supports Do I Need To Achieve My Dreams & Goals?

## Domestic Life Activities

- Preparing meals
- Housekeeping
- Budgeting
- Home maintenance



### What support would I need?

Cooking, cleaning, could I stay alone overnight, do I know what to do in an emergency, who would mow the lawn and fix things around the house?

### Would I need some assistance with budgeting, paying bills?

### Who could support me? Family/friends, flat mate, neighbour, paid support

# What Supports Do I Need To Achieve My Dreams & Goals?

## Interpersonal Interactions and Relationships

- Making and keeping friends/relationships
- Coping with feelings/emotions



**Would I benefit from counselling or support to help me cope better with feelings and emotions?**

**How can I make and keep friends, what assistance would I like to help me do this?**

**Where would I like to go so I can meet new people?**

Night clubs, sport (participate or watch), church groups, hobby/interest groups?



# What Supports Do I Need To Achieve My Dreams & Goals?

## Community, Social and Civic Life

- Community activities
- Recreation
- Leisure



**How would I like to spend my free time, weekends, evenings?**

**Holidays – where would I go? How would I get there? Who would I go with?**

**Do I want to play sport? If so what, who with, where?**

# What Supports Do I Need To Achieve My Dreams & Goals?

## Travel and Transport



**How would I get from one place to another?**

Public transport, taxi, walk, service provider, own car?

**Do I need accessible transport?**

**Do I want to get my license?**

**Could I buy my own car? Who could drive?**

**When will I need transport? (Days/times). Where do I want/need to go?**

# What Supports Do I Need To Achieve My Dreams & Goals?

## Education and Training



**What would I like to learn about, are there skills and qualifications I could get that would help me be more independent?**

**Do I want to go to TAFE, University, Community College? What would I do there?**

**What support would I need?**

# What Supports Do I Need To Achieve My Dreams & Goals?

## Employment



**What type of work would I like to do**

**Where would I like to work?**

**How many days a week would I work?**

**Would the workplace need to be set up in a particular way?**

Ramp, wide doorways, level access, accessible bathroom, modified equipment?



# My Circle of Support

A 'Circle of Support', is made up of those supports that are unpaid, not provided by a service provider, and usually form part of your family, friend and social networks.

In planning for the future, it is important to consider these informal supports and think about the things that may impact on a person's or groups ability to continue to provide these supports either for a short or long period of time. It is also important to consider what the impact would be on your day to day life if the person / people could not support you for a period of time, and how you would cope.

Thinking about these things helps you plan alternatives. You may want to raise some alternate options with your Support Planner to ensure they are factored into your support plan.

### Who provides informal supports to assist you in your day to day activities?

Please tick each person

Parents

Brother/Sister

Aunty/Uncle or other relative

Neighbour

Friend

Church group members

Other (please detail)

# Circles Of Support

## What type of support/s do each of the above people provide?

Please tick each support.

Personal Care

Transport

Grocery shopping

Assist with decisions and understanding information

Takes me to appointments

Company and support on outings

Meals, cleaning, housework

Mows the lawn, home maintenance

Check I have taken medication

Regular visit

Regular phone call

Other (please detail)

## Do you have any concerns about the ability of these people to continue their support? Please tick.

Yes

No

## Who are you most concerned about?

Parents

Brother/Sister

Aunty/Uncle or relative

Neighbour

Friend

Church group members

Others (please detail)

# Circles Of Support

## Why?

Please tick each reason.

Illness

Ageing

Other commitments – work, family, others they care for.

Moving

Don't see them very often

Going on holidays

Other (please detail)

## What would happen if these people couldn't support you anymore?

Please tick each reason

I couldn't live where I do now

I wouldn't have any transport

I wouldn't be able to look after myself – shower, cook etc

I'd forget to take my medication

I'd be lonely

Others (please detail)

## Other comments;

## My Planning Meeting



# My Planning Meeting

A Support Planner from the National Disability Insurance Agency (NDIA) will contact you to make an appointment for your NDIA Plan Meeting. When you know who your Support Planner will be and when the meeting is, you can organise to send this page to the Planner to help them prepare for your meeting.

### Where would I like to have my planning meeting?

At my home

At the National Disability Insurance Agency Office?

### I would like these people to attend my planning meeting?

My Parents

My Brother/Sister

Another Relative (who?)

My friend (who?)

Other (who?)

### I would like to attend my planning meeting on my own?

Yes

No

### I would like to have an advocate attend the meeting so I don't have to go alone?

Yes

No



# My Planning Meeting

## I would prefer a support planner of a particular gender?

Male support planner

Female support planner

## I will need a planner with these skills;

Interpreter (please specify preferred language)

Signer (please specify preferred form of signing)

Other (please) specify

## These are the things that will help me feel comfortable at the meeting?

## If I feel comfortable at the meeting you will know this because;

## These are the things that will make me feel uncomfortable at the meeting?

## If I feel uncomfortable at the meeting you will know this because;

## Notes/Comments

Please use this page for any additional notes or comments you wish to make or for additional space for answers.

# My Plan Review



When preparing for your NDIS Annual Plan Review, it is important to reflect on your goals and the outcomes you have achieved.

Don't worry if you haven't achieved all of your goals, there are probably good reasons and these will be discussed in the Plan Review Meeting.

It is also possible that some of your goals may have changed, this is to be expected and it will be good to talk to the Support Planner about this and how your new Plan can be developed to reflect these changes.

My Goals	My Achievements	My Challenges	My New Goals
Eg. To learn how to catch the bus to and from work	I can now catch the bus to and from work on a Monday and Tuesday.		I would like to learn how to catch the bus to and from the shopping centre of a Saturday morning.
Eg. Join a dance a drama group		Finding a drama group that is close to home so I can catch a taxi.	I have found a drama group that has lessons on a Thursday night but I will need someone to drive me there and home again as it's not close to home and will cost a lot by taxi.

# My Plan Review

My Goals	My Achievements	My Challenges	My New Goals