

# Your NDIS Planning Guide

## About You

**Name:**

# NDIS Overview

## What is the NDIS and NDIA?

The NDIS is the National Disability Insurance Scheme. It changes forever

the way support is provided to Australians with a disability.

With the NDIS, you’re able to create your own plan of support and services, based on your situation today and what you would like to achieve tomorrow. It means you’ll have more control over the things that you want to do. You’re now able to identify the support you need and choose for yourself who you’d like to provide it for you.

The NDIS is administered by a Government body called the National Disability Insurance Agency (NDIA).

## What is an NDIS plan and how is it created?

Your NDIS plan is based on you and your needs. It’s all about what your situation is today, and what type of life you would like to lead. It then identifies the support you may need to help make that life a reality.

The NDIA will allocate a consultant to help develop your plan. This might be a NDIA planner, a Local Area Coordinator (LAC) or an Early Childhood Partner.

To get ready for this planning session, it’s a great idea to start thinking about what your support needs are and what your goals might be. At Vision Australia, we can help you to do this, and support you through the planning process.

## What is funded in my plan?

NDIS funding is available for things such as daily living support, equipment and technology, and skills training for life, work and wellbeing. In short, it will fund you to acquire the support that’s reasonable and necessary for you to live an ordinary life.

It will take into account the support you already have, including things that are part of your family life, or connections you have with friends and community services.

## What is not funded in my plan?

The NDIS will only fund those supports that are specific to your disability.

It won’t cover day-to-day living costs, or duplicate other supports that are available to you. Nor is it intended to replace mainstream services like health or education.

## How can Vision Australia support you?

Vision Australia can provide guidance to you at each stage of the NDIS pathway. If you’d like to know more, or have any questions, please call our NDIS Helpline on 1300 88 70 58.

# The NDIS process

## Step 1: NDIS contact, eligibility and access

Find out about your eligibility and whether or not your area is currently included in the NDIS at NDIS website link

## Step 2: Getting plan ready

Think about what you really need and want to achieve ahead of your planning session. Vision Australia can help work through this to articulate all of the supports you need.

## Step 3: Your NDIS planning session

Develop a plan that is going to suit your situation. You can take a support person to the planning session to assist you through the process.

## Step 4: Selecting your provider

Vision Australia are a registered NDIS provider and the leading provider of services to people who are blind or have low vision.

# How does my vision loss affect my life and my goals?

Blindness and low vision doesn’t mean you have to stop doing the things you love, or doing new things in your life. This section helps you to think about the functional impact of blindness or low vision and how it affects different areas of your life.

A. Below is a table with a list of symptom/s that impact your ability to achieve your goals in the left column. Please put an x in the column to the right against which ones impact you. There are

| Changes in functional vision Fatigue (cognitive and/or physical) Memory, planning and coordinating Walking (stamina) |  |
| --- | --- |
| Balance |  |
| Dual sensory impairment Emotional impacts |  |
| (E.g. depression) Others (describe) |  |
| Changes in functional vision Fatigue (cognitive and/or physical) Memory, planning and coordinating Walking (stamina) |  |
| Balance |  |
| Dual sensory impairment Emotional impacts (E.g. depression) |  |
| Others (describe, please use the blank column to the right) |  |

B. Below is a table with a list of tasks that you find difficult due to the vision symptom you have indicated. Please put an x in the column to the right against which tasks you find difficult.

| Orientation |  |
| --- | --- |
| Participating in social activities Accessing unfamiliar environments Shopping independently |  |
| Physical fitness |  |
| Independence at home (E.g. cook a meals) |  |
| Others (describe) |  |
| Orientation |  |
| Participating in social activities Accessing unfamiliar environments Shopping independently |  |

# NDIS Outcome Domains

The NDIS has 8 Outcome ‘Domains’. Each of the ‘domains’ listed will help you to think about the different areas of your life, and the goals you may set for them. Thinking this way will assist you to communicate your goals and support needs to your NDIA Planner.

* Daily Living
* Home
* Health & Wellbeing
* Lifelong learning
* Work
* Social & Community Participation
* Relationships
* Choice and Control

# Your needs and goals

This section encourages you to think about the goals you would like to achieve and what supports you need to achieve them.

## What is important to you?

List the key things that are important for you to live your life the way you want. For example, the ability to independently travel to your friend’s house, manage your finances or attend university.

(Please type in your list below and insert as you require)

## What support are you currently getting?

List the type of support you are currently receiving. For example, occupational therapy, orientation training, Seeing Eye Dog, gardening services, assistance with cleaning your home.

(Please type in your list below and insert as you require)

## What type of assistive technology do you currently use?

List out the assistive technology you currently use, and think about the support

or training you need to use it. For example, JAWS, ZoomText, hand held magnifiers, CCTV, braille support, etc.

(Please type in your list below and insert as you require)

## What are your goals?

List out the things you would like to achieve in the future. Think about short-term and long-term goals. For example, find a job, live on your own, take public transport unassisted.

## Goal number 1

E.g. To improve my mobility skills so I can independently travel to my cousin’s home.

(Please type in your goal below and insert as you require)

### What supports do I need to achieve this goal?

E.g. I need orientation and mobility training, I need transport supports, I need a replacement Seeing Eye Dog, replace cane tips etc.

(Please type in what support you need below and insert as you require)

## Goal number 2

E.g. My goal is to independently live in my home.

(Please type in your goal below and insert as you require)

### What supports do I need to achieve this goal?

E.g. I need training to live independently, such as cooking skills or occupational therapy.

(Please type in what support you need below and insert as you require)

## Goal number 3

E.g. My goal is to maintain my home.

(Please type in your goal below and insert as you require)

### What supports do I need to achieve this goal?

E.g. I need gardening assistance, weekly cleaning etc.

(Please type in what support you need below and insert as you require)

## Goal number 4

E.g. My goal is to use technology to keep in touch with my family and friends.

(Please type in your goal below and insert as you require)

### What supports do I need to achieve this goal?

E.g. I need assessments and support to identify assistive technology that will help me manage my daily life.

(Please type in what support you need below and insert as you require)

# Your personalised planner

This section of your NDIS planning guide will help you think about the support you are currently receiving, the activities you are currently undertaking and the support needed to enable them.

It is important to think about things you wish to do in the future that you are not doing now and when you want to be able to do them.

## Think about:

• How you travel to school, work, social events, gym.

• What activities are routine and which are not, for example preparing meals.

• What support you need before, during and after these activities.

• What those who support you think. It may be a good idea to ask them, as they may have insight into how to best develop your plan to give you more or less support where needed.

You don’t need to complete all of this, but it might help you to identify your support needs.

## Regular activity planning chart

List out your daily and weekly regular activities.

E.g. Going to work, visiting friends, grocery shopping and preparing meals.

Below is a table listing out Days on the left side and the columns to the right ask what is required. To the right of each day the columns are blank for you to complete.

| (This cell deliberately blank) | What do I do now | What I would like to do | What support I need |
| --- | --- | --- | --- |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

## Occasional activity planning chart

List out the occasional activities you do.

E.g. visiting family interstate, going to the movies, attending a community group.

Table below lists to the left, time periods. Columns to the right ask what is required.

| (This cell deliberately blank) | What do I do now | What I would like to do | What support I need |
| --- | --- | --- | --- |
| Fortnightly |  |  |  |
| Monthly |  |  |  |
| Annually |  |  |  |

## Transport planning chart

This section asks you to think about the type of transport you use, when and what support you require now and in the future.

E.g. Mobility Allowance, taxi subsidy scheme.

Table below lists to the left, Questions about transport. Columns to the right ask about timings each of these things are required. Please complete the blank cells with any answers.

| (This cell deliberately blank) | Daily/Weekly | Monthly/Yearly |
| --- | --- | --- |
| Transport I use now |  |  |
| Transport I would like to use |  |  |
| What support I need to access transport |  |  |

# Other thoughts, any other considerations

Make a note of anything else you would like to include. Think about what is most important to you and your life, and what you want to communicate about your goals and needs to the NDIA in your planning meeting. (Please type your notes below).

# Stories of Vision Australia

## Case Study One

Kim Coleman, age XX

<List vision impairment?>

Kim was one of the first clients to go through the NDIS in the Barwon region. As part of her pre-planning, Vision Australia worked closely with her to help set her goals and get the best plan possible.

Because Kim was new to the area, our first areas of support were around orientation, mobility and public transport training.

We’ve also supported her independence around the home, in areas such as lighting, tactile signage and cutting board assistance. She has learnt new computer skills too, improving her work readiness and enabling her to help her daughter with her homework.

Kim likes to take challenges head on. She’s developed her skills, and has worked as an admin volunteer at Vision Australia and Barwon Health.

She has also just applied to volunteer for St. John Ambulance Australia.

## Case Study Two Rhiannon Burrow, age 8

<List vision impairment?>

Vision Australia worked with Rhiannon and her family to help fulfil her NDIS goals around independence at school.

We supplied her with the latest portable magnifier, the Prodigi Connect 12, training her to ensure she gets the most out of it at school. She also received assistance to use scissors and write on her own.

Rhiannon is now 8 years old, and Vision Australia is helping her with orientation and mobility training. We’ve provided her with a new rainbow-coloured cane so she can navigate the supermarket and carparks. And now we’re helping her with the next challenge: taking the school bus.

# My planning meeting with the NDIA

## Step 1:

Do some preparation. You may wish to use Vision Australia’s ’Your NDIS Planning Guide’, which you can then take to your meeting.

## Step 2:

Feel free to take a support person with you to your planning meeting. If you would like us to attend, contact us to book a time.

## Step 3:

Bring supporting documentation as it will make the planning conversation easier.

• Completed Planning guide and materials.

• Past therapy or specialist assessments.

• Letter(s) from your doctor or therapist to talk about your needs.

• Plans and diary appointments for day programs or community activities.

• Anything else that helps to communicate what you do now and what you want to do in future.

## Step 4:

After your planning meeting, the NDIA will provide you with an NDIS Plan, detailing the funding and support you can access. You can request to be put in touch with Vision Australia for services, or get in touch with us yourself.