

Preparing for NDIS planning

The NDIS planning process may appear overwhelming, but taking the time before your planning meeting to think about what is important to you and what you want for your future, will really help.

You may wish to talk with other people who know you well - your family, friends or Identitywa staff – to help you develop your ideas or get their input.

Identitywa offers one-on-one pre-planning sessions to assist you in preparing for your first meeting with the NDIA planner.

You may wish to ask family members, friends and/or Identitywa staff to attend the planning meeting with you. You can choose who will support you in the planning meeting.

If you have a legally appointed decision maker, such as a guardian, they will need to attend the planning meeting as well.

FIRST STEPS

I would like these people to help me develop my plan ideas:	
I would like a one on one planning preparation session with Identitywa.	Call Identitywa on 9474 3303 or your Team Leader.
I would like these people to attend the planning meeting with me:	
This person is my legally appointed decision maker who must attend the planning meeting with me:	

What drives you?

What is really important to you?

What are you passionate about?

What else are you interested in?

The answers to these questions should form the basis of your goals and will assist you to identify the activities that will facilitate the achievement of those goals in the year ahead.

The most important things in my life	
My interests and passions	
I would like to explore these things which seem interesting to me	

What is your life like now?

Where do you live?

What sort of activities do you do every day?

What activities do you do now and then?

Who helps you with these activities?

How would you like your life to be?

What of the things you already do, would you like to continue?

Are there parts of the activities you already do that you'd like to change?

Are there new activities that you would like to add to your life?

What skills and talents would you like to strengthen further?

Do you need to learn some new skills to achieve new goals or address your vulnerabilities?

My regular activities	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Education and other learning							
Who will help							
Work and volunteering							
Who will help							
Family, friends, spiritual and cultural							
Who will help							
Artistic activities							
Who will help							
Physical activities and sports							
Who will help							
Other skill development							
Who will help							
Living arrangement							
Who will help							

How would you like your life to be?

My occasional activities	Detail	Frequency
Holiday/recreation		
	Who will help	
Education & other learning		
	Who will help	
Work & Volunteering		
	Who will help	
Physical activities & sport		
	Who will help	
Family & Friends		
	Who will help	
Artistic activities		
	Who will help	
Spiritual and/or cultural		
	Who will help	
Other skill development		
	Who will help	

What other support do you need to live your life?

Do you need some assistance to maintain or improve your functionality?

Do you need a product or service so you can manage each day?

Do you need any new supports, products or services so you can pursue the goals and new activities you've identified for next year?

Supports that help me live my life	Detail	Frequency	Who helps?
Having a break – in home or out of home			
Therapy, counselling and medical			
Continence			
Equipment purchases and repairs			
Transport/mobility allowance/taxi subsidy			
Behaviour support programs			
Other, for example: <ul style="list-style-type: none"> • Orthotics • Specialised clothing • Home modifications • Nutritional products • Cleaning and gardening • Nursing services 			

How would you like to manage your supports?

Now that you've thought through your plan, you will need to consider how each part of the plan will be coordinated and paid for.

There are three ways to get support to manage your plan and services.

1. Implement the plan (or parts of it) by yourself or by your “nominee” such as a parent or guardian. This means that you find your own supports and services and pay for them with the money that NDIA will give to you.
2. An NDIS Approved Support Coordination Organisation such as Identitywa will help you find providers, implement the plan and pay for the supports on your behalf.
3. An NDIA Local Area Coordinator can help you to implement the plan and pay for the supports (such as those provided by Identitywa) on your behalf.

It is best to talk these options through with your family, Identitywa planner or NDIA planner. They can help you to work out what is best for you given your circumstances and wishes.

What now?

Take this workbook and any other relevant documentation (such as therapy assessments) with you to your planning meeting. It is your life and your plan, so make sure your views and wishes are heard.

**If you have any other questions or worries,
call Identitywa on 9474 3303 or your Team Leader.**

Contact Us

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