

PLANNING FOR MY SON

National
disabilityinsurance
Scheme

“ Your NDIS planning meeting is coming up ”

Just the thought of those words sent me into a tail spin. I was terrified of getting this first plan wrong.

Daniel's health has been very stable over the last few years, in spite of CMD we have actually seen many improvements, but that is not to say his life is without its challenges. His power wheelchair is now 5 years old and beginning to malfunction on a semi regular basis. Ok ... so I know I need that in my plan. He uses a positive pressure lung exercise machine every day plus a regime of physio stretches totalling around 90 minutes a day. Could I get someone to help with this in the morning so he has some time in the afternoon to play? The bathroom is not equipped for easy access and he has had a fall off the toilet. Need an OT assessment of the house and possible modifications. How many hours will I need? MD camp...Daniel loves going. I need to make sure I had money in the right spot so if he was lucky enough to get a position at camp he can attend. How many hours of Physio and OT do I need to cover a year? The list felt overwhelming.

I went to every community meeting I could, asked friends who had been through the process what I should do and I read thousands of articles on what to expect, I was still terrified and had no idea what I was going to write for his goals.

I went to my planning meeting with a disability agency worker as backup support and I laid out everything Daniel needed. I used very broad-based goals such as improving personal growth and independence. This covers nearly everything a 7-year-old does. Yes, I forgot stuff and yes, I got stuff wrong. I forgot to include OT travel time and report writing time. But basically I feel like that initial meeting went well.

Since starting this process we have had to find a new OT and physio who I can't rave about enough (this was because I didn't include OT and Physio travel time). The homecare team have made a huge difference to Daniel's life. He is more confident to ask others for help and capable of explaining his difficulties. He now gets time to play before dinner which means everything to a seven-year-old.



I have complaints. It has not been all plain-sailing. Daniel's NDIS planner has changed numerous times since February. Despite many attempts I am having great difficulty getting questions answered. Therefore I would say the big criticism I have encountered (despite many positives) is communication within the NDIS.

Jo O'Brien MDNSW Member

MDNSW CAN HELP YOU WITH THE NDIS!

Here at MDNSW we are committed to supporting you through the process of planning for your NDIS meeting and even attending the meeting with you if you like. We encourage everyone to attend an NDIS information session in your local area, details can be found at www.ndis.gov.au

Be sure to check out our website for lots more information about the NDIS and services that we can offer in your plan; www.mdnsw.org.au or call our Client Services Team at any time on 9888 5711.

Regional Information Sessions

MDNSW is holding a number of information sessions throughout regional NSW for our members including:

New England /Armidale on 14th October
Upper Hunter on 29th October
Far South Coast on 3rd November

For more information or to attend one of these sessions please contact Kejanna Taylor-King on 0429 565 222.