



Family &
Community
Services

**MUSCULAR
DYSTROPHY**
NSW BUILDING STRENGTH
REACHING POTENTIAL

My

NDIS

TOOLKIT



Acknowledgements

This resource was written by Carolyn Campbell-McLean at Muscular Dystrophy NSW.

We would like to acknowledge the expertise of the people who user-tested the resources and provided valuable feedback on the development of the resources; Michael Perrin, Julie Duong, Annie Wylie, Suzee Green, Rachael Albert, Cindy Tangimetua, Lisa Brown, Melissa Elkin from Living My Way Ltd, Lauren Fehlberg from Children's Hospital Westmead, Anna Everett, Emma Cowley and Sarah-Grace Paguinto from Sydney Children's Hospital. Nothing About Us Without Us. We would like to acknowledge the work of the Physical Disability Council of NSW and MS Society for their inspiration in creating this resource.

Thanks to the very talented Monique Witsen for her design and formatting work.

We would like to thank Ageing, Disability and Home Care, Department of Family & Community Services NSW for commissioning and funding this resource.

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How to use this Toolkit

This toolkit is designed to be a guide to assist people with neuromuscular conditions prepare for their NDIS planning meeting, and their regular review meetings. It's really important to put time and thought into preparing for your NDIS planning meeting. Being well prepared for the planning and review meetings will increase the chance of getting a plan you are happy with, being well supported and reduce the need to appeal decisions in the future.

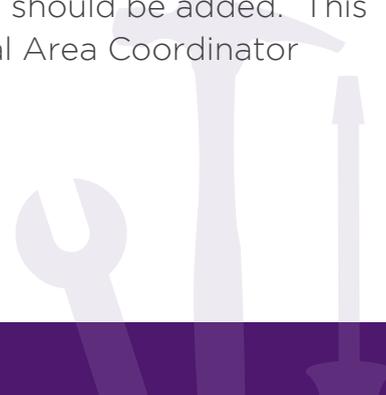
There are a series of fact sheets, editable forms, checklists and templates that create a toolkit of handy planning resources designed specifically for people with physical, progressive disability. It is best to read and use the resources in order, as planning is a process, however they can be used as stand-alone tools if required.

It is important to get support for your NDIS planning.

You might talk to:

- Family members or friends
- Staff at a hospital clinic such as OTs or social workers
- Service providers who you trust and who know you well
- Muscular Dystrophy NSW Client Services team

You might speak to people before you complete the toolkit or take along what you have completed to use as a conversation starter. It's also a good idea to show a draft of your pre-plan to someone who knows you well, to see if anything else should be added. This should be before your planning meeting with the NDIA or a Local Area Coordinator (LAC), or before your plan is due for review.



My Introduction to the NDIS Part 1



What is the National Disability Insurance Scheme (NDIS)?

The NDIS is a new way of providing support to people with disability. Funding is allocated to the participants directly rather than to service provider organisations like Muscular Dystrophy NSW (MDNSW). People with disability have more control and choice over how, when and where their supports are provided.

It focuses on supporting participants to become more independent and achieve their goals including developing skills for day-to-day living.

What is the NDIA and what does it do?

The National Disability Insurance Agency (NDIA) is an independent government agency which manages the NDIS. They work directly with people with disability, their families and carers to complete individual plans and provide funded supports.

How do you access the NDIS?

If you are already using Ageing, Disability and Home Care (ADHC) funded supports, such as the Community Support Program, you will 'rollover' into the NDIS and receive a phone call and letter confirming your eligibility. A child using early intervention and linked in with early intervention agencies will also be rolled into the NDIS. If you are not already receiving formal supports you will need to apply to be a participant of the NDIS.

You can apply to be a participant of the NDIS by telephoning the **NDIA on 1800 800 110** and asking them to post you an Access Request Form.

To become an NDIS participant you must:

- Have a permanent impairment that significantly affects your ability to take part in everyday activities, or have a developmental delay;
- Be aged less than 65 when you first apply to enter the NDIS and meet additional age requirements if you live in South Australia or Tasmania;
- Live in Australia in an NDIS area
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa



Introduction to the NDIS

Part 1

What is the process for getting funding from the NDIS?

After you are assessed and become a participant of the NDIS, you will be contacted by a Local Area Coordinator (LAC) who will have a planning meeting with you. This is where you will discuss your life, your goals and the supports you need to live the life you choose. The documents in this toolkit can be used to help you prepare for the planning meeting and ensure you cover all aspects of your life and the types of supports you need. The LAC then gives all your information to the NDIA Planner who puts together your individual plan. There are 5 key stages of the NDIS Process:

Pre-planning → Planning meeting → Receive plan →
Implement plan → Review plan

Your plan is based on 3 things:

1. Individual goals
2. Informal, mainstream and community supports
3. NDIS funded supports

The NDIS will fund supports that will help you achieve your goals, and these supports must be considered '**reasonable and necessary**'. Your goals should help you take part in activities that help you increase your social and economic participation. Goals often relate to increasing independence or access to the community.

The NDIS will fund supports that are:

- Related to your goals
- Related to your disability
- Good value for money
- Effective and likely to work well for you

A support will not be funded if it:

- Is not related to your disability
- Duplicates other supports already funded by a different government department eg. housing, health, education
- Relates to day-to-day living costs that are not related to your disability support needs, or
- Is likely to cause harm to you or pose a risk to others

The NDIS Price Guide www.ndis.gov.au/html/sites/default/files/documents/Provider/201617-vic-nsw-qld-tas-price-guide.pdf lists all the supports that the NDIS will consider funding, and the unit price per hour for these supports.



Introduction to the NDIS

Part 1

In the NDIS, supports for participants fall into three categories:

1. **Core** Enables a participant to complete activities of daily living
2. **Capital** An investment, such as assistive technology, home or vehicle modifications
3. **Capacity Building** Enables a participant to build their independence and skills

Goals

Goals are the things you are aiming for in your life. *What do you want to **achieve**? What **outcome** do you want?* Goals differ for each person due to their individual and unique circumstances and life context.

A goal may relate to everyday activities:

Being able to get out of bed

A goal may relate to maintaining current life activities:

My job and social network, my garden

A goal may relate to maintaining your roles and responsibilities:

Being a parent, partner or active family member and friend

A goal may be aspirational:

To go with my family on a holiday with supports in place

How do I write up my goals?

Start with the word 'To' and then add a verb like 'increase', 'maintain' or 'improve'.
For example:

- To continue living in my home as independently possible
- To increase my social participation and community access
- To maintain my part-time employment

Life Domains

Life Domains help you think about goals in different life areas. They can assist you to explore where supports in these areas already exist and where further supports are required.

1. Daily Living
2. Home
3. Health and Well-being
4. Lifelong Learning
5. Work
6. Social and Community Participation
7. Relationships
8. Choice and Control

a goal
without a plan is
just a wish

Antoine de Saint Exupéry

How can Muscular Dystrophy help me with the NDIS?

We understand that the NDIS process can be very overwhelming and confusing. We are already providing supports for people under the NDIS and we are here to help and support you through your NDIS journey every step of the way. We have been offering support to people and families living with a neuromuscular condition and we can continue to do so under the NDIS.



What Muscular Dystrophy NSW services can be included in my NDIS plan?

Muscular Dystrophy Association of NSW is registered to provide supports under the NDIS. These include:

- Attendance at our camps and muscular dystrophy retreats
- Supporting the participant with coordination of services
- Participation in community and social activities
- Individual or telephone counselling
- Assistance to access and maintain employment

We encourage you to select these supports in your NDIS plan if you wish to receive these services from MDNSW.

If you would like to know how MDNSW can help you through this transition and assist you with which services we can provide, please do not hesitate to contact us:

Free Call: 1800 635 109
Phone: (02) 9888 5711
Email: myndisplan@mdnsw.org.au
www.mdnsw.org.au



My One page Profile

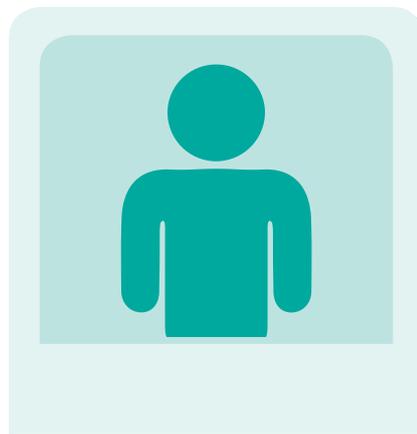
Part 2



Complete your One Page Profile about you or the person with disability

- This will assist the NDIA Planner to have a broader picture of who you are
- You can personalise this profile by adding artwork, photos, cartoons or images – particularly if the profile is of a child

Example



Name	
Isobel Gallagher	
Living arrangements	
I live in a rental townhouse with my housemate who also has a physical disability	
Strengths and abilities / What people like and admire about me?	What's important to me?
<ul style="list-style-type: none"> • High level communication skills • Organisational ability • Top Networker! 	<ul style="list-style-type: none"> • Independent living • Family incl. being Aunty and sister • Work • Connecting and relationships • Inclusion and access in community • Making my own choices and decisions
Likes	What's important for me?
<ul style="list-style-type: none"> • Talking • Being the manager of my own team of supports • Attending concerts 	<ul style="list-style-type: none"> • Quality personal care • Comfortable in chair and bed • Skin checks • Take medication • Good emotional support • Stretches to prevent pain • Access to internet • Reliable carers • Mobile phone charged • Equipment working • Monitor blood pressure • Respiratory health • Quality and regular health care • Sleep study in September • Prevent and manage UTIs
Dislikes	



One page Profile

Part 2



Complete your One Page Profile about you or the person with disability

- This will assist the NDIA Planner to have a broader picture of who you are
- You can personalise this profile by adding artwork, photos, cartoons or images - particularly if the profile is of a child

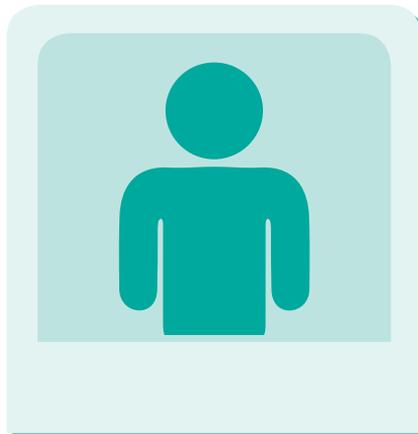
Name

Living arrangements

Strengths and abilities / What people like and admire about me?

Likes

Dislikes



What's important to me?

What's important for me?

My Timetable of Support

Part 3



Daily Schedule

Complete a diary or keep a log of all the supports used over a period of time eg. one week

- Think about holiday time, and times when you might be unwell or need more support? eg. when equipment fails
- Do you need any overnight support?
- You can also include your care plan
- Include any formal (paid) and informal (family, friends, neighbours etc) supports



TIME	ACTIVITY / TASK	SUPPORTS
NOTES		

My Timetable of Support

Part 3



Weekly Timetable



DAY	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			
OCCASIONAL ACTIVITIES			
NOTES			

My Checklist of Supports

Part 4



Tick the items that you currently use or might need in the next year

- Think about the details of each item and write notes
- Think about your current supports:
 - Formal (paid workers, services you pay for etc)
 - Informal (things that family, friends, neighbours etc do)
 - Mainstream (GP, neuromuscular clinic, lawnmower company etc)
- Think about any gaps and supports you need during the next year
- You can also include your care plan as an attachment if you have one
- A Support Coordinator can help you understand your plan and its budgets, and help you with finding and connecting you with supports and services in your community to achieve the goals in your plan
- A Plan Manager can help with the financial tasks of a plan, such as organising providers and their payments, processing of claims and invoices and tracking of budgets

Assistance with Daily Life (Care support)	
<input type="checkbox"/> Personal care <i>include overnight care and all care provided by informal supports</i>	<input type="checkbox"/> Cooking, eating and drinking
<input type="checkbox"/> Home care <i>include domestic cleaning, laundry, home maintenance, lawn and garden care</i>	<input type="checkbox"/> Seasonal jobs <i>eg. sorting clothes, tidying cupboards, cleaning windows, moving heaters & fans</i>
<input type="checkbox"/> Driving	<input type="checkbox"/> Support to maintain informal support <i>include respite, short-term accommodation</i>
<input type="checkbox"/> Shopping	<input type="checkbox"/> Extra care <i>if sick or travelling</i>

Checklist of Supports

Part 4

Consumables	
<input type="checkbox"/> Continence supplies	<input type="checkbox"/> CPAP supplies
<input type="checkbox"/> Carer supplies <i>include gloves, hand sanitiser, handwash, masks, aprons etc</i>	<input type="checkbox"/> Enteral nutrition supplies
<input type="checkbox"/> Eating and drinking equipment	<input type="checkbox"/> Other
Assistance with Social and Community Participation	
<input type="checkbox"/> Sport <i>watching, attending or participating</i>	<input type="checkbox"/> Camps
<input type="checkbox"/> Holidays	<input type="checkbox"/> Recreational activities <i>include hobbies, groups, interests</i>
Transport <i>Think of occasions when public transport is not viable eg. weather, health issues, locations and accessibility etc</i>	
<input type="checkbox"/> Support to drive you in your own vehicle	<input type="checkbox"/> Taxi transport <i>list the trips you make each week and approximate cost</i>

Checklist of Supports

Part 4

Assistive Technology	
<input type="checkbox"/> Manual wheelchair	<input type="checkbox"/> Specific mattress or bedtime comforting
<input type="checkbox"/> Power wheelchair <i>eg. servicing, repairs, batteries, tyres, adjustments, hire while repairs</i>	<input type="checkbox"/> CPAP / BIPAP machine
<input type="checkbox"/> Wheelchair seating / cushions	<input type="checkbox"/> Cough assist machine
<input type="checkbox"/> Scooter / walking frame <i>or other mobility device</i>	<input type="checkbox"/> Exercise or sporting equipment <i>eg. beach wheelchair, pool hoist etc</i>
<input type="checkbox"/> Shower commode / chair <i>and any other bathroom / toileting aides</i>	<input type="checkbox"/> Equipment hire when travelling
<input type="checkbox"/> Hoist and sling	<input type="checkbox"/> Communication aids
<input type="checkbox"/> Hospital / electric bed	<input type="checkbox"/> Other

Checklist of Supports

Part 4

Home Modifications	
<input type="checkbox"/> Electronic door opener <i>include maintenance and repairs</i>	<input type="checkbox"/> General modifications <i>to home or garden</i>
<input type="checkbox"/> Bathroom modifications	<input type="checkbox"/> Environmental control systems
<input type="checkbox"/> Kitchen modifications	<input type="checkbox"/> Ramps
<input type="checkbox"/> Other	
Vehicle Modifications	
<input type="checkbox"/> Modifying the vehicle <i>include modification maintenance and repairs</i>	<input type="checkbox"/> Restraint Systems <i>include restraint maintenance and repairs</i>
Specialist Disability Accommodation	
<input type="checkbox"/> Supported accommodation, shared housing with support	

Checklist of Supports

Part 4

Therapy	
<input type="checkbox"/> Physiotherapy <i>Assessments, maintenance (regular), goal-related (time framed)</i>	<input type="checkbox"/> Dietician
<input type="checkbox"/> Exercise physiology <i>include massage</i>	<input type="checkbox"/> Nursing
<input type="checkbox"/> Occupational therapy <i>include assessments for equipment, get quotes from OTs</i>	<input type="checkbox"/> Counselling / Psychology
<input type="checkbox"/> Speech therapy	<input type="checkbox"/> Other
Support	
<input type="checkbox"/> Support Coordination	<input type="checkbox"/> Plan Management
<input type="checkbox"/> Assistance with work, study or volunteering	<input type="checkbox"/> Mainstream Supports <i>GP, clinics, school etc</i>

My Equipment Register



Example



- You can ask your OT to help you put together your equipment register or you can yourself
- ENABLE can send you a list of all the equipment they have funded you in last 10 years
- Don't forget to include any equipment funded by other places eg. MDNSW, Variety or JobAccess

Name Isobel Gallagher

Phone _____ Email _____

Equipment

Complete for each piece of equipment used

EQUIPMENT	MODEL	SUPPLIER
Hoist	Invacare Birdie 180. Power leg spread. Able to be folded into car. Allegro sling	Provided through EnableNSW Equipment Service DATE SUPPLIED June 2016
BASIC CARE		
<p>The hoist comes with onboard batteries, therefore need to be plugged in using power cord that is attached to hoist.</p> <p>EVERY 3 MONTHS:</p> <ol style="list-style-type: none"> 1. Give visual check of mounting bolts and Pivot points. Check for any loose parts. 2. Test standard hoist functions, boom raise and lower, manual foot opening. 3. Test functionality of brake and wheels for Lock and Steer functions. 4. Visually check slings for any sign of wear and tear. 5. Ensure cleaning has been maintained. Wipe with a damp cloth. Remove hair or any dirt build up from the wheels. 		
MAINTENANCE		
<p>12 monthly service is recommended on electrical equipment. Service to be arranged in June 2017. EnableNSW: 1800 362 253 (1800 ENABLE)</p>		
REPAIRS		
N/A		

My Equipment Register

Part 5



- You can ask your OT to help you put together your equipment register or you can yourself
- ENABLE can send you a list of all the equipment they have funded you in last 10 years
- Don't forget to include any equipment funded by other places eg. MDNSW, Variety or JobAccess



Name _____

Phone _____ Email _____

Equipment

Complete for each piece of equipment used

EQUIPMENT	MODEL	SUPPLIER
		DATE SUPPLIED
BASIC CARE		
MAINTENANCE		
REPAIRS		

Equipment Register

Part 5

To record all of your equipment, this page is available as a separate download

EQUIPMENT	MODEL	SUPPLIER
		DATE SUPPLIED
BASIC CARE		
MAINTENANCE		
REPAIRS		

EQUIPMENT	MODEL	SUPPLIER
		DATE SUPPLIED
BASIC CARE		
MAINTENANCE		
REPAIRS		



At your NDIS Planning meeting or review meeting you can choose how you want to manage the supports in your plan.

There are 3 different ways to do this, and you can choose different ways for different areas of your plan:



1. **Self-Managed** – You are responsible to claim the funding through your NDIS portal and pay the service providers
2. **Plan Managed** – The plan manager pays the bills on your behalf
3. **NDIA Managed** – The service provider invoices the NDIA. *If you are Agency managed, you are limited in using only NDIA Registered providers.*

1. Self-Managed

When you self-manage your NDIS fund, it means that you will be responsible for paying the invoices related to the supports that you have received through your NDIS Plan. You can do this yourself, or you can have a nominee do this on your behalf. This nominee might be a member of your family, a friend, or carer. Once these invoices have been paid by you, you will be reimbursed through your nominated NDIS bank account. The first payment after your plan is approved will be an advance to cover the expected cost of supports for the first month. You can use this funding to employ support staff or pay an organisation of your choice to provide your supports.

Through this management type you can directly employ your own staff, or pay someone else to employ them on your behalf.

You will also be responsible to:

- Find and organise your supports
- Develop a service agreement with each selected provider
- Pay your providers on time as set out in your service agreement
- Manage your costs
- Keep appropriate records and receipts for supports provided, claimed and paid
- Report to the NDIA on the amount used and funds spent on the self-managed items of your NDIS plan

Records and receipts of how you or your nominee spend your NDIS money should be kept for five years.

You don't have to self-manage all the support budgets in your plan. You can choose to self-manage one part of a support budget. You may choose to self-manage your fund because it gives you choice and control over the people you pay to support you. It also gives you greater choice of providers not registered with the NDIA.

For more information www.ndis.gov.au/participant/self-managing-budgets

2. Plan Managed

You may get help to manage the funding for your supports from a registered plan management provider. This is a separate section of your plan called Capacity Building - Choice and Control, and is funded in addition to your core support funding.

A registered plan management provider can manage some, or all, of the funding for your supports. They can:

- Pay your providers and process expense claims for you
- Complete paperwork and keep records for you
- Work with your providers to decide how and when your supports are provided
- Increase your skill so you can have more control over your plan in the future

A list of registered plan management providers is available on the **NDIS website**

3. NDIA Managed

NDIA can also manage the funding for your supports in your plan.

Under this option you will:

- Choose the service providers you want to deliver your supports from the registered provider lists on the NDIS website
- Organise your supports to suit your own needs
- NDIA can help with connecting you to the registered providers that deliver the types of support in your plan
- Once you receive your supports, NDIA will pay the providers directly

No matter which option you choose, you will decide which service providers are right for you and when and how you want your supports delivered.

My Pre-Plan Template

Part 7



- It is a good idea to write up your goals and supports in a template to give to the LAC/planner
- You need to identify current supports (formal and informal) plus any gaps that mean you need extra supports
- This is where you can also nominate how you will manage the supports eg. NDIA managed, plan managed or self-managed (you can use a combination)

Example

What do I want to achieve - GOAL?	How do I want to achieve it? - STEPS	What will I need to achieve it? - SUPPORTS	How to manage this in plan?
To maintain independent living	<p>Have own team of support workers to assist me with personal care and household support</p> <p>(35 hrs week current support) – see Care Plan</p>	<p>Currently 35 hrs per week of support</p> <p>TRAINING</p> <ul style="list-style-type: none"> - 5 hrs each new support worker - Training if I need to get a CPAP machine - 1 day course in manual handling for each new support worker <p>TRAVEL</p> <ul style="list-style-type: none"> - Reimbursement for support worker travel to attend appointments - Support worker's travel to accompany me away on work related travel <p>PLAN MANAGER</p> <ul style="list-style-type: none"> - 4 hrs per month – see flyer on Living My Way - Support coordination from Living My Way - small amount per month 	Plan Manager
	<p>Gap identified – shower takes 30 minutes longer so need 36.5 hrs per week – see care plan</p>	<p>Due to increasing health conditions and manual handling techniques my shower (3 x weekly) takes 30 minutes longer so need 36.5 hrs per week – see care plan</p>	Plan Manager
	<p>Gap identified – Additional support for community, social and recreational activities – including support to attend medical appointments</p>	<p>Medical appointments 2 hrs / month for support worker to assist me at sleep study, respiratory clinic, cardiology tests, pap smears, mammograms, dentist = 1 hr week extra therefore total care hrs 37.5 hrs per week.</p>	Plan Manager

My Pre-Plan Template

Part 7



Example

What do I want to achieve - GOAL?	How do I want to achieve it? - STEPS	What will I need to achieve it? - SUPPORTS	How to manage this in plan?
	Gap identified - Assistance with self-care night-time (sleepover – inactive)	Inactive sleepover when sick x up to 10 nights per year	Plan Manager
To have annual holiday and two weekends away each year	Need support worker to travel with me on holidays or short breaks	Support workers expenses paid for <ul style="list-style-type: none"> - accommodation - meal allowance - transport - overnight inactive sleepover - 20 nights per year (2 week holiday = 14 nights, plus 2 x 3 night short breaks = 20 nights) 	Plan Manager – Living My Way Ltd
	MDNSW Annual Retreat – provides an opportunity to have time out from regular routine and spend time learning from other people with same disability which offers important peer support and mentoring time	Short term accommodation and assistance - 2 nights	Agency managed
To maintain health and wellbeing	Access to specialised disability equipment and continence supplies	Equipment repaired, maintained – see equipment register OT support for when things go wrong, from Living My Way (as part of support coordination) Continence products – see equipment register PLUS WHS supplies/consumables for support staff e.g. gloves/hygiene wipes/ Anti-bacterial hand gel/ aprons – see equipment register	Self-manage Supports coordination Self-manage – Continence allowance

My Pre-Plan Template

Part 7



Example

 MyNDIS
 TOOLKIT

What do I want to achieve - GOAL?	How do I want to achieve it? - STEPS	What will I need to achieve it? - SUPPORTS	How to manage this in plan?
	Occupational Therapy for seating issue of falling over to the left. This is getting worse due to weakening of trunk muscles, worsening of scoliosis and has resulted in falling over in taxi and getting stuck.	Seating review for postural support - Private OT Sally Oates Postural assessment including travel - 2.5hrs Equipment Trial With Supplier A including supplier liaison and travel - 2.5hrs Equipment Trial With Supplier B including supplier liaison and travel - 2.5hrs Preparation of equipment request - 2hrs Appointment for equipment delivery and set up of new equipment including supplier liaison and travel - 2.0hrs Phone calls to monitor progress of above steps 2,3 and 4 and to evaluate equipment - 0.5hr TOTAL = 12 hours	Self manage
	Physiotherapy	Stretching review Chest physio percussion if chest infection Training by physio for support workers in manual cough assist and CPAP if prescribed	Self manage
	Clinical Nurse Consultant re pressure care (if required)	Assessment and advice to heal and prevent pressure areas if they develop	Self manage
To have support to access work and the community	Specialised transport to employment/ community Public transport where possible Need taxi when it's raining, cold, hot, night or public transport isn't accessible or takes too long	Trips by taxi to - Work 2 x weekly \$80 week - Family 1 x \$20 week - Medical 1 x month \$40 (\$10 week) - Community / friends place 1 x monthly \$60 (\$15 week)	Transport allowance

My Pre-Plan Template

Part 7



- It is a good idea to write up your goals and supports in a template to give to the LAC/planner
- You need to identify current supports (formal and informal) plus any gaps that mean you need extra supports
- This is where you can also nominate how you will manage the supports eg. NDIA managed, plan managed or self-managed (you can use a combination)



MyNDIS
TOOLKIT

What do I want to achieve - GOAL?	How do I want to achieve it? - STEPS	What will I need to achieve it? - SUPPORTS	How to manage this in plan?

My Pre-Plan Template



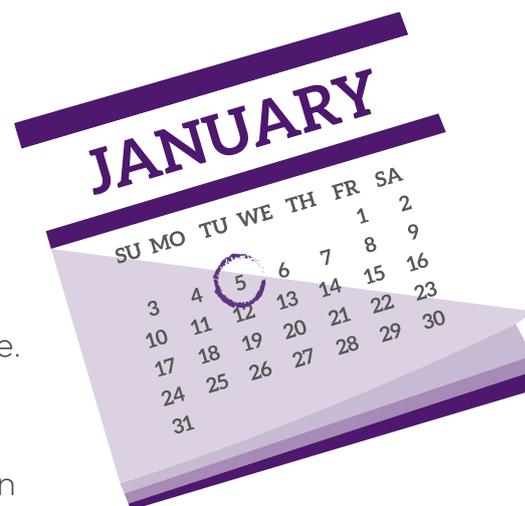
To record all of your goals, this page is available as a separate download



What do I want to achieve - GOAL?	How do I want to achieve it? - STEPS	What will I need to achieve it? - SUPPORTS	How to manage this in plan?



- Your NDIS Plan is usually in place for 12 months. The Plan will then be reviewed by a NDIS Planner or LAC with you and your family and carers. This allows an opportunity to discuss what is working, what is not working, review and change goals and adapt the plan
- You can request a review of your NDIS Plan at any time. To do so, contact the NDIS
- A review of a plan will trigger another planning conversation. This will lead to designing your next plan
- Prior to a review date, you will be asked to complete an NDIA review report
- This form will help you to prepare a new participant statement for your next NDIS plan
- The answers you provide will go into your plan and this may be seen by your service providers and others who support you
- You and the Planner will review goals and outcomes and identify the types of supports that achieved your desired outcomes



You can request assistance to complete this report by asking for support from:

- A Local Area Coordinator (LAC)
- Your Support Coordinator
- Contacting MDNSW
- Your closest National Disability Insurance Agency (NDIA)

What if I don't spend all of the funds in my plan?

The NDIS provides a whole-of-life approach to providing supports that are reasonable and necessary for you to live more independently and work towards reaching your goals.

- This means you do not need to spend all your budget if you don't need to
- You will review your current NDIS Plan with your Planner before a new plan is agreed to
- You do not need to use all the NDIS funding in your current plan to get the funding you need in your next plan
- Decisions about what supports are in your plan are based on what is reasonable and necessary to meet your goals for the period of each plan, rather than about how much money you have or haven't spent in your previous plan
- However it's a good idea to have an explanation of why funding in particular category was not used. Could be a lack of carers to help in your area, time taken to locate a suitable physio etc

Preparing for your Review

Consider answers to the following:

Which supports and services are working well?

Which supports and services are not going so well?

Are there any supports and services in your plan that you are not yet receiving?
If so why? What are the barriers?

Are your current providers working well for you? Are they meeting your service expectations?

How are your informal supports working?

Have you built better connections to your local community?

Would you like to access different community or mainstream supports?

What has changed since your last NDIS Plan?

Informal supports, social and family connection

Living arrangements

Health and wellbeing

Access to mainstream supports and services

Independence goals

Are you achieving your goals and do you have any new goals?



My NDIS Information



- A place you can record contact details and notes about your NDIS Plan



My Name _____ My Nominee _____

My NDIS Participant Number _____ My Plan Dates are _____

My Local Area Coordinator is _____ Email _____ Mobile _____

My LAC Office is (Agency) _____ Email _____ Mobile _____

My Plan Manager is _____ Email _____ Mobile _____

My Supports Coordinator is _____ Email _____ Mobile _____

Summary of my NDIS Plan

Support Area	Budget	What can I spend this funding on?	Provider/s	Provider/s Contact Details	Bookings / Details of Services	How will the supports be paid/managed

My Resources and Links Part 10



Government

NDIS www.ndis.gov.au

Ageing, Disability and Home Care

www.adhc.nsw.gov.au

Community



Ability Links www.abilitylinksnsw.org.au

NDIS Planning

My Choice Matters

www.mychoicematters.org.au

Every Australian Counts

www.everyaustraliancounts.com.au

Physical Disability Council NSW

www.pdcnsw.org.au

Advokit - Disability Advocacy Network

Australia Limited (DANA)

www.advokit.org.au

Online Learning

My Learning Matters

www.mylearningmatters.org.au

Become a Leader

www.becomealeader.org.au

Peer Support

Peer Connect www.peerconnect.org.au

Physical Disability Council NSW

www.pdcnsw.org.au/projects/peer-support-groups/

Finding Providers

Clickability www.clickability.com.au

Choosing a service provider

www.adhc.nsw.gov.au/__data/assets/file/0003/414579/Guide-to-Choosing-a-Service-Provider-FINAL.pdf

Source for Kids www.sourcekids.com.au

Care Navigator www.carenavigator.com.au

IDEAS www.ideas.org.au

Finding Staff

Hireup www.hireup.com.au

Better Caring www.bettercaring.com.au

Self Management

Community Disability Alliance Hunter

www.cdah.org.au

NDIS Information www.ndis.gov.au/medias/documents/ha7/h5d/8799398035486/Self-Managed-Participant-PDF-227KB-.pdf

www.ndis.gov.au/medias/documents/ha7/h5d/8799398035486/Self-Managed-Participant-PDF-227KB-.pdf

Incharge

www.incharge.net.au/

Glossary of Terms

www.ndis.gov.au/news/easy-read-word-list.html

NDIS Funded Assistive Technology and Consumables Guide

www.ndis.gov.au/medias/documents/hf5/hae/8800885211166/AT-and-consumables-guide.pdf

Complaints, Reviews and Appeals

NDIS www.ndis.gov.au/participants/reasonable-and-necessary-supports/decision-review.html

Commonwealth Ombudsman

www.ombudsman.gov.au

Advocacy

Disability Advocacy NSW www.da.org.au

Synapse www.synapse.org.au

Facebook Groups

NDIS Grassroots Discussion

www.facebook.com/groups/239631286154106/?fref=ts

Self-Managed Funding Forum

www.facebook.com/groups/SELFMANAGEDFORUM/?fref=ts