

My Story, My Plan

NDIS Pre-planning Workbook

PREPARING FOR THE NATIONAL DISABILITY INSURANCE SCHEME





Getting Started

This booklet is designed to help you understand what the National Disability Insurance Scheme (NDIS) is, whether you are eligible and to start thinking about some of the supports you might need in various areas of your life.



All about the National Disability Insurance Scheme (NDIS)

What is it?

The NDIS is a new way of funding services and supports for people with a disability across Australia. It replaces the previous systems of funding.

What does it mean for me?

- If you have a disability you can get support to live your life more independently – at school, at home, at work – and move towards your goals
- The NDIS replaces other sources of disability funding so it's important to make sure you are registered
- You get to choose who provides supports to you under the new system; the services providers that suit you best
- Many people are now receiving supports that they did not receive before
- NDIS funding can take pressure off families as it can require less informal support from them, if that is what they prefer.

I'm not sure if I have a disability, or if a person I care about does – am I eligible?

If you are currently receiving support for a disability the National Disability Insurance Agency (NDIA) will contact you before the NDIS starts in your area.

If you are not currently receiving support for a disability, consider whether you usually need support from someone or assistive equipment to help you with:

- Getting around- inside and outside of the home
- Communicating with others and being understood
- Seeing or hearing
- Learning new things
- Looking after yourself or where you live, day-to-day

If you need to help to do some of these things, you may be eligible. To be eligible you also need to be:

- Under 65
- An Australian citizen or a permanent resident
- Have a disability that is likely to be permanent and affect your daily life
- Under 6 years old to receive early intervention for disabilities such as autism or developmental delays.

There is an online access checker on the NDIS website to find out whether you are eligible:

<https://www.ndis.gov.au/ndis-access-checklist> or you can call them on 1800 800 100.

What kinds of support can I get?

Supports available have to be related to your disability, such as:

- Someone to come to where I live to help me do my day to day things like washing, eating, cleaning, food shopping so I can stay in my own home
- Someone to take me out to do the things I enjoy, like visiting my family or activities in the community
- Changes made to where I live, like ramps or bathroom modifications, to make it easier for me to continue living there
- Equipment to make it easier for me to get around, to communicate or to understand things
- Therapy supports like occupational therapy or behaviour support
- Learn new skills like how to cook, use a computer or manage money
- Accommodation if you have a significant disability with high care needs.

There is much more support available depending on what you need. We will go through what your needs are in this booklet.

The NDIS does not replace mainstream services like health, education and the mental health systems. It also does not fund things that everyone has to pay for like food, electricity or cars.

Will I lose any other money that I currently receive?

NDIS funding is not means tested and does not impact on any other allowances you may receive, like the Disability Support Pension.

The only exception is the Mobility Allowance which will be included as part of your NDIS funding package as transport once you move to the new system so be sure to include your transport needs in your plan.

When will the NDIS be in my area? (Victoria)

The NDIS is available in the following regions:

- *Metro Melbourne*: Bayside Peninsula, Hume Moreland, Inner Eastern Melbourne, North Eastern Melbourne, Outer Eastern Melbourne.
- *Regional Victoria*: Barwon, Central Highlands, Inner Gippsland, Loddon, Ovens Murray, Western District.

The NDIS is coming to the following regions:

- *September 1, 2018* - Southern Melbourne (Cardinia, Casey, Greater Dandenong)
- *October 2018* - Brimbank Melton, Western Melbourne (Hobsons Bay, Maribyrnong, Melbourne, Moonee Valley, Wyndham)
- *January 1, 2019* - Goulburn, Outer Gippsland, Mallee.

Any disability supports you currently access continue until you have transferred to the NDIS.

What does 'reasonable and necessary' mean?

NDIS funds supports that are reasonable and necessary to help them become more independent and achieve their goals. Reasonable is something that is fair, necessary is something you need because of your disability.

What is reasonable and necessary may be different for different people, based on their support needs.

What is First Plan?

With many people moving to the new system at once, the NDIS designed First Plan to make the process quicker. First Plan focuses on continuing the supports you are already receiving, with future plans having more focus on the individual's goals and aspirations.

The NDIS' commitment to working with Aboriginal and Torres Strait Islander People.

The NDIA has said it wants to be able to support ATSI people better than it does currently. It acknowledges that many ATSI people do not identify as having a disability and those who have a bad experience with government or services in the past might expect the same thing to happen again.

The NDIS is committed to engaging ATSI people in the 'Proper Way', working differently in each community with the leaders, respecting values, customs, language and building trust.

You can read more about their approach here:

<https://www.ndis.gov.au/medias/documents/h78/hdc/8801244708894/ATSI-Engagement-Strategy-May2017.pdf>

Still have questions about the NDIS?

We have created a more indepth FAQ guide to help participants better understand their journey to the NDIS. To learn more visit the link below:



www.gellibrand.org.au/ndis/about-the-ndis/

Great, so now I know about the NDIS, what do I need to do next?

Getting ready for the NDIS - step by step

1. **Establishing eligibility** - If you are eligible for the NDIS (see above, 'am I eligible?') you will need to start preparing for your meeting with an NDIA planner.
2. **Pre-planning** - You need to think about what support you need to live life the way you would like, and your goals. This booklet will help you with that.

Services providers and community organisations often hold NDIS and pre-planning workshops that you might find useful to attend.

3. **Planning meeting** - You will be invited to have a planning meeting with an NDIA planner. For some people this will be over the phone, for others it will be face to face.

Take any diagnoses and assessments you have with you to the meeting, as well as any completed pre-planning work such as this booklet, and a list of your existing supports with services providers.

4. **Receiving your plan** - Following the meeting/s, you will receive your NDIS plan outlining the funding you will receive for the supports you need. This will usually take at least a few weeks from your final planning meeting, sometimes longer.
5. **Putting it into action** - The NDIS will contact you to work with you to put your plan into action once it's finalised. This assistance could be provided by a Support Coordinator, Local Area Coordinator or another party who can connect you with supports.
6. **Review/appeal** - Plans are usually reviewed every 12 months. If you are not happy with your plan when you receive it, you can request a review.

If your circumstances change throughout the year and you find you need more support, for example you are admitted to hospital, you can request an update of your plan then also.

Managing your funding and services

It's also important to have a think about how you would like to manage both your funding and your services before you attend your planning meeting. Some people prefer to let someone else take the day-to-day hassle of paperwork, bills and coordination on. There are a number of options available to you.

Plan Management (managing your funding) options:

1. Manage your funding yourself – the NDIS will provide you with the funding to pay directly to the people and organisations that support you. Or you can ask for someone you trust, like a family member to manage your funding for you. This is called 'Self Managed'
2. Use a registered Plan Management provider. Plan Management is funded as part of your plan and does not take away from the other funding for disability supports.
3. Ask the NDIA to manage your funding for you.

Support Coordination (managing your services and supports):

There are three levels of Support Coordination, depending on how complex the support required is. Support Coordination can alleviate some of the day-to-day work of coordinating multiple services and providers and can be funded as part of your plan. Your planner will decide which level you need.

My Story, My Plan

The next part of the booklet takes you through various areas of your life to map out what supports you currently receive (if any) and what additional supports you may need. We'll also take a look at your goals.



My Story, My Plan



About me

My name:	
My date of birth:	
What I am good at:	



Where I live

My address:	
Who I live with:	
Are there any home modifications needed? (e.g. ramp, railings, bathroom, modifications):	



My relationships

Who I am closest to:	
Other important people to me:	
What I'd like to improve about my relationships (e.g. make new friends, not get so angry when I'm annoyed, I'd like to date):	



My week

Things I do in my daily life (e.g. attending a day program, visiting family, going to the movies):

Who helps me to do these things (e.g. my mum, support worker)

Monday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	
Tuesday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	
Wednesday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	
Thursday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	
Friday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	
Saturday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	
Sunday	<i>Morning:</i> <i>Afternoon:</i> <i>Evening:</i>	

What is working well with my week:

Things I would like to do but don't currently do:

What isn't working well with my week:



Assistance with activities

What I currently have

What I need to have

Help with personal care like showering		
Help with housekeeping like cooking and cleaning		
Help with transport		
Help participating in work, volunteering or study		
Help in managing money and life skills		
Help accessing the community (e.g. day programs, attending appointments, hobbies)		



Equipment and aids

(e.g. wheelchair, communication devices, continence aids, hoist, alarms, walker, vehicle modifications)

What I currently have:	
What I need that I don't currently have:	



My Therapies

(e.g. occupational therapy, speech therapy, psychology, physiotherapy, behavior therapy)

	<i>Type of therapy</i>	<i>How often</i>
What I currently have:		
What I need that I don't currently have:		



Managing my funding and supports

I would like assistance implementing my plan, searching for providers and coordinating my supports (known as Support Coordination).

Yes

No

I would like assistance with managing my NDIS funding (known as Plan Management).

Yes

No

Where do I go for more information?

CONTACT THE NDIS

Phone: 1800 800 100*
Online: www.ndis.gov.au

For people with hearing or speech loss – TTY: 17800 555 677
For people who need help with English – Translating and Interpreting Service: 131 450

**The call centre is open Monday to Friday 8am to 8pm EST. 1800 calls are free from fixed lines, however calls from mobiles may be charged.*

CONTACT GELLIBRAND

General enquiries: 9300 5400
NDIS enquiries: 9300 5491

Online: www.gellibrand.org.au

Email: services@gellibrand.org.au

