

# NDIS-What should I know about plans?

## What is a plan?

A plan outlines what you want to happen in your life and talks about how you will make these things happen. A plan details the support you need, to do the things you want.

## Do I need a plan?

Yes. If you want to get funding from the NDIS, you must have a plan.

## How do I get an NDIS plan?

You meet with a person called a Planner from the National Disability Support Agency (NDIA) to work out a plan. The NDIA is the Agency that manages the NDIS. You can take whoever you like with you when you talk about your plan.

## What should be in the plan?

A plan from the NDIA has 2 parts.

**Part 1** is about **what you want to achieve**. The Planner will call this your goals and aspirations. The Planner will ask you about the people you know and how they help you. They will talk about where you live and who you live with. They will also talk about things like whether you work or not. They will ask what you do during the day. They will ask who you know in your area.

**Part 2** of the plan looks at:

- Help you get from family and friends. Sometimes people call this informal support.
- The supports that will be funded by the NDIS.
- How the funding for your supports will be managed.
- A date for the plan to be reviewed.

## What will be funded?

This will be different for every person. Your dreams will be different so the supports you need will be different.

One way some people think about this is to work out what you need to have a good life. Then to work out how much is ok to spend on what you need. Your Planner may call this reasonable and necessary support.

## How will I know if what I am asking for is ok?

Unsure if what you are asking for is ok? The best way to find out is ask, if you are told that you cannot have what you ask for that is alright. At least you know.

Supports must:

- ✓ relate to your disability
- ✓ be value for money
- ✓ be useful and helpful to you.

If you are told that you cannot get what you want you can ask about why. If you are unhappy with the answer it is possible to question that answer by appealing.

Appealing means that your question and the answer you got will be looked at by someone else.

## Can I change my plan?

Yes. Most plans are for 6 months or for 12 months. Then they should be reviewed. The review date needs to be written in the plan.

But if your life changes and you need more or less support then your plan should change. You can contact your Planner and organise a meeting to change the plan.

## What is informal support?

Informal support is the support we give each other free of charge. We normally do not talk about it as informal support. It is just what we do for some other people in our life and they do for us. We do it because we want to.

Informal support could include:

- cooking a meal
- watering the garden
- picking someone up from the train station
- helping someone choose a new shirt
- helping a friend sort out a problem.

## What can I ask for from the NDIA?

You can ask for things to support you to do what you want to do. **The NDIS will not have programs.** You need to start thinking about **what you want to do** and **what support you need** to do what you want.

You can ask for things like:

- transport to take you places
- help with things you do at home like cooking and cleaning
- help at work
- therapy type supports like physiotherapy
- changes you need to your home
- equipment that will make your life easier
- changes to a car so you can use it.

## **Will I have to have an assessment?**

The Planner will work out your support needs by asking about your life. There are 10 areas of your life that they will ask about. They will be trying to work out what support you need to do things in your everyday life, for example:

1. Understanding and remembering information, learning new things, practicing and using new skills and ideas.
2. Doing daily tasks, managing things you do each day, knowing what to do when things go wrong, making choices.
3. Being understood and understanding other people.
4. Things like getting in or out of bed and moving around in your home and community.
5. Things like having a shower and eating.
6. Things like getting food ready, cleaning, making sure the house is well looked after.
7. Making and keeping friends, dealing with feelings and emotions.
8. Doing things you enjoy with other people and what you do in your free time.
9. Learning things.
10. Work.

The Planner can look at an assessment you have already done. A Planner can also ask you to have another assessment done by a specialist.

## **Should I prepare for my planning meeting?**

Yes. The NDIS is different to the funding you are getting now. For lots of people it will give you the chance for more control of your life. To make sure you make good choices you should prepare.

There is information about planning on the NDIS website. This includes a workbook to help you get ready for your planning meeting. There are also videos you can watch. Click

## The planning process

### What can I do to get ready now?

1. Think about the things that are important in your life and write down your ideas. This can also be things that are important now and things you want to do in the future.
2. Start trying new things to see if you like them.
3. Learn more. Learn from other people. Talk to people you know. Go to workshops. Look on the internet. Call our office for more information.

## Contact Details



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