

avivo

for planning with WA NDIS

Getting ready.

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Name:

This tool might help you get ready to develop (and/or review) your plan with a Local Coordinator (LC) for WA's National Disability Insurance Scheme (WA NDIS).

It may help you think about what your life is like now, the supports you already receive and what you need to live a good life now and in the future. You can use this tool on your own or someone can support you to think about and write down your thoughts.

Once you have filled out this form you can take it with you when you meet your LC. You can invite someone to go with you to meet with the LC. It may be a person you already know or a person from an advocacy organisation. A list of these organisations are on the last page.

We have also included some useful information on the next page. This may help you understand some of the words used by the LC when they plan with you.

If you run out of space on any page, there is an extra page for your notes on the last page.

Useful Information

Formal Support

- Paid support from an organisation that works with people who have a disability.

Informal Support

- The unpaid support you might get from family members, friends or a partner.

Mainstream Services

- Services that all people can access by systems such as Health and Education Departments.

Local Coordinator (LC):

- Employed by Disability Services Commission (DSC). They assist individuals, their families and carers to develop an individual plan, access information, explore opportunities in their community and identifying local supports and services.

Reasonable and Necessary

- **WA NDIS will fund 'reasonable and necessary' supports. Local Coordinators will assist people with disability, their families and carers to determine what is considered 'Reasonable and Necessary' throughout the planning process.**

Reasonable and necessary supports MUST:

- assist the individual to pursue goals and undertake activities which facilitate independence, social and economic participation
- develop and individual's capacity to actively take part in the local community
- represent value for money and are likely to be effective and beneficial for the individual
- be most appropriately funded through WA NDIS (rather than through other service systems)
- be directly related to an individual's disability needs; and
- be beyond what is reasonable to expect families, carers, informal networks and the community to provide.

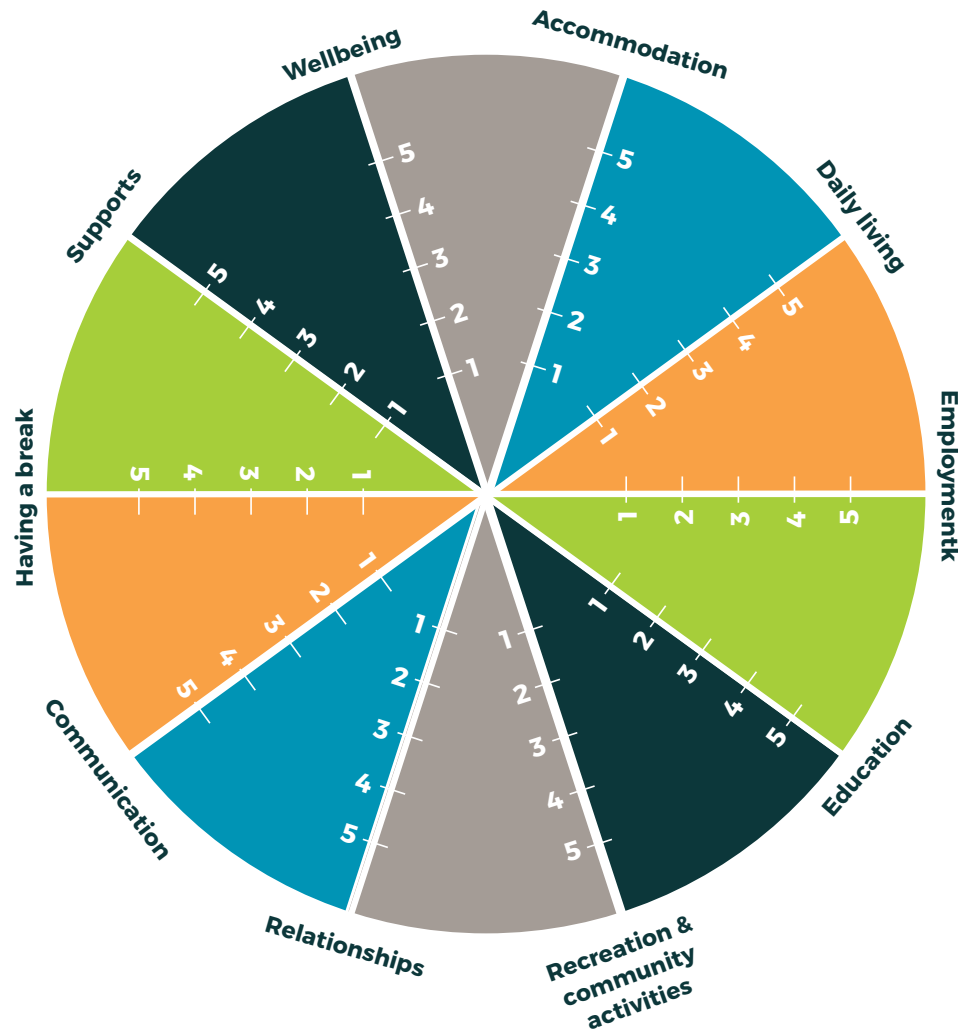
Fund Management Options

- 1) **Self-Managed:** funds are paid directly to the individual (or their Representative) to purchase supports and services identified within the individual's plan. Self-management enables the individual or their representative to choose DSC endorsed or non-endorsed providers to purchase supports with their NDIS funding.
- 2) **Organisation managed:** funds are managed by a disability sector organisation (including shared management options - see page 12). The individual identifies service providers that may be suitable to manage the funding under the plan. The individual will then select an organisation to provide their supports. This organisation must be a DSC endorsed provider.
- 3) **Combination:** of any/all the above options.

This chart might help you to think about how happy you are now in different areas of your life.

Click the number that applies.

1 = least happy 5 = most happy



Accommodation

Where you live, who with and type of accommodation.

Daily living

Doing domestic activities and personal care, having access to aids, equipment, technology and transport and being as independent as possible.

Employment

Getting a job, changing jobs, changing hours and/or days of work, volunteering.

Education

Opportunities to go to school, university or a training course.

Wellbeing

Your physical, mental, emotional health.

Recreation & community activities

Doing things in the community that you like to do (social, sport and leisure, religions activities, hobbies etc).

Relationships

Making and keeping friends, forming relationships, finding a partner or starting a family.

Communication

Being understood and understanding others (spoken, written or sign language).

Having a break

Activities and support that strengthen and maintain the capacity for families to provide care and support (paid and unpaid - family and friends).

Supports

The paid and unpaid supports in your life.

1. Describe a little about you, your life and the people in it.

• **Living arrangements**- who you live with and where:

• **Relationships** - your friends, family, partner, workmates:

• **Activities you do** - education, employment, sports, leisure, fun

• **Some of the most important things and events in your life**

2. What do you do in a typical week?

Think about:

- Activities and events that you do regularly (ie: weekly, fortnightly)
- The support you need (from family, friends, paid staff, therapists, aids, equipment, technology, home modifications)
- How you get there; and
- If you would like to keep doing them.

What you do and when you do it	Support you need to do it? (formal, informal / mainstream)	How do you get there? (type of transport and distance)	Would you like to keep doing it?
Monday Morning Afternoon Evening Night			
Tuesday Morning Afternoon Evening Night			
Wednesday Morning Afternoon Evening Night			

What you do and when you do it	Support you need to do it? (formal, informal / mainstream)	How do you get there? (type of transport and distance)	Would you like to keep doing it?
Thursday Morning Afternoon Evening Night			
Friday Morning Afternoon Evening Night			
Saturday Morning Afternoon Evening Night			
Sunday Morning Afternoon Evening Night			

3. What other events or activities do you do from time to time throughout the year?

Think about school holiday activities, appointments (including hospital stays), holidays, activities &/or celebrations you do sometimes.

When	What do you do	Any support you need to do it (formal / informal / mainstream)	How do you get there? (type of transport and distance)	Would you like to keep doing it?

When	What do you do	Any support you need to do it (formal / informal / mainstream)	How do you get there? (type of transport and distance)	Would you like to keep doing it?

4. If any family members, friends or a partner provide (unpaid) care and support to you, please describe:

A) Who provides the support:

B) How they support you:

C) Any (paid) family/carer support they have had and/or get now?

D) Any assistance such as regular breaks (in or out of the home), training, information, equipment, they need to continue to provide you with care / support?

5. Managing your WA NDIS Funding

How would you like to manage your funding from WA NDIS? More information about these options is in 'Useful Information' on pages 3 and 4.

Self-Managed

Shared Management

- Funds are paid to disability sector organisation (DSO). Arrangements are then made between the individual and the DSO about who:
 - employs , manages and pays for support staff
 - manages the funding

Organisation managed

Combination (self, shared and organisation managed)

6. Your goals: What would you like to keep doing and/or start doing now and in the future.

Think about what supports you need for this to happen including people, programs, activities, aids, equipment, modifications or therapies.

Long term goal

What would you like to do in the next 3-5 years?

Plan Goals: What would you like to do in the next 12 months and what support you think you will need to achieve this?

Accommodation - where you live, who with and type of accommodation.

Your goal for accommodation is:

The support you need for this is:

Daily living - doing domestic activities and personal care, having access to aids, equipment, technology and transport.

Your goal for daily living is:

The support you need for this is:

Employment - getting a job, changing jobs, changing hours and/or days of work, volunteering.

Your goal for employment is:

The support you need for this is:

Education - opportunities to go to school, university or a training course.

Your goal for education is:

The support you need for this is:

Wellbeing - your physical, mental, emotional health.

Your goal for wellbeing is:

The support you need for this is:

Recreation & community activities - doing things in the community that you like do (social, sport & leisure, religious activities, hobbies).

Your goal for recreation & community activities is:

The support you need for this is:

Relationships - making and keeping friends, forming relationships, finding a partner or starting a family.

Your goal for relationships is:

The support you need for this is:

Communication - being understood and understanding others (spoken, written or sign language).

Your goal for **communication** is:

The support you need for this is:

Having a break -activities and support that strengthen and maintain the capacity for families to provide care and support.

Your goal for **family members and carers** to continue to provide care and support to you is:

The support you need for this is:

8. Advocacy Organisations

People with Disabilities WA	(08) 9485 8900	Country Callers: 1800 193 331
Ethnic Disability Advocacy Centre	(08) 9388 7455	Freecall: 1800 659 921
Carers WA	1800 242 636	
Office of the Public Advocate	(08) 9278 7300	Freecall: 1300 858 455
Developmental Disability WA	(08) 9420 7203	
Explorability (formally Headwest)	1800 626 370	(08) 9330 6370
Citizen Advocacy, Perth West	(08) 9445 9991	
Citizen Advocacy, South Metropolitan	(08) 9452 7294	

Contact details



Call us on
1300 428 486



Crisis Support
9204 7801



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