



WA Blue Sky NDIS Planning Guide

This guide is designed to help you think about all the supports you have now and what you might need for the next 12 months to live a good life now and in the future. These might be supports from WA Blue Sky other service providers, school, work, family and friends.

You can take it with you when you meet your NDIA planner.

WA Blue Sky offers one-on-one pre-planning sessions to assist you in preparing for your first meeting with the NDIA planner.

Your NDIS plan

- will be all about you
- will include details about your personal needs and goals
- will also include details about the supports that you are funded for and how much funding you will receive for these supports from the NDIS
- can be seen or shared only by people you decide- it will be useful to share your plan with WA Blue Sky where we provide your services

How NDIS will happen for you

- Contact will be made from NDIA or one of their partners (APM or Mission Australia) to set a date that suits you to do your plan
- In the meeting the Planner will ask a lot of questions about your needs and goals
- After the meeting you should receive a draft of your NDIS Plan - it will become your funded NDIS Plan for the next year unless you let the NDIA / Planner know of any errors or missing supports ASAP
- Find out who will be providing each of the services in your Plan (you can ask for help to do this when you have your Planning Meeting: it is called “support Coordination”)
- You will go through this again in a year, to review your Plan and make a new one

Preparing for your planning meeting

Before you go to your planning meeting it helps to

- Think about all the supports you have now. Think about what you need from the minute you wake up until the minute you go to bed
- Think about what support you might need for the next 12 months and the next 5 years.
- Have any reports from your current service providers ready
- Decide who will be useful to have at your meeting- WA Blue Sky has committed to be there to help all the people we support if they wish.

Making some notes about these before your meeting can help make sure you have the services and support you need included in your NDIS Plan

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Useful Information

About the NDIS

The National Disability Insurance Scheme (NDIS) provides Australians who are living with disability access to services through centralised funding. WA Blue Sky is a registered provider offers NDIS services to people with disability and their families.

What is funded?

The types of supports that the NDIS may fund for participants include:

- daily personal activities
- transport to enable participation in community, social, economic and daily life activities
- workplace help to assist you get or keep a job
- therapy supports including behaviour support
- help with household tasks to assist the participant to maintain their home environment
- help to a participant by skilled personnel in aids or equipment assessment, set up and training
- home modification design and construction
- mobility equipment

NDIS language

Reasonable and Necessary: the NDIA focus on funding supports that are 'reasonable and necessary'. These *MUST*:

- be related to your disability
- not be related to day-to-day living expenses such as rent or food
- consider informal supports provided by your friends or family members
- be good value for money
- be supports that you must have.

Goals: something you want to achieve or change in your life. Your NDIS Plan meeting will include discussion around your goals.

If you can link most of what you are wanting to a Goal, it can make the process smoother.

Example: "To be safe and confident in my own home" (for home support)

Support Coordinator: someone to help put your NDIS plan into action –this can be funded in your NDIS Plan

Formal Support: paid support from an organisation that works with people who have a disability.

Informal Support: help and arrangements that are part of family life or natural connections with friends and people in the community.

Mainstream Services: services that everyone accesses by systems such as Health and Education Departments.

About you

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

Living arrangements who you live with , where and the support you need to be safe and confident

Relationships friends, family, partner:

Activities work, learning, education, volunteering, other

Fun and relaxation hobbies, leisure, sport, church, time with friends/family, other

Therapy and Health Support dietitian, OT, physio, speech pathology, drop-on nursing, podiatry, psychology, exercise professional, equipment and technology

Your typical week

Think about:

- Things that you do regularly (think about your morning, afternoon, night, day, week)
- The help you need or get (from family, friends, paid staff, therapists, equipment, technology, home modifications)
- How you get there

	What you do and when you do it	Help you have or need	Where it is & how you get there
Monday Morning Afternoon Evening Night			
Tuesday Morning Afternoon Evening Night			
Wednesday Morning Afternoon Evening Night			

Thursday

Morning
Afternoon
Evening
Night

Friday

Morning
Afternoon
Evening
Night

Saturday

Morning
Afternoon
Evening
Night

Sunday

Morning
Afternoon
Evening
Night

Things you do from time to time

Fun things, like a fortnightly dance or seasonal things like the footy

Not fun things like spending time in hospital

Changes to routine like when I take holidays from my job or when my day program closes up

What is it	How Often	What help I need

How's it been going?

What's working well?

Are there changes might you like to make in the next 12 months to make it easier for you or increase your independence? The next 5 years?

Are there new things you would like to try in the next 12 months to make it easier for you or increase your independence ? The next 5 years?

Thinking about goals

What you would like to do now and in the future

Daily Living getting on with day to day activities.
My goal is:
The help I will need is:
Relationships making friends, keeping in touch with family, finding a partner:
My goal is:
The help I will need is:
Activities work, learning, education, volunteering, other
My goal is:
The help I will need is:

Fun and relaxation hobbies, leisure, sport, church, time with friends/family, other

My goal is:

The help I will need is:

Health and Wellbeing physical, emotional and mental health and well-being, keeping safe.

My goal is:

The help I will need is:

Choice and Control being in control of your own life, making decisions, mistakes and finding your own way

My goal is:

The help I will need is:

Anything else?

Is there anything out of the ordinary that you have planned for this year?