

Information about the National Disability Insurance Scheme

The National Disability Insurance Scheme (NDIS) is a new way of providing people with a disability with the reasonable and necessary supports they need to live an ordinary life.

It is a free, national scheme that brings your disability support together in the one place – your NDIS plan.

Reasonable and necessary means supports related to your disability, that you need to live an ordinary life and achieve the goals you identify in your plan.

This may include support

- for personal care and day to day living activities
- to access mainstream and community services
- to participate in community and social activities
- to build new skills, study, volunteer or get a job
- build capacity and help you have more choice and control over the life you live and the support you get.

It may also include equipment, assistive technology, home or vehicle modifications.

You can access the NDIS if you:

- have a **disability** that is likely to be with you throughout your life and it has a big impact on how you manage or do everyday activities
- are under 65 years of age
- live in Australia and are an Australian citizen or have paperwork that gives you permission to live here permanently.

My NDIS Pathway

If you already get disability services or support the NDIS will contact you when it is time to move to the NDIS.

Your current support continues till your NDIS plan is approved.

If you don't already get disability support you can contact the NDIS 6 months before the scheme starts in your location.

This is called your access request and it is usually completed over the phone.

You may need some paperwork to confirm your disability, age, citizenship or that you have a permanent visa.

The NDIS supports people with a disability to build skills and capability so they can participate in the community and employment

My NDIS Pathway

The NDIS starts:

- October 2017 in Bundaberg
- January 2018 in Rockhampton, Gladstone and west to the border
- July 2018 in Fraser Coast, North and South Burnett, Gold Coast, Logan, Redlands, Brisbane, Cairns and Cape York
- January 2019 in Moreton Bay, Sunshine Coast, Noosa and Gympie

Once your access is confirmed an NDIS representative will contact you to make a time to develop your **first NDIS plan**.

Your planning conversation will be over the phone. If you are unable to have a conversation over the phone you can ask the NDIS to make alternative arrangements.

You can ask others to help you think about what is important and needs to be included in your planning conversation.

The people you trust can be part of the conversation, so ask the planner to call at a time that suits you (a time that lets you gather the information you need and allows the people you trust to be part of your planning conversation).

You can ask for an interpreter.



Arranging My Planning Conversation: Practical things I need to consider:

Things you may be asked about:

- your personal details and your disability
- your strengths, interests and abilities
- how you manage everyday activities
- areas that are challenging and areas where you feel unsafe or need help

What you want your life to be like

- where you want to live, what you want to do during the day, whether you want to study or get work
- things you want to achieve or new things you want to learn (your goals)

Your current support

- the informal, community and mainstream supports you get as well as disability supports
- what is working well and what is not working well

How you want to manage your NDIS funded support

This information becomes part of your NDIS participant statement. and your NDIS plan.

The NDIS representative will ask questions to help you talk about things that are important to you and your family so they can decide on the the right supports for you.

Get ready for your conversation by:

- thinking about the important things you want to say about you, your family and the life you want to live
 - identifying your current support, what is working well (things you want to continue) and things that are not working well (things that need to change or areas where additional support may help)
 - writing it down so you remember to talk about what's important.

Hope ... is a critical starting point for building a better and brighter future.

David Krieger

Who else can help?

Who will it be helpful to talk with before your planning conversation?

“What I need... is a strong drink and a peer group.”

Ford Prefect in *The Hitchhiker's Guide to the Galaxy*, Douglas Adams

At the end of your planning conversation you can ask the planner to read out your participant statement and plan to help you check that you haven't missed anything important.

Your plan may include the same supports and services you currently receive (things that are working well).

If your supports and services don't work well you can ask for additional support or for changes to the types of support that you get...some changes may be needed now and may be included in your first plan - some things may need more exploration and planning (for future plans and discussion at your plan review).

Your NDIS plan may include:

- **Informal support** (things you do with family and friends or help you get from them)
- **Community Services and Supports** (activities and services from people and groups in the local community)
- **Mainstream services and supports** (services available to all Australians – health services, education, public housing)
- **Reasonable and Necessary support that will be paid for by the NDIS**

A child (under 18) is assumed not to be able to do things required under the NDIS Act, so things will be done on behalf of the child by the child's representative (usually their parent or guardian)

A person over 18 years of age is presumed to have capacity to determine their best interests and make decisions that affect their lives. When this is not possible the NDIA can appoint a nominee to make decisions and act for the person. This is usually the informal or formally appointed decision-maker who already helps the person to make decisions.

Your first NDIS plan is a starting point and will be in place for 12 months. (if your needs change you can ask for an earlier review).

The NDIS will provide support throughout your life for as long as you need.

You can ask for different types of support as your needs change.

Starting to write it down - Let's start with you...



Who are you?



What's Important now



The life you want

<i>Personal details</i>	<i>Strengths, gifts and abilities</i>
<i>Interests</i>	<i>What's important to you (and your family)?</i>

<p>What's important for you? (Health, wellbeing or safety concerns)</p>	<p>Challenges in managing everyday activities...(in a typical day or week what are the things you need assistance with or find challenging)</p>
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Starting to think about goals

Goals and things that you want to achieve in the next 12 months...(for your first plan)

Goals and things that you want to explore and develop in the longer term

Short term and long term goals are important.


Being clear about what a Good Life looks like and what you want to achieve in the future can help you think about long term goals...

Understanding what life is like now, your current support and what's important right now can help you think about short term goals...

Continue to think about your goals over time...this will help when it's time to review your plan.

What do you want your life to be like?

A vision of what a Good Life could be like now and into the future - dream a little... and then think about the things that are important right now - your immediate goals, things you want to achieve, actions you need to take to create the life you want into the future

 <p>Home a place of my own. Where do I want to live? Who I do want to live with?</p>	<p>Social and community participation What I want to do during my day? What does a great day look like? (hobbies, interests, recreational activities, holidays)</p>
<p>Friends and relationships</p>	<p>Directing My Life – Choice and control</p>
<p>Health, Safety and Wellbeing</p>	<p>Making a contribution (work, education and learning, volunteering, valued roles in my community)</p>

The Purpose of life is a life with purpose
Robert Byrne

Reflecting on your typical week

Time of day	Mon	Tues	Wed
Morning 1am – 12pm			

Afternoon

12pm –
6pm

Night 6pm – 12am			
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Comments about my daily activities

Thurs	Fri	Sat	Sun

Sometimes I...

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Understanding current support (support on a typical day or week)

Informal Supports (role of family and friends)	Community
Mainstream	Funded disability supports (include equipment, MASS, mobility allowance and taxi subsidy/transport needs)

What is working well (these are things that you may want to continue in your first plan)? (put a tick next to these things)

What is not working well?

What needs to change (now or in the future)?

Your NDIS plan is between you (or your plan nominee) and the NDIA.

The supports the NDIA will pay for are shown in three types of NDIS support budgets: Some funding can be used flexibly giving you more choice about the type of support you get – other areas of your funding can only be spent to buy or do what it says in your plan.

SUPPORT PURPOSE	OUTCOMES FRAMEWORK DOMAIN	SUPPORT CATEGORY
<p>CORE</p> <p>Support to help with daily living activities, care of your home, social and community participation to help you live the life you want.</p>	<ul style="list-style-type: none"> • Daily Living • Daily Living • Daily Living • Social & Community Participation 	<ol style="list-style-type: none"> 1. Assistance with Daily Life 2. Transport 3. Consumables 4. Assistance with Social & Community Participation <p>(funding is flexible across these categories unless your plan says otherwise)</p>
<p>CAPITAL</p> <p>Equipment and assistive technology to help at home or in the community, home and vehicle modification. Some people may get funding for Specialist Disability Accommodation.</p>	<ul style="list-style-type: none"> • Daily Living • Home 	<ol style="list-style-type: none"> 5. Assistive Technology 6. Home <p>(cannot be used flexibly – you have to use these funds to purchase/do what it says in your plan)</p>
<p>CAPACITY BUILDING</p> <p>Support is linked to the goals you identify and it helps you learn and build new skills and independence.</p>	<ul style="list-style-type: none"> • Choice & Control • Home • Social and Community Participation • Work • Relationships • Health & Wellbeing • Lifelong Learning • Choice and Control • Daily Living 	<ol style="list-style-type: none"> 7. Coordination of Supports 8. Improved Living Arrangements 9. Increased Social and Community Participation 10. Finding and Keeping a Job 11. Improved Relationships 12. Improved Health and Wellbeing 13. Improved Learning 14. Improved Life Choices 15. Improved Daily Living Skills <p>(funding can be used for support that helps you meet a specific goal)</p>

If you think a support or provider is not helping you as much as they could you can change service providers. You don't need to wait until your plan review

My NDIS Pathway

The NDIS aims to give you as much choice as possible over the supports funded in your plan.

Once your plan is approved you can choose who will provide supports and how they are provided. You can choose different providers to provide different types of support.

You decide who you want to provide different types of support and the funds in these budgets are then used to pay for the support you receive.

Once you decide who you want to provide your support the NDIS recommends that you use a written agreement with your services provider, so both parties are clear about what has been agreed. The service agreement is between you (and your decision-maker) and the service provider.

Self-direction means you have as much control as possible over your supports and how they are provided. Every participant who has an NDIS plan can now have control over what, when, where and by whom, most of their support is provided

NDIA Understanding Your NDIS Plan

Self-management gives you choice and control over the people you pay to provide support. You can employ your own workers (or pay an agency to employ them on your behalf) and use providers or suppliers that are not registered with the NDIS...

Learn more in NDIS Self-managing budgets in your plan

The NDIS will ask how you want to manage supports funded by the NDIS. You can decide that funding will be managed by:

- you (and your nominee)
- a registered plan management provider (an organisation you pay to assist you)
- the NDIA
- a combination of these approaches.

Once your plan is approved a Local Area Coordinator or a supports coordinator can help you put your plan into action by

- showing you how to use participant portal and view your NDIS plan
- helping you link to community and mainstream services
- helping you find service providers
- talking through what a service agreement would look like
- if you decide to self- manage helping understand how to make payments.

Self-direction and self-management don't mean doing it alone. There are many people with disability and families who are embarking upon the same journey. By connecting with others, you can share your own ideas, experiences and wisdom and draw on the ideas, experiences and wisdom of others.

If you are not happy about key decisions made by the NDIS (eg your eligibility for access or the support that is reasonable and necessary for you) you can provide feedback make a complaint or ask for a review.

You can get further information

www.ndis.gov.au

Telephone 1800 800 110

For people with hearing or speech loss TTY: 1800 555 677

Speak and Listen: 1800 555 727

For people who need help with English TIS: 131 450



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Expanding Ideas; Creating Change

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