

**Your NDIS Planning Guide**

**About You**

**Name:**

NDIS Overview

## What are the NDIS and NDIA?

The NDIS, or National Disability Insurance Scheme, provides funding for disability support and services to Australians with permanent and significant disabilities. It is administered by a government body called the National Disability Insurance Agency (NDIA).

They will help you to create your own plan of support and services, based on your situation and what you would like to achieve, giving you more control over your life.

## What is an NDIS plan and how is it created?

Your NDIS plan is based on you and your needs. It’s all about what your situation is today, and what type of life you would like to lead. It then identifies the support you may need to help make that life a reality.

The NDIA will allocate a consultant to help develop your plan. This might be an NDIA planner, a Local Area Coordinator (LAC) or an Early Childhood Partner.

To get ready for this planning session, it’s a great idea to start thinking about what your support needs are and what your goals might be. At Vision Australia, we can help you to do this and support you through the planning process.

## What is funded in my plan?

The NDIS can fund services, items, or equipment that meet specific funding criteria, provided they are approved NDIS Supports.

Before determining which supports the NDIS will fund, the NDIA considers the help you already receive from community and mainstream services, as well as the support provided by your family and friends.

## What is not funded in my plan?

The NDIS cannot fund services, items, or equipment that include day-to-day living costs, are illegal or are the responsibility of another government system.

However, in some situations, you may be able to apply for a Replacement Support, an alternative for something not typically funded by the NDIS.

To access the full information on what is and isn’t available through the NDIS, visit <https://www.ndis.gov.au/understanding/supports-funded-ndis> .

## The NDIS process

**Step 1: NDIS contact, eligibility and access**

Find out about your eligibility and whether or not your area is currently included in the NDIS at NDIS website link.

**Step 2: Getting plan ready**

Think about what you really need and want to achieve ahead of your planning session. Vision Australia can help work through this to articulate all of the supports you need.

**Step 3: Your NDIS planning session**

Develop a plan that is going to suit your situation. You can take a support person to the planning session to assist you through the process.

**Step 4: Selecting your provider**

Vision Australia are a registered NDIS provider and the leading provider of services to people who are blind or have low vision.

## How does my vision loss affect my life and my goals?

Blindness and low vision doesn’t mean you have to stop doing the things you love, or doing new things in your life. This section helps you to think about the functional impact of blindness or low vision and how it affects different areas of your life.

A. Below is a table with a list of symptom/s that impact your ability to achieve your goals in the left column. Please put an X in the column to the right against which ones impact you.

| **Symptoms** | **Does this impact you?** |
| --- | --- |
| Changes in your functional vision:* Fatigue (cognitive and/or physical)
* Memory, planning and coordinating
* Walking (stamina)
 |  |
| Balance |  |
| Dual sensory impairment  |  |
| Emotional impacts |  |
| Other (please use the blank column to the right to describe) |  |

B. Below is a table with a list of tasks that you find difficult due to the vision symptom you have indicated. Please put an X in the column to the right against which tasks you find difficult.

| **Tasks** | **Does this impact you?** |
| --- | --- |
| Orientation |  |
| Participating in social activities  |  |
| Accessing unfamiliar environments |  |
| Shopping independently |  |
| Physical fitness |  |
| Independence at home (e.g cooking) |  |
| Other (please use the column on the right to describe) |  |

## NDIS Outcome Domains

The NDIS has 8 Outcome ‘Domains’. Each of the ‘domains’ listed will help you to think about the different areas of your life, and the goals you may set for them. Thinking this way will assist you to communicate your goals and support needs to your NDIA Planner.

* Daily Living
* Home
* Health & Wellbeing
* Lifelong learning
* Work
* Social & Community Participation
* Relationships
* Choice and Control

### Your needs and goals

This section encourages you to think about the goals you would like to achieve and what supports you need to achieve them.

**What is important to you?**

List the key things that are important for you to live your life the way you want. For example, the ability to independently travel to your friend’s house, manage your finances or attend university.

(Please type in your list below and insert as you require)

**What support are you currently getting?**

List the type of support you are currently receiving. For example, occupational therapy, orientation training, Seeing Eye Dog, gardening services, assistance with cleaning your home.

(Please type in your list below and insert as you require)

**What type of assistive technology do you currently use?**

List out the assistive technology you currently use, and think about the support

or training you need to use it. For example, JAWS, ZoomText, handheld magnifiers, CCTV, braille support, etc.

(Please type in your list below and insert as you require)

**What are your goals?**

List out the things you would like to achieve in the future. Think about short-term and long-term goals. For example, find a job, live on your own, take public transport unassisted.

**Goal number 1**

E.g. To improve my mobility skills so I can independently travel to my cousin’s home.

(Please type in your goal below and insert as you require)

**What supports do I need to achieve this goal?**

E.g. I need orientation and mobility training, I need transport supports, I need a replacement Seeing Eye Dog, replace cane tips etc.

(Please type in what support you need below and insert as you require)

**Goal number 2**

E.g. My goal is to independently live in my home.

(Please type in your goal below and insert as you require)

**What supports do I need to achieve this goal?**

E.g. I need training to live independently, such as cooking skills or occupational therapy.

(Please type in what support you need below and insert as you require)

**Goal number 3**

E.g. My goal is to maintain my home.

(Please type in your goal below and insert as you require)

**What supports do I need to achieve this goal?**

E.g. I need gardening assistance, weekly cleaning etc.

(Please type in what support you need below and insert as you require)

**Goal number 4**

E.g. My goal is to use technology to keep in touch with my family and friends.

(Please type in your goal below and insert as you require)

**What supports do I need to achieve this goal?**

E.g. I need assessments and support to identify assistive technology that will help me manage my daily life.

(Please type in what support you need below and insert as you require)

## Your personalised planner

This section of your NDIS planning guide will help you think about the support you are currently receiving, the activities you are currently undertaking and the support needed to enable them.

It is important to think about things you wish to do in the future that you are not doing now and when you want to be able to do them.

**Think about:**

• How you travel to school, work, social events, gym.

• What activities are routine and which are not, for example preparing meals.

• What support you need before, during and after these activities.

• What those who support you think. It may be a good idea to ask them, as they may have insight into how to best develop your plan to give you more or less support where needed.

You don’t need to complete all of this, but it might help you to identify your support needs.

**Regular activity planning chart**

List out your daily and weekly regular activities.

E.g. Going to work, visiting friends, grocery shopping and preparing meals.

Below is a table listing out Days on the left side and the columns to the right ask what is required. To the right of each day the columns are blank for you to complete.

| (This cell deliberately blank) | **What do I do now?** | **What I would like to do** | **What support I need** |
| --- | --- | --- | --- |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |

**Occasional activity planning chart**

List out the occasional activities you do.

E.g. visiting family interstate, going to the movies, attending a community group.

Table below lists to the left, time periods. Columns to the right ask what is required.

| (This cell deliberately blank) | **What do I do now?** | **What I would like to do** | **What support I need** |
| --- | --- | --- | --- |
| **Fortnightly** |  |  |  |
| **Monthly** |  |  |  |
| **Annually** |  |  |  |

**Transport planning chart**

This section asks you to think about the type of transport you use, when and what support you require now and in the future.

E.g. Mobility Allowance, taxi subsidy scheme.

Table below lists to the left, Questions about transport. Columns to the right ask about timings each of these things are required. Please complete the blank cells with any answers.

| (This cell deliberately blank) | **Daily/Weekly** | **Monthly/Yearly** |
| --- | --- | --- |
| **Transport I use now** |  |  |
| **Transport I would like to use** |  |  |
| **What support I need to access transport** |  |  |

**Other thoughts, any other considerations**

Make a note of anything else you would like to include. Think about what is most important to you and your life, and what you want to communicate about your goals and needs to the NDIA in your planning meeting. (Please type your notes below).

## My planning meeting with the NDIA

**Step 1:**

Do some preparation. You may wish to use Vision Australia’s ’Your NDIS Planning Guide’, which you can then take to your meeting.

**Step 2:**

Feel free to take a support person with you to your planning meeting. If you would like us to attend, contact us to book a time.

**Step 3:**

Bring supporting documentation as it will make the planning conversation easier.

• Completed Planning guide and materials.

• Past therapy or specialist assessments.

• Letter(s) from your doctor or therapist to talk about your needs.

• Plans and diary appointments for day programs or community activities.

• Anything else that helps to communicate what you do now and what you want to do in future.

**Step 4:**

After your planning meeting, the NDIA will provide you with an NDIS Plan, detailing the funding and support you can access. You can request to be put in touch with Vision Australia for services, or get in touch with us yourself.

## Case Study One

**Kim C, age 53**

Kim was among the first of our clients to access the NDIS.

New to the area, her initial support focused on orientation, mobility, and public transport training. Vision Australia helped her build independence at home by improving room lighting, adding tactile signage, and helping with kitchen tasks and daily living tasks.

Kim also developed new computer skills, enhancing her work readiness and enabling her to assist her daughter with her homework. With her positive attitude, Kim has since volunteered in administration at both Vision Australia and at Barwon Health and recently applied to volunteer with St. John Ambulance Australia.

## Case Study Two

**Noah B, age 13**

Vision Australia has been supporting Noah and his family through a range of services tailored to his low vision needs.

Noah regularly attends our School Holiday Programs and receives ongoing support from one of our occupational therapists and counsellors to help build his skills and confidence.

He’s also benefited from services like Orthoptics, Orientation and Mobility training, Speech Therapy, and Physiotherapy, all working together to enhance his independence and achieve his NDIS goals.