

Preparing for your NDIS planning meeting is of utmost importance for all participants and their carers. To ensure consistency in understanding the Scheme's reasonable and necessary supports & services and effective communication between all parties involved including; the participants, their families and planners, it's considered best practice to utilise the various resources made available by the National Disability Insurance Agency (NDIA) via the website on www.ndis.org.au. At Interchange we believe by following the 10 steps below which take into account the various resources provided by the NDIA, our participants would be well prepared for their planning conversation;



1. Start now

Your first NDIS planning meeting is the start of your connection with the Scheme and it may only be weeks away. The best time to start thinking about how you want to live your life of choosing and how you're going to achieve your goals as part of your first plan is NOW. So start thinking today and write down your thoughts and your goals as you go.



2. Think ahead

From the various NDIS trial sites, we do know the Scheme has the capacity to transform lives and provision suitable disability supports and services needed and it is created as insurance for the life of each participant. It's time to think creatively and more positively about the things you would like to achieve in your life because you now have the support of the NDIS to pursue your dreams. You may need to erase your old thinking around barriers that may stop you from achieving your goals. Think about how you want to live and what you would like to achieve in your life? It may take some time to get used to having additional supports, choice and control over the services accessed and the types of reasonable and necessary supports and services that NDIS can provide you which have the capacity to change your world. You may find it helpful to discuss your goals and aspirations with friends, extended family, carer whom you trust.



NDIS Planning Workbook or Getting ready for your planning conversation

3. Write your thoughts on paper or keep a diary

The NDIS planning workbook is a practical document to use in preparing for your planning conversation. It captures your day-to-day activities and the level of assistance you receive from your carers, extended family and friends. If writing things down is challenging for you then try taking photos, short video recordings or just a simple list of things you need support with to live a life of

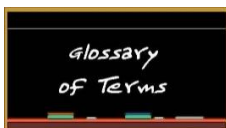
10 Steps to prepare for your 1st NDIS plan

your choosing. All of these will provide concrete evidence of your required reasonable and necessary supports and services that can be included in your first NDIS plan. (Obtain a copy of the “NDIS planning workbook” or “Getting ready for your planning conversation” from our NDIS Advocate Rozita today or download from www.ndis.gov.au).



4. Be as detail as you can

There is substantial evidence from the NDIS trial areas to show that the Scheme could be truly transformative. However, it's up to you to ensure you fully participate in the design and creation of your first NDIS plan. Perhaps, try to be as detail as you can about what you need and what you want also what your goals are both in the immediate 12 months and in the long-run and how you would like to live your life. Document these in consultation with your carers, family, friends and make sure you take them with you to your first NDIS planning conversation.



5. Learn the NDIS terminology

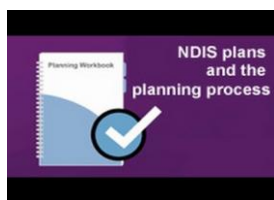
The NDIS has its own language and it's a good idea to be using the same terminologies spoken by the planners and printed in your finalised NDIS plan. Terminologies such as; Improved Daily Living, Increased Social and Community Participation, Support Coordination, Plan Management, Improved Relationships, just to name a few. This will assist you in both understanding your finalised NDIS plan as well as being able to implement it properly. (Obtain a copy of the Easy Read NDIS Glossary document or download from www.ndis.gov.au)



6. Research the NDIS on the net www.ndis.gov.au

The NDIS is a new way forward for all involved including the providers of supports and services and to make this transition to the Scheme smoother the NDIS has a very informative and easy to navigate website www.ndis.gov.au. It will be helpful to obtain as much information as you can prior to your planning conversation so you are well informed of your rights, entitlements and what is deemed “reasonable and necessary” by the NDIS.

Having a pre-planning session with our NDIS Advocate, Rozita is a good place to start.



7. Complete the NDIS planning workbook

As referred to in step 3, it's a very good idea to complete the readily available "NDIS planning workbook" well before your planning conversation. This workbook contains important questions about your life such as your current activities and regular supports and service as well as the things you would like to do in the future or the next 12 months and beyond. In your first planning conversation, you may be asked about: your personal details, your community and mainstream supports, how you manage everyday activities, your safety both at home and in the community, setting your goals, and starting your plan. (You can either download this workbook from the NDIS website www.ndis.gov.au or pick up a copy from our NDIS Advocate Rozita).



8. This is your plan

The NDIA considers your first plan as your entry point to the NDIS and the start of a life long relationship with the Scheme. Your first plan will provide you with individualised funding that you control and choose how to use. Remember, there is no need to feel stressed by any aspects of the Scheme as there are various resources available to assist you in learning all about the NDIS funded supports and services. In addition, the NDIS funds all your reasonable and necessary supports and services that are both relevant to your impairment/s and your identified short-term and long-term goals. It's time to start recreating your future.



9. Organise all your paperwork in one folder

Before your planning conversation make sure you organise all of the documentations you've gathered in the one file or pocket folder so you can refer to them or you may choose to provide a copy to your planner as background information during the planning meeting. Try to collate any

recent assessment records or health documents you might have and make sure you take them to the planning conversation.



10. Ask someone to accompany you to the planning conversation

As a participant in the NDIS you have the right to take as many support individuals as you may need to advocate for you at the planning meeting. Ensure you take support individuals who know you well so they can contribute towards your first NDIS plan. For example, ask a family member, close friend/s, support workers you may have dealt with in the past or advocates whom you've met with and discussed your reasonable and necessary NDIS supports and services. Your support people can voice some of your much needed supports and services as well as some of your dreams and life goals at the planning conversation and to give you moral support during the meeting.

Please feel free to speak with Rozita – NDIS Advocate, Interchange Loddon-Mallee Region Inc. regarding any questions you may have or assistance needed to prepare for your first NDIS planning meeting. Rozita can be contacted on 03 5441-1599 or via email rozita.yaganegi@interchangelm.org.au.

Table below is taken from the NDIS website www.ndis.gov.au

My first plan

