

Preparing for an NDIS Plan Review

A Workbook to help prepare for an NDIS Plan Review

COMMUNITY
LIVING
AUSTRALIA



This workbook belongs to: _____

Date completed: _____





Welcome, to your Community Living Australia Preparing for an NDIS Plan Review Workbook.

The purpose of this workbook is to help you prepare for your NDIS Plan Review by asking you the questions and prompting you with the things to consider in order to get the best NDIS plan possible. A plan that will support you to continue to achieve your goals and live your best life.

Let's do it!

About Community Living Australia

Community Living Australia is your local disability service provider. Our focus is on supporting people to accomplish their goals in life and realise their dreams.

We do this by helping people learn about and experience the world around them. We support them to develop skills for independent living, decision making and building positive relationships at home and in the community

It is important to us to share our knowledge and to listen and design your supports with you, matching them to what is important to you, your preferences, interests and what you want to achieve both now and in the future.

Tips for setting up your NDIS Plan Review Meeting

- Ask for the meeting to be held at a time of day that suits you
- Think about who you would like to attend the meeting with you, this can be family, a friend or a service provider - anyone who can support you to communicate your situation and needs
- Consider where you would like the meeting to be held
- Work out how you would like the meeting to be held eg. face-to-face or over the phone and make sure you specifically request this.

What to take to your NDIS Plan Review Meeting

- Your completed 'Preparing for an NDIS Plan Review' workbook (this booklet)
- Any updated reports from your doctor
- Any reports from your therapists
- Any reports, support plans and documentation provided by your support providers
- Your Service Agreements
- Your Individual Support Plan.





Questions to ask. Things to consider.

Living Arrangements



Is my current living arrangement working for me?

What can be improved with my living arrangement?

Would any home modifications, aids or equipment make a difference?

Do I want to consider alternative living arrangements?

Do I want to start planning for independent living in the future or find a suitable shared living arrangement?

What sort of housing would I like?

Is there anyone I know I would like to share a house with?

Where would I like to live?

Questions to ask. Things to consider.

Relationships



Who are the people important to me?

Has anything changed for me or people important to me? If so, how has that affected my life?

Have I been supported through this change?

What support will I need to help me adjust?

What new friends have I made recently?

Have I kept in contact with my family and friends?

What additional support do I need to keep in contact with family and friends?

Would I like to meet some new people through trying new activities, joining a group or club and getting out and about more? What are these activities?

Are there any areas I would like more help with? Such as, behaviours and emotions, confidence and self-esteem or relationships and sexuality.

Questions to ask. Things to consider.

Daily Life



What daily and weekly activities and routines do I participate in?

Are these routines working for me? What would I like to improve or change?

Are my current support arrangements working for me? If not, why not?

What would I like to improve or change at home or in the community?

What do I enjoy doing?

What else would I like to try or be able to do?



Questions to ask. Things to consider.

Transport and Mobility in the Community



Can I get around by myself?

What support do I need with getting around? Eg. someone to accompany me; a van with specialised seating.

Can I learn to be more independent getting into my community? Eg. to learn road safety skills and how to get places in my community or to learn how to use public transport/buses.

Questions to ask. Things to consider.

Short Term Accommodation Support



Am I enjoying the stays away from home? Am i becoming more independent? Am i trying new activities? Going places I enjoy? Are my stays providing relaxation, a break in routine and variety in my life?

Are the short stays helping me achieve my goals e.g. improving my communication skills, helping me be more confident socialising with others?

Did the break enable my family to re-energise?

Questions to ask. Things to consider.

My Goals and Achievements



What were the goals in my NDIS plan?

Have I achieved or made progress towards the goals in my NDIS plan?

What sub-goals or outcomes did I work towards?

What did I achieve of the things I planned and what other outcomes did I achieve?

What did I enjoy?

Do I want to keep working towards my existing goals and continue with the support I am getting?

What is working? What improvements or changes do I want?

What new goals do I want to work towards?

How do I want my life to change over the next 1-5 years?

What additional supports might assist me?

Support Categories to Consider for Your Next Plan



Improved daily living and improved living arrangements

- Support to manage a tenancy
- Assistance with a life transition - school to further education, day options or employment, pathways to employment and volunteering, moving to independent living, moving into shared living/supported accommodation



Increased social and community participation

- Mentoring and peer support
- Individual support for skill development for social and community participation
- Skills development in a group
- Transport training



Transport

- Assistance with transport for people unable to use public or community transport
- Specialised transport including wheelchair accessible vans and transport for those requiring seating or vehicle safety plans



Assistance with daily living in your own or family home or in shared living

- Personal care support - mobility, transfers, continence, showering, dressing, shaving, make-up, mealtime support, medication support
- Providing health and wellbeing supports set out in health care or therapy plans
- Meal planning, preparation, shopping, cooking, healthy eating
- Domestic and household support - laundry, regular house cleaning
- Budgeting, finances and personal business management
- Communication - reading and writing, picture and other augmentative communication, using information technology including social media
- Decision-making support
- Planning and scheduling activities and appointments
- Hobbies and leisure activities
- Home safety
- Home maintenance and gardening
- Short term accommodation assistance for respite care or as a transition

Support Categories to Consider for Your Next Plan



Improved Daily Living

- Development of daily living and life skills to further develop independence
- Specialised transport including wheelchair accessible vans and transport for those requiring seating or vehicle safety plans



Improved relationships

- Work in partnership with a specialist to complete a Behavioural assessment and develop a Positive Behaviour Support Plan
- Work with a specialist to implement Positive Behaviour Support Plans and integrate strategies into daily living support
- Development of daily living and life skills needed for effective communication, engagement in activities of daily living and positive relationships
- Understanding relationships, sexuality, sexual health and personal safety



Short term accommodation support (respite care)

- A stay in one of our houses or in holiday accommodation to have a break in routine, participate in community activities and leisure pursuits, socialise with friends or new acquaintances and give your family carer time to re-energise
- Camps and weekends away with a focus on having fun, physical fitness and new challenges or just time to relax and enjoy pampering yourself and learning more about self care or following a particular area of interest eg attending a music event or motor race



Assistance with social and community participation

- Individual support for accessing community services and amenities – accompanying to health and business appointments, shopping support, support with money handling and banking, accompanying to community events
- Individual support to participate in community recreational, leisure and learning activities – sport, gym and fitness activities, swimming, dance, arts and craft and other classes
- Group programs including art and craft, dance and music, cooking, learning about money management, learning about the community and how to navigate, playing games and learning to participate, gym, swimming, bowling, and other sport and recreational activities
- Other small group activities at weekends, evenings and during holiday periods for children, teens or adults



Community Living Australia

Phone 08 8536 5888

Fax 08 8391 4482

Email info@clust.com.au

clust.com.au