My **NDIS** Pre-Planning & Review Guide

Free Call 1800 164 632
Email disability.choices@minda.asn.au
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My **NDIS** Pre-Planning & Review Guide

Name .....

Date .....

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ABOUT THIS GUIDE

This guide has been created as a starting point to help you prepare for your planning and assessment meeting with the National Disability Insurance Agency (NDIA).

Use it to think about your goals, what is important to you, your supports and how you spend your time.

Many people find it helpful to think about the support they need and their goals before they have their NDIA planning appointment or telephone call.

Working through this guide will ensure you have a clear picture of who you are, what supports you need and what goals you have for the future.

HOW TO USE THIS GUIDE

Please work through the sections to fill in as much information as possible. You can add any additional relevant information at the end. Remember, you don't need to fill this in all at once. Take your time to think each section through, considering the formal and informal supports you have in place and your hopes for the future.

SUPPORT

If you need help to complete this booklet, or want to talk about the National Disability Insurance Scheme (NDIS), please contact the Minda Disability Choices team or login to our MyChoices online tool. You can also ask a family member, carer or friend to help you.

Access **My Choices** Minda's FREE online pre-planning tool at **mindainc.com.au/mychoices**

About Me

NEED HELP?
Call Disability Choices on 1800 164 632 or access My Choices, Minda's online tool at **mindainc.com.au/mychoices**

My date of birth .....

Suburb I live in .....

What is important to me? .....

.....

What do I enjoy doing? .....

.....

How am I best supported? .....

Is there someone who helps me make decisions about where I live, or my medical needs? .....

Name of person who helped me fill out this guide:.....

If you already have a profile, you can attach a copy here.

The People Around Me

These are the important

Person's Name				
Relationship to me	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other .....
How they support me				
How often they support me				

THINK ABOUT

Don't forget to list both paid and unpaid (informal) supports.

people in my life and this is how they support me.

☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other	☐ Family ☐ Friend ☐ Work ☐ Education ☐ Paid Support ☐ Other .....

My Wellbeing

What do I need support for?

Please list any disabilities, medical problems, medications and therapies.

.....

.....

.....

.....

.....

.....

.....

.....

.....

My equipment, aids or modifications:	How often I use this item?
(e.g. walker)	(e.g. every day)

My World

THINK ABOUT

Include formal and informal activities (e.g. you might volunteer once a week, sing in a choir, meet friends for lunch). Are there any things you don't do at the moment but would like to do?

Where I work, learn, socialise and relax.

My work .....

.....

My education .....

My community / social activities .....

.....

What I enjoy doing .....

.....

What's the best part of my week? .....

.....

My Home

The type of home I live in (e.g. supported accommodation, with parents, in the community etc.)

.....

.....

I live with .....

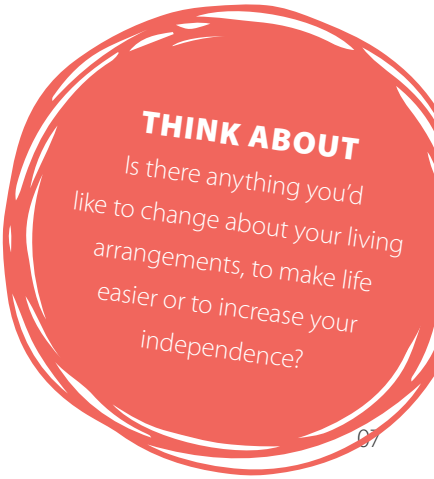
.....

The supports I need at home .....

.....

.....

.....



My Routine

The important daily routines in my life at the moment.

	Morning	Midday
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

What occasional activities do I do less frequently, e.g. once a month?

Afternoon	Night	Occasional Activities

My Support

List the situations where you require support
e.g. day program, work, swimming, at home etc.

THINK ABOUT

Is there any support you don't receive that you would like?

How often? e.g. 3 days a week	Who from? e.g. paid disability support worker, friend, parent etc.

My Goals

Thinking about your goals is an important step in pre-planning. Please use this section to think about your goals.

REMEMBER

- Some goals may be short term and some may be long term
- You might not have a goal on every page - just leave that section blank
- The NDIS currently recommend setting two short-term and two long-term goals
- A goal might be to continue something you're currently doing, such as continue to live independently, or continue attending a social club

EXAMPLE GOALS MIGHT INCLUDE:

- *I want to increase my independence*
- *I would like to make more friends*
- *I want to learn a new skill*

Access My Choices, Minda's
FREE ONLINE PRE-PLANNING TOOL
at **mindainc.com.au/mychoices**

THINK ABOUT

Your goals, the support you might need and any barriers that might prevent you reaching your goals. You might not have anything in some areas, several goals in other areas. Just use this template as a guide.

My Future

What do you most want to achieve in the next few years?

WHERE I LIVE

Would you like to live somewhere else, or modify your home?

Goal	
What I want to achieve	
Support I might need	
Possible barriers	

MY INDEPENDENCE

Would you like to get around the community, or your own home, with less assistance?

Goal	
What I want to achieve	
Support I might need	
Possible barriers	

MY WORK & EDUCATION

Are you happy at work or school? Is there anything you'd like to do differently? Would you like to start work, or change jobs? Would you like to increase your work hours - or maybe you'd like to study?

Goal	
What I want to achieve	
Support I might need	
Possible barriers	

MY SOCIAL & COMMUNITY PARTICIPATION

Would you like to join a club?
Make new friends? Go to more sporting events?

Goal	
What I want to achieve	
Support I might need	
Possible barriers	

MY WELLBEING

Is there something you'd like to do to keep healthy?
Do you need support to attend a sports club,
or to go for regular walks or swims?

Goal	
What I want to achieve	
Support I might need	
Possible barriers	

Financial Management

Who would you like to manage the funds for the supports in your NDIS plan?

There are four options, please tick the option you would prefer.

- **AGENCY (NDIA) MANAGEMENT**
  The NDIA (National Disability Insurance Agency) will manage your funds and pay all invoices. You do not need to pay extra for this.

- **SELF MANAGEMENT**
  You are responsible for requesting and paying the invoices for supports you receive through your NDIS plan.

- **REGISTERED PLAN MANAGER**
  PROVIDER / FINANCIAL INTERMEDIARY
  A registered organisation (such as Minda) can manage funds on your behalf. You need to ask your planner to include this if you are interested in this option (it will not affect the amount allocated in your plan for supports).

- **COMBINATION**
  You may choose any combination of the above three methods. For example, you may wish to self-manage one area of your plan but engage a Plan Manager to manage the other areas.

Talk to us if you want to learn more about the options for managing your funds.

Notes

Notes

WE CAN HELP YOU UNDERSTAND THE NDIS AND...

- Plan for your future
- Guide you through the application process
- Identify what you're eligible for
- Find support and services to suit you
- Prepare you for your NDIS planning meeting
- Help you track and meet key goals and milestones

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CONTACT US

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DO YOU NEED SOMEONE TO TALK TO?

Feeling overwhelmed, confused or need some direction? Our expert staff have a detailed understanding of the disability sector and can help relieve the stress on you and your family. We are here to listen and to make your life easier.

Disclaimer Minda acknowledges there may be a perceived conflict of interest in assisting people to complete this pre-planning guide. However, every endeavour has been made to ensure that unbiased information and advice has been provided.

DISABILITY CHOICES CAN HELP YOU AND YOUR FAMILY NAVIGATE THE NDIS.

Minda offers the following services and support to adults and children:

Professional Support Services (Allied Health)

- Occupational Therapy
- Physiotherapy
- Psychology
- Social Work
- Exercise Physiology
- Speech Pathology
- Psychiatry
- Nutrition
- Hydrotherapy
- Support coordination
- Support connection
- Early intervention
- Transition to work
- Training (e.g. transport, cyber safety, toileting)
- NDIS support
- Advocacy
- Consultancy
- Financial Intermediary
- Mentoring
- In-home support
- Community participation
- Group activities
- My Day My Way (alternatives to day options)

Accommodation

- Specialist Disability Accommodation
- Community Accommodation
- Accommodation at Minda's Brighton site
- Aged care at Minda's Brighton site
- Aged care in the community

Respite

Vacation Care

Day Options / MyPATH

Children's Support Services

Supported Employment

Open Employment

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Free Call 1800 164 632
King George Avenue, North Brighton SA
Shop 3, 53-57 Elizabeth Way, Elizabeth SA
928 North East Road, Modbury SA
Commerce Arcade, Shop 3, 28 Commercial Street West, Mount Gambier SA
Email disability.choices@minda.asn.au
mindainc.com.au
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SOCIALLY™ INCLUSIVE DESIGN

Since 1898 families have trusted Minda to find support that is customised to your needs, focused on your family, compassionate, respectful, flexible and person-centred.