



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

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



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About Me



My date of birth

Suburb I live in

What is important to me?

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What do I enjoy doing?

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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:.....

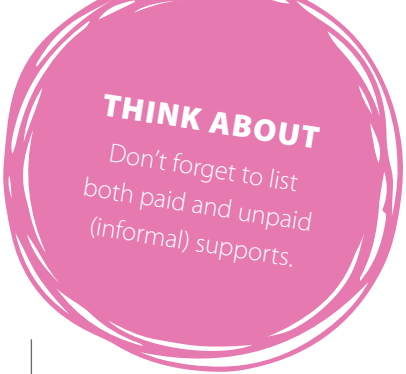
If you already have a profile, you can attach a copy here.

The People Around Me

These are the important

Person's Name				
Relationship to me	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other
How they support me				
How often they support me				

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



<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other	<input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Work <input type="checkbox"/> Education <input type="checkbox"/> Paid Support <input type="checkbox"/> Other

My Wellbeing

What do I need support for?

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

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THINK ABOUT

- + Items you use when eating and drinking, special household furniture
- + Equipment you use when moving around
- + Continence-related equipment
- + Items for personal care and safety
- + Household modifications
- + Equipment you use to communicate or access information
- + Items for hearing or vision.

My equipment, aids or modifications:

(e.g. walker)

How often I use this item?

(e.g. every day)



My World

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?

.....

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?

My Home

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

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I live with

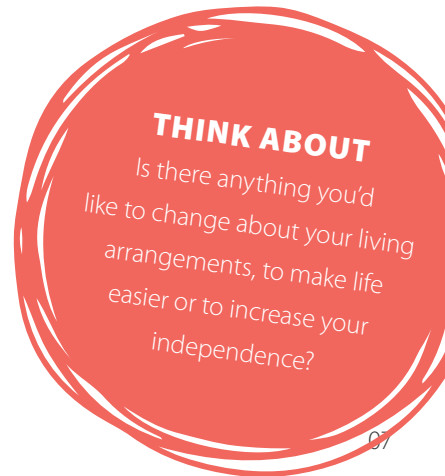
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The supports I need at home

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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.



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	

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?

MY WORK & EDUCATION

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	

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?

MY WELLBEING

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

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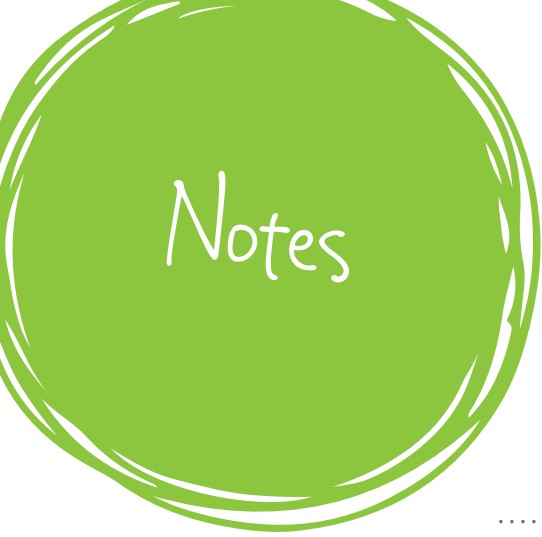
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WE CAN HELP YOU UNDERSTAND THE NDIS AND...

- ▶ 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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FREE online pre-planning tool at
mindainc.com.au/mychoices

CONTACT US

Free Call 1800 164 632

Email disability.choices@minda.asn.au

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

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



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

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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.