



My Home **NDIS** Planning Guide

Free Call 1800 164 632

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My Home **NDIS** Planning Guide

Name

Date

ABOUT THIS GUIDE

The MyHome NDIS Planning Guide has been developed to help you think about your goals for future living arrangements. As an NDIS recipient, use this guide with your NDIS Planning guide to help develop your Exploring Housing Options (EHO) plan.

HOW TO USE THIS GUIDE

Please work through the sections and 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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WHERE DO I START?

- + Meet Minda's accommodation specialist to discuss your options
- + Work through this booklet and the accompanying NDIS Planning booklet and complete as much information you can
- + You may need to contact the NDIS to lodge a *Change of Conditions* application to include EHO (Exploring Housing Options) in your NDIS Plan and have exploring housing options as a goal

EHO WILL PROVIDE YOU WITH FUNDING TO...

Engage with an EHO Support Coordinator of your choice to assist you with...

- + Allied health assessments required to determine your support needs or specialist housing design features features which will be required to support your independence
- + Defining your housing preferences
- + Looking for appropriate housing
- + Writing an EHO Housing Plan

WHEN YOUR EHO HOUSING PLAN IS COMPLETE...

Your EHO Support Coordinator will contact the NDIS and request a review of your NDIS plan based on your change of circumstance.

What is EHO?

EXPLORING HOUSING OPTIONS

EHO is a budget line in your NDIS plan for those people who are ready to access supported accommodation

SPECIALIST DISABILITY ACCOMMODATION

(SDA) is one of the supports that may be funded for some participants who have an extreme functional impairment or very high support needs

WHAT IS AN EHO HOUSING PLAN?

An EHO Housing Plan is a document that is prepared by your EHO Support Coordinator, to help the NDIS understand your housing needs. It brings together information about...

- + You, your goals and hopes for the future
- + Your work, hobbies and community involvement
- + Your housing history, current housing arrangements and your search for housing
- + Your disability and support needs and your assessed housing needs - including a recommendation for specialist disability accommodation (SDA), if appropriate
- + A life transition plan, which explains the supports you'll need to successfully move into your new housing
- + A Skill Development Plan which will explain the steps you'll take to get ready for living more independently



About Me

My date of birth

Suburb I live in

What is important to me?

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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, or a Supported Independent Living (SIL) plan, please attach a copy here.

NEED HELP?


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

Moving Home

For most people “an ordinary life” means leaving their parents’ home as a young adult and living in a shared house with friends or house mates, on their own or with a partner. For people living with a disability, this natural progression is not as easy without appropriate housing and support.

HOW DO I KNOW WHEN I’M READY TO MOVE HOUSE?

- + Is your current housing putting you and your family/carers at risk?
- + Is it time to move out from your parents’ house?
- + Are you living with ageing parents?
- + Do you currently live in a group home and want to leave?
- + Are you in hospital with no access to appropriate housing?
- + Are you currently a younger person living in aged care?



For some people and families, moving house is a difficult decision to make and requires careful preparation.

My Current Home



I CURRENTLY LIVE:

In a private home	
In supported accomodation	
In a rental property	
In a supported residential facility	
In a long term hospital stay	
In aged care	
I don't have a home	

I LIVE WITH:

Mum and Dad	
A family member	
Paid supports	
A carer	
With friends	
Other	

THE BEST THINGS ABOUT MY CURRENT HOME ARE:

Examples include, the people I live with, being in a familiar area, close to everything

WHO SUPPORTS ME NOW?	✓
Family	
Paid supports	
Department of Child Protection	
No one	
I NEED TO MOVE BECAUSE:	
My parents are aging	
I want to increase my independence	
I don't receive enough support where I'm currently living	
My parent/carer is not coping	
I am a risk to myself and others	
My current accommodation is not long term	
I don't like where I am living	
Other	

My Move



WHEN DO YOU WANT TO MOVE?

Now (urgent)	
6 Months	
1 Year	
5 Years	
Other	

WHO WILL HELP YOU WITH YOUR MOVE TO NEW ACCOMMODATION?

Family	
Friends	
Carer	
Advocate	
Support Worker	
Other	



Where I would like to live

These are the things that relate
to where you want to live



I WOULD LIKE TO LIVE IN:	✓	Yes	No	Maybe
The north				
The south				
The east				
The west				
Regional - please indicate region:				
WHAT TYPE OF HOUSE?				
Apartment				
House				
Unit				
Duplex				
Cluster				

Who I would like to live with

I WOULD LIKE TO LIVE: ✓	Yes	No	Maybe
By myself			
With a partner			
Continue living with my family			
With other like minded people in a home sharing arrangement			
I need help finding people to live with			
Other (please list)			
Other important information			

THINK ABOUT

Would you like to live by yourself, or with other people? If you don't want to live by yourself, who would you like to live with?

My Transition

WHAT SUPPORTS DO YOU THINK YOU MAY NEED WHEN MOVING TO NEW ACCOMMODATION?



Yes

No

Maybe

Psychology/counsellor

Occupational therapy assessment

Sensory assessments (e.g. visual, hearing, physical)

Home modifications

Learn new skills (e.g. money management, cooking, cleaning, personal care)

Emotional support

Other (please list)

THINK ABOUT

The changes to your day-to-day routine, what supports would help to make things easier?





Community accommodation has opened up many opportunities for Anthony, he enjoys helping with his washing, cooking and cleaning.

He also likes to go out for a meal with his house mates, play darts, go bowling, as well as play basketball and indoor cricket.

"Anthony is so proud of his home and we can't speak highly enough of the team at Minda who have made him feel so settled. As a family, it gives us peace of mind that he is taken care of; on the other hand it gives Anthony independence and the opportunity to make more decisions for himself."

Julie & Joe
Anthony's parents

Notes

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At Minda, we're here to help!

We're here to help you find new accommodation that suits your lifestyle. We want to make sure your move is as fast or as slow as you need and that you find a home and friends in a community that will enrich your life.

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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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 (alternatives to day options)
Support connection	
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

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