

Live your best life

Your Life, Your Way



Preparing for your National
Disability Insurance Scheme
(NDIS) planning meeting



We're here to help you live your best life, your way



This book will help you get ready for your planning meeting with the National Disability Insurance Agency (NDIA).

This book will help you think about your hopes and goals. It will help you decide what support you may need to reach your goals.

Think about how you want to spend your time – it's all about living your best life, your way.

Work through the sections of this book to fill in as much information as possible. You don't have to fill out the whole booklet at once.

You can take your time to think about your answers and fill it in at your own pace. Filling out this book will help you to speak up about what you need and want in life.

Once you've completed the book, you'll be ready for your NDIS planning meeting. You'll be on track to live your best life, your way.

Your Life, Your Way

Name:

Date:

About Me



My date of birth:

Country of birth:

Where I live:

My phone number:

My email address:

NDIS number:

Medicare number:

My support person (someone who helps me make decisions) is:

Name of person who helped me fill out this guide:

My Life

What I love doing the most:

What I'm good at:

Things I like and things I don't like:

Important people in my life:

Pets:

Cultural background and/or religion:

How I like to be treated by the people who support me:



My Wellbeing

My main disability is:

My other disability and health concerns are:

The medications I rely on are:

The therapies I need include:



Think about

- Items you use when eating and drinking
- Equipment you use when moving around
- Continence-related equipment
- Items for personal care and safety
- Equipment you use to communicate or access information
- Items for hearing or vision

My Equipment

[illegible]

My Home

The type of home I live in (with my parents, in supported accommodation, a private house or unit in the community):

I live with:

The supports I need at home

Who helps me?

What do they help me with?

Has my home been modified for my disability? How?

Is there anything I'd like to change about my living arrangements?





My Activities

Where I work, learn, play sport and socialise:

My work:

My education:

My community and social activities:

What I enjoy doing:

My favourite hobbies:

What I like the most and what I don't like:

What I'm not doing now but would like to try

My Week

The important daily routines in my life.

Monday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

Tuesday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

My Week

The important daily routines in my life.

Wednesday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

Thursday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

My Week

The important daily routines in my life.

Friday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

Saturday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

My Week

The important daily routines in my life

Sunday	What I do now	I like this ✓	I would like to change ✓
Morning			
Lunch			
Evening			

My Week

The things I do sometimes
and new things I'd like to try.

Things I do sometimes:

Things I like but don't get
to do very often:

New things I'd like to try but
haven't had the opportunity:

My Support

This section is all about what help and support you need to have a good life. Think about the support you have now, and whether you need something different.

You might be supported by a support worker, family member, friend or work mate. Think about all the things the NDIS could help you with – even if your plan doesn't cover it right now.



My Support

Daily Living	What support I get	From who	How often	Am I happy with this support?



Things like:

Communication, meals, bath / shower / toilet, bedtime routine, getting out and about, home, cleaning and maintenance.

My Support

Work	What support I get	From who	How often	Am I happy with this support?

Things like: Supervision / working independently / learning new things / personal care.

Day options	What support I get	From who	How often	Am I happy with this support?

Things like: What programs I do.

My Support

Transport	What support I get	From who	How often	Am I happy with this support?

Things like: Getting to work / day options / the doctor / appointments, going out.

Managing Money	What support I get	From who	How often	Am I happy with this support?

Things like: Budgets, bank accounts, paying bills.

My Support

Health and Wellbeing	What support I get	From who	How often	Am I happy with this support?

Things like: Taking medication, eating well, keeping fit, doctor and therapy reports.

Social activities	What support I get	From who	How often	Am I happy with this support?

Things like: Playing sport like basketball and bowling, going to events.

My Support

Other supports	What support I get	From who	How often	Am I happy with this support?



Things like:

Respite/Short Term Accommodation, behaviour support, holidays, anything else.

My Equipment

This is the equipment, aids or home modifications you **use now**.

What equipment	What I use it for	When I use it	How often
Example: iPad	Example: As a speech aid	Example: When I need to communicate with someone	Example: Every day, multiple times per day

This is the equipment, aids or modifications which I need, **but don't have now.**

What equipment	What I use it for	When I use it	How often
Example: Speech generating advice	Example: To communicate with people	Example: Allow me to have conversations with people	Example: Every day, multiple times per day

My Goals

Thinking about your goals is the most important part of getting ready for your NDIS plan review. It's also an important step in living your best life, your way. At Minda, we're here to help you do that!

In this section, it's time to think about your hopes and dreams. Think about the things you want to achieve in now and in the future.

It is a good idea to come up with at least two goals for both the short term and long term. Think about any challenges you might face. Who can best help you to overcome them, and help you reach your goals?





My Goals

Short term goals

What are two or more goals that you would like to achieve this year?

My goals	Who can support me achieving my goal?
Example: I want help to keep doing my job at Minda / I want to learn new skills at my job / I want to learn new skills to live more independently.	Example: Support staff at work can help me to learn new skills / A mentor can help me to learn skills at home, like grocery shopping and cooking.

My Goals

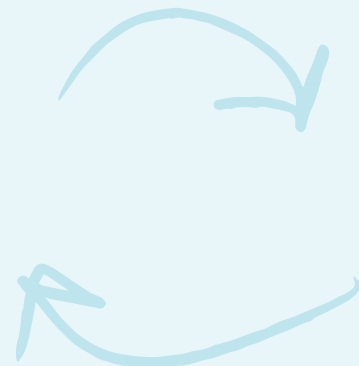
Long term goals

What are two or more goals for the next few years?

My goals	Who can support me achieving my goal?
Example: I want to be more confident meeting new people / I want to find more ways to join in with social activities the community.	Example: Support staff and allied health therapists can help me learn to make friend and try new activities.

NDIS plan management

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



I will pay providers myself, or get my plan nominee to do this

Yes ☐

No ☐

I will get a Plan Manager to keep track of funds

Yes ☐

No ☐

The NDIA will manage my funds

Yes ☐

No ☐

A combination of all of the above

Yes ☐

No ☐

Would you like to include a support co-coordinator in your plan?

Support coordinators can help you understand and choose services and supports that are right for you. They can help you find community, mainstream and other government services.

There are three levels of support coordination that you may wish to include in your plan:

Support connection

Build your ability to connect with informal, community and funded supports.

Yes ☐

No ☐

Support coordination

Get assistance from a support coordinator with a mix of supports, to make the most out of your plan.

Yes ☐

No ☐

Specialist support coordination

Specialist support for individuals whose situations are more complex.

Yes ☐

No ☐

NDIS planning meeting checklist

- ☐ 1) **Complete this *Your Life Your Way* book**
This will help the NDIS planner get a better picture of who you are.
- ☐ 2) **Proof of your identity**
Such as a driver's licence or a passport (you can find more information about options for proof of identity on the NDIS website).
- ☐ 3) **A list of any aids or equipment that you use**
E.g. walker or communications device. Bring this on another piece of paper if they don't all fit in this book.
- ☐ 4) **Reports and other information health professionals or service providers have given you**
Provide documents you think might be useful for your NDIS planner to better understand your circumstances.



5) Your myGov login and password

This is to log on and see how to use the NDIS myplace portal.



6) Your bank account details

If you think you will self-manage your plan.



7) You can come to the planning meeting on your own, or you can bring someone to help!

This might be a family member, a friend, or someone who can speak up for you if you need a bit of extra support.



8) Any questions that you have for the NDIS Planner

It might be helpful to write these down in the notes section of this booklet!

Notes

Write down any other important information or questions here. It will help you remember everything in your meeting.

Some ideas are: important contact details, questions to ask at your planning meeting, or a space to draft goals.

You can also use these pages to include any answers that didn't fit on other pages of the book.

Notes

Notes

Notes



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Visit mindainc.com.au to stay up to date with all things Minda! You can also sign up to our online newsletter, so you never miss out on news and events.

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NDIS Registered Provider

