

The NDIS Planning Process

Activ is here to work with you and help you plan for the NDIS.

It's important to develop an NDIS Plan to make sure that you get the services and supports you want.

When attending your planning meeting you can bring a family member, friend, advocate or someone from Activ.

It's important that whoever you bring can help you understand all the information and know what should be included in your plan.

Below are some questions to think about before going into your planning meeting.

You can contact Activ or ask someone that knows you well to help answer these questions.

What is your life like now?

- What do you take part in, such as education, work and social activities?
- What support do you need to take part in education, work or social activities (such as support with getting to/from etc)?
- What accommodation do you need?
- What is working well in your life?
- What do you find challenging?
- What activities you enjoy or what are you good at?
- Who supports you right now (family, an agency, local council, friends etc?)

You can use the below table to help you answer these questions.

What do you do each day?

Day	What do I do?	Who supports me?	How do I get there and back?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Use the below table to include what you do sometimes. You may go on a holiday every Christmas - include it in the table.

Day or month	What do I do?	Who supports me?	How do I get there and back?

Now that you have a picture of what your life looks like, use the below questions to come up with some goals.

How would you like your life to be?

- Would you like to get a job, volunteer or do something different at work?
- Would you like to attend TAFE, university or study a course like ASDAN?
- Would you like to join a club, attend events, see your friends or make new friends?
- Would you like to get around the house or community on your own with less support?
- Would you like to modify your home so you can do more for yourself or live somewhere else?
- Would you like to move out of home and live alone or share with other people?

What would you like to change?

- What areas of your life would you like to focus on?
- Are there any skills that you need to develop in order to achieve these goals?

How can you achieve your goals?

- What do you need to start, stop or keep doing?
- Are there any areas in your life do you need more support?
- What is needed to develop your skills, personal and/or community connections

You can use the below table to help you develop your goals.

Goal	How will I achieve it?

Still have questions? You can contact the team at Activ on:



9387 0555



customerengagement@activ.asn.au