

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. An example is below:

This is what I do everyday

Day	What do I do?	Who supports me?	How do I get there and back?
Monday	Work	Activ Bentley	I get to and from work with Transperth and sometimes I catch a taxi
Tuesday			
Wednesday	TAFE	Study assistance	Support Worker drives me to and from TAFE
Thursday			
Friday			
Saturday	Swimming	Support Worker	Support Worker drives me to and from the swimming club
Sunday	Church	Mum and Dad	Mum and Dad drive me to and from church

This is what I do sometimes

Day	What do I do?	Who supports me?	How do I get there and back?
January	Holiday to Busselton for three days	Activ Recreation	Family drives me to Activ Recreation
February	Activ Respite	Lockett Street Respite	Family drives me to and from Activ Respite

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 these goals. An example is below

Goal	How will I achieve it?
To keep working	<p>I will need to have someone transport me from home to work and back home again.</p> <p>I will learn how to use the bus or taxi within 3 months so I can get to work from home.</p> <p>I will continue to go to my job at Activ 5 days a week.</p>
To have an enjoyable life	<p>I will go on holiday for at least one week before the end of the year.</p> <p>I will continue to see my friends at music club once a week.</p>
To continue to be active	<p>I will continue to play lawn bowls at the bowling club.</p> <p>I will need to have someone transport me from home to the bowling club and back home again.</p>

Still have questions? You can contact Activ Planning and Customer Engagement team on:



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