

**NDIS Preparation Workbook**

**How to use this workbook**

* This workbook has been made in conjunction with the NDIS workbook to help the individuals we support understand and plan for the upcoming roll out of the NDIS in our area. Karakan does its best to ensure its individuals are informed with what may affect them.
* This book is written in an easy way to read.
* Some pictures are used to explain things
* Your support worker is here if you need any assistance or do not understand what is written or need to know the meaning of words.

You can find out more information in regards to Karakan and the NDIS please visit [www.KarakanNDIS.com.au](http://www.KarakanNDIS.com.au)

This book has been designed to allow you to sit down and plan, maybe with a support person, what supports you would like to access in the future based on the upcoming introduction of NDIS.

When the NDIS is rolled out in your area – feel free to take this booklet along to your initial meeting with your NDIS Planner so you can identify the support that you want to access within your NDIS Plan.



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What is the National disability Insurance Scheme?

The National Disability Insurance Scheme (NDIS) is a new method of funding the care and support needs of people with a disability in Australia.

**The NDIS provides support for:**

* People living with a permanent disability. This means they have a disability that won’t go away.
* People with significant disability. This means people who have a disability that significantly effects their life.
* People who are Australian citizens. Australian citizen and can be born here or have paper work that say they can live here.
* People who are under 65 years old when they start with the NDIS.

You can use My Access checker at [www.ndis.gov.au](http://www.ndis.gov.au) to make sure you are able to use the NDIS.

**What does the NDIS support?**

The NDIS funds ‘reasonable and necessary supports’.

**Reasonable supports** are those that are discussed and agreed upon between yourself and your NDIS planner to have a benefit in your life, specifically relating to your disability (eg Community Access, Employment Support, Group Activities).

**Necessary Supports** are those you must have in order to live an independent, safe and fulfilling life (eg Personal Care, 1-on-1 Support).

When making a plan you will need to consider

* Current supports
* What are your goals?
* What would you like from support?

This book will

* Help you define your goals
* Help you asses your supports
* Make a clear plan

You can complete this book yourself, or you can ask a carer or friend to assist you. If you are having difficulties please contact us for further assistance.

**SUPPORTS:**

What Supports do you have in place now? Supports can be either from other organisations or family and friends. Think about your daily tasks and who helps you with them.

In the box below write who/what your supports are:

**Family supports** could include: Mum, Dad, Sister, Brother, Uncle, Aunty or even your close friends.

**Organisational supports** could be: Doctors, Psychologists, Case Manager, Religious groups, Disability services, Community groups or your Support Workers

**Organisational**

**Supports**

**Family**

**Supports**

**YOUR GOALS**

When you think of support, what stands out for you? You could have different goals for different areas of your life, they can be Short term goals, or they can be Long term goals. These goals are individual to you and will depend on what you would like most to get out of your supports within the NDIS. Below are some suggestions for both short term and long term goals.



***WHAT ARE SOME OF YOUR SHORT TERM GOALS?***

These are goals that you would like to achieve in the short term; 3-6 months

This could include Holidays, visiting a new place, learning new skills, learning to cook, going to a new community group or doing some voluntary work.

**List some of your short term goals……**

***WHAT ARE SOME OF YOUR LONG TERM GOALS?***

These are goals that you would like to achieve over a longer period of time; maybe in the next year, or even 3 years.

These could be saving for a car, finding better accommodation, building family relationships, studying, finding a job, finding a partner or having an overseas holiday.

**List some of your long term goals…..**



1. Is there anything stopping you from reaching these goals now?

**What do you think is stopping you from doing these things at the moment?**

2. What supports do you need to reach these goals?

**What do you think would help to tick off these goals?**

3. Is there anything new you want to try?

Singing or music lessons, going to TAFE, computer lessons……

**What are some things you would like to try in the future?**



**Things that can be done on Support**

* **Cleaning**

These are daily cleaning tasks like washing, dishes, sweeping and mopping of floors, cleaning bathrooms and assistance to remove rubbish.

What type of household support would you like? If any….

* **Study or Education**

Do you want to learn some new things? Improve your education? Learn to read and write? Learn how to use a Computer or new Technology?

What type of study or educational opportunities would you like to discover?



* **Looking for work**

Would you like to find a job? Or start volunteering? How about gaining some work experience to see if you like working?

What are some employment options that you would like support with?



* **Personal Improvements** :

This could be anything that you want to do that makes your life more enjoyable or something that adds to your life! It could be going to the gym, learning how to cook, looking at your diet or learning how to budget and make the most of your money.

What are some of the things that you would like to become part of your every day life?

* **Appointments and Meetings**

What are some of the appointments or meetings that you like to, or need to attend on a regular basis? We can assist you with visits to your GP, Psychologist, Case Manager or even just heading to the Pharmacy each fortnight.

****What are some of the regular meetings or appointments that you would like support to access or attend?

* **Building confidence in daily tasks**

What are some of the things that you do every day that you want a little bit more support to complete? It could be your cooking, personal care, shopping, catching public transport or just heading out for a walk to your local park or shopping centre.

What daily tasks would you like a little more assistance with?



* **Budgeting**

Do you currently struggle to manage your money and would love to find a way to make your money work for you? We can support you with controlling your debt, developing a proper budget or working out the best possible way to save.

How could we help you to learn more about making the most of your money?



* **Social outings**

Do you like to get out of the house? Do the things that you enjoy? Maybe meet new people, or try new things? Would you like to have a supported holiday each year to help you relax and enjoy your life?

How could we support you to have more fun in the community or the great outdoors?

**Do you receive any type of support at the moment?**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Times of support** | **What do I do with my support?** | **Who provides the support currently?** |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

Enter the details of any current support below; even if that support is from a friend or family member.

When would you like to access support and how often?

What time of the day would you like support and for how long?

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Times of support** | **What do I do with my support?** | **Who do I want to provide this support?** |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

If you would like more information after completing this work book or would like to access Karakan Support Services within the NDIS, please call our office on (07) 3299 1898 or contact us via our NDIS Website – [www.karakanNDIS.com.au](http://www.karakanNDIS.com.au)