



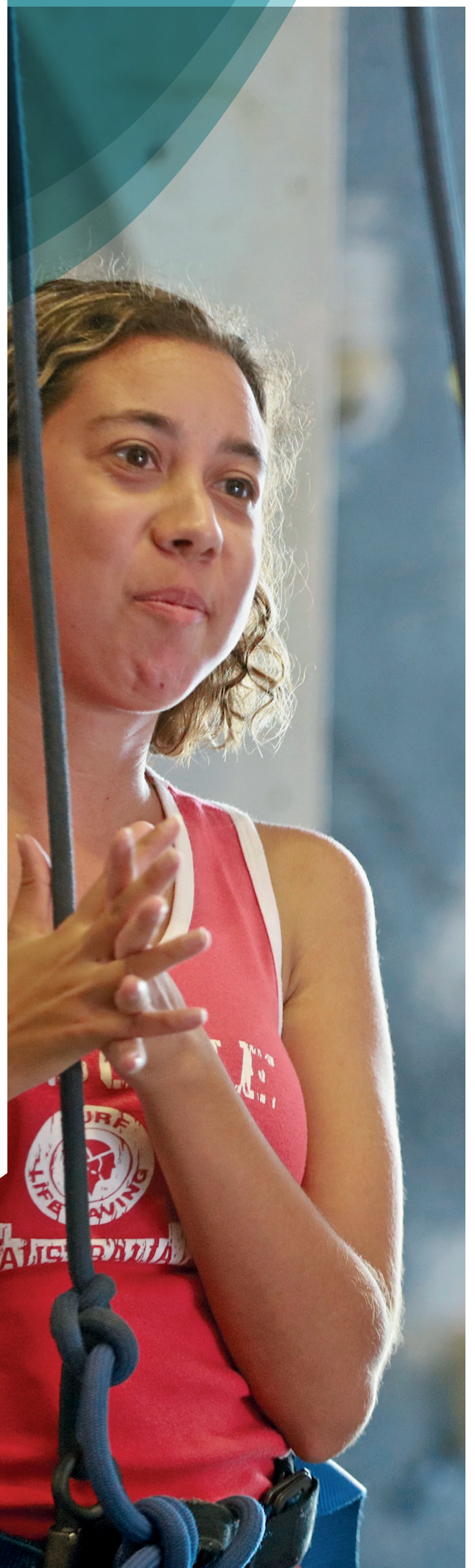
NDIS PRE-PLANNING

Guide and Workbook



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ABOUT LIFEBRIDGE

Lifebridge Australia is a leading provider of Disability and Aged Care services in the NSW, Far North Coast region. Lifebridge has been providing community services since 1987 and continues to uphold a continuing passion for exceptional service delivery.

Lifebridge delivers a range of person centred services, tailored, to your needs and goals, to help you increase your

independence and to live your life, your way.

At Lifebridge we aspire to see independence and inclusion for the Aged and people with a Disability in our community.

Unique to our customers is the Lifebridge Advantage.

LIFEBRIDGE ADVANTAGE

Lifebridge Advantage is our service delivery model to provide our customers with a unique model of customer excellence.

Developed over 30 years, Lifebridge Advantage is an evidence based practice that provides a tailored and friendly community in which you inherently become a part of.

Lifebridge Advantage promotes inclusion regardless of age or needs and ensures that each person's voice is heard.

The Lifebridge Advantage experience will provide you with:

- Choice
- Control
- Independence
- Meaning
- Purpose
- Opportunity

Through Lifebridge Advantage, you will receive a flexible and tailored approach which encourages your participation and engagement, and is designed to improve your overall wellbeing.

Lifebridge Advantage will help you achieve your goals.





LIFEBRIDGE VALUES



Excellence

We seek to excel in everything we do and deliver the best outcome for our customers.



Integrity

We are true to our word and actions, and our behaviours reinforce this.



Innovation

We strive to find new or better ways of doing things to meet our customers' needs.



Professionalism

We are customer focused, outcome driven and business like in the way we work.



Respect

We are one team that respects our customers' individual rights and potential as well as our colleagues' skills, talents and contributions.



Trust

We earn and instill trust by listening, being open, communicating well, being transparent and accountable for our actions.

INTRODUCTION

Welcome to your Lifebridge NDIS Pre-Planning Guide and Workbook.

This Guide is designed to help you navigate and pre-plan for your future under the National Disability Insurance Scheme (NDIS). The Guide will assist with your preparations for your NDIS planning meeting and will

help you think of how you would like to live your life now, and into the future.

As you progress through the Work Plan consider each section carefully and include as much detail as possible. When complete or if you have any questions along the way please contact Lifebridge on 1800 043 186.

MY FIRST PLAN OVERVIEW

The National Disability Insurance Agency (NDIA) has introduced a new way of planning for people entering the NDIS in NSW called, 'My First Plan'. This enables large numbers of participants to enter the scheme in a short time ensuring that you, as a participant, remain at the centre of the planning process. Your first plan will provide the supports that you currently receive now and any additional supports for your unmet needs and goals.

When it is your turn to enter the NDIS an NDIS representative will contact you to organise a time to meet to discuss with you your first plan. This may be done in person or over the phone. Lifebridge has been requested to, and complied with, sending your information to NDIA so they already have this information. You do not need to register with NDIA if you are currently receiving funding through ADHC.

At this meeting you can nominate who you would like to support you, this could be a

family member, advocate, friend or service provider. During this meeting you will be able to discuss your goals and the supports you need now and in the future. You will be able to discuss any additional supports you may need to meet the goals you have now and any goals you wish to work towards in the future.

After your My First Plan discussion the information you have provided will form your first plan. Once your plan is ready an NDIS representative will contact you to let you know how to use it. Your first plan will be in place for 12 months but you can ask for a review if your needs change significantly. Further information can be found at www.ndis.gov.au/myfirstplan.

Lifebridge can help you navigate through NDIS when your My First Plan has been approved and can assist you with coordinating your supports. For further information contact Lifebridge on 1800 043 186.

ABOUT ME

NAME	
DOB	
ADDRESS	
POSTAL ADDRESS <i>If different</i>	
PHONE	
EMAIL	
PRIMARY DISABILITY	
OTHER DISABILITY	

HOW DO I COMMUNICATE

<p>How I communicate?</p>	
<p>Do I use communication tools or aids?</p>	
<p>Who helps me to communicate?</p>	
<p>Who do I want to help me at my NDIS planning meeting?</p>	

PEOPLE WHO ARE IMPORTANT TO ME

Family?	
Friends?	
Paid support workers?	
Teachers?	
Other important people?	

LIVING ARRANGEMENTS

Who I live with?	
Who helps me at home?	
What do they help me with?	
Do I use equipment at home to help me be more independent?	
Do I need paid support when I am at home?	
Other important people?	

HEALTH AND WELLBEING

Do I have regular medical appointments?	
How often and who with?	
Do I require assistance to attend these?	
Do I have regular therapy sessions?	
How often and who with?	
Do I require support to attend and carry out the plans that are developed for me?	

INDEPENDENCE

<p>Do I require aids to help me get around?</p>	
<p>Do I access my community independently?</p>	
<p>Do I need help to access my community?</p>	
<p>Who helps me with this?</p>	

MY DAILY SCHEDULE

What do you do each day and who helps you with this? Don't forget to think about your whole situation including school, service providers, family, friends and things you do in the community including sports, hobbies and volunteering. Also think about how you get to these activities: does your Mum/Dad drive you, do you use a taxi or public transport or does a service provider pick you up or take you to your activities?

MONDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

MONDAY		Office Use NDIS Support Cluster
AFTER-NOON	What I do	
	What help I have	
	How I get there and back	

MONDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

TUESDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

TUESDAY		Office Use NDIS Support Cluster
AFTER- NOON	What I do	
	What help I have	
	How I get there and back	

TUESDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

WEDNESDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

WEDNESDAY		Office Use NDIS Support Cluster
AFTER- NOON	What I do	
	What help I have	
	How I get there and back	

WEDNESDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

THURSDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

THURSDAY		Office Use NDIS Support Cluster
AFTER- NOON	What I do	
	What help I have	
	How I get there and back	

THURSDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

FRIDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

FRIDAY		Office Use NDIS Support Cluster
AFTER- NOON	What I do	
	What help I have	
	How I get there and back	

FRIDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

SATURDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

SATURDAY		Office Use NDIS Support Cluster
AFTER- NOON	What I do	
	What help I have	
	How I get there and back	

SATURDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

SUNDAY		Office Use NDIS Support Cluster
MORNING	What I do	
	What help I have	
	How I get there and back	

SUNDAY		Office Use NDIS Support Cluster
AFTER- NOON	What I do	
	What help I have	
	How I get there and back	

SUNDAY		Office Use NDIS Support Cluster
EVENING	What I do	
	What help I have	
	How I get there and back	

OCCASIONAL ACTIVITIES

Think about what you do outside of your normal weekly routine. Do you attend any camps or festivals? Do you have respite? Do you go on regular holidays or attend any courses or workshops? What support do you have, either paid or unpaid, to help you attend these activities?

What I do?	When do I do it?	What help do I need?	Office Use NDIS Support Cluster

ACTIVITIES THAT I DO WITH SERVICE PROVIDERS

Think about and write down everything you do with service providers and when you do it. Do you do these activities 5 days per week or once/twice per month? This will form the basis of your NDIS pre-plan and we will help you put this into NDIS talk so that when you attend your NDIS planning meeting you will have a greater understanding of what to ask for.

What I do?	When do I do it?	What help do I need? (Who helps me?)	Office Use NDIS Support Cluster

THERAPIES THAT I USE

Think about and write down all the therapies you use, when you use them and what they are for. Also think about whether you need any support to implement any strategies/exercises recommended by the therapists – and who does this for you.

Who I use and the therapy they provide	Why I have the therapy	When and how often I have it? Does anyone other than the therapist help me with this?	Office Use NDIS Support Cluster

THERAPIES THAT I WOULD LIKE TO USE BUT DON'T CURRENTLY USE

When the NDIS comes in you may be able to access therapies that you currently don't have or are on a waiting list for. Think about what you would like or need in the future and complete the table below.

The therapy I would like	Why I would like the therapy	When and how often I would like it?	Office Use NDIS Support Cluster

EQUIPMENT THAT I USE TO SUPPORT ME

Think about what equipment you use to help you to live more independently. Do you require a hoist to help you have a shower? Do you have a vehicle that is wheelchair modified? Do you use continence aids? Also think about what devices you require to communicate and whether you need any technology which increases your independence.

		Office Use NDIS Support Cluster
Home Modifications eg hoist		2. Capital Supports – quote required
Vehicle Modifications eg wheelchair specific		2. Capital Supports – quote required
Assistive Technology eg wheelchair, voice recognition technology		2. Capital Supports – quote required

EQUIPMENT THAT I WOULD LIKE TO USE THAT I DON'T HAVE

Think about what equipment you do not have that you feel that you need to help you achieve your goals and complete the box below.

		Office Use NDIS Support Cluster
Home Modifications eg hoist		2. Capital Supports – quote required
Vehicle Modifications eg wheelchair specific		2. Capital Supports – quote required
Assistive Technology eg wheelchair, voice recognition technology		2. Capital Supports – quote required

CAPACITY BUILDING SUPPORTS

All of the following things can be added to your NDIS plan. Talk to Lifebridge for further explanation and guidance to make sure that these items are added to your plan.

	Office Use NDIS Support Cluster
Would you like help with your plan? Would you like to ensure you can navigate through it with confidence?	
Do you want to learn new skills and manage your own supports?	
Do you want to self-manage all or part of your plan?	
Do you want to get fit and eat healthy?	
Do you want help when you leave school?	
Do you want to get a job?	
Do you need help in forming and maintaining relationships?	

CURRENT GOALS

Think about all the areas of your life. The answers that you have provided above will help you do this. Think about the supports you already have in place and what steps you need to take to get where you want to be.

Think about your current goals and how they would transfer over to NDIS.

CURRENT GOALS
Goal
How I will achieve this
Who will help me achieve this – think about both formal and informal supports

CURRENT GOALS
Goal
How I will achieve this
Who will help me achieve this – think about both formal and informal supports

CURRENT GOALS

Goal

How I will achieve this

Who will help me achieve this – think about both formal and informal supports

CURRENT GOALS

Goal

How I will achieve this

Who will help me achieve this – think about both formal and informal supports

CURRENT GOALS

Goal

How I will achieve this

Who will help me achieve this – think about both formal and informal supports

FUTURE GOALS

Think about what goals you would like to achieve in the next 5 years. There may be things that you are currently doing that can be part of your long term plan. You may also wish to change some of your current activities to help you achieve your long term goals. Some long term goals may be things like finding a job, moving out of home or learning how to catch public transport. They may also be activities that are related to your health and wellbeing such as getting fitter, eating properly or building on your relationships. Use the section below to write down your long term goals.

FUTURE GOALS	
Goal	
Goal	
Goal	
Goal	
Goal	
Goal	