

NDIS – Your First Plan or Plan Review

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VALID

Tips for preparing for transition to the NDIS

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Some Basics



- NDIA – National Disability Insurance Agency
- NDIS - National Disability Insurance Scheme
- Participant - person with disability using the NDIS
- Formal Supports – supports & services you pay for
- Informal Supports – unpaid people, family & friends who support a participant

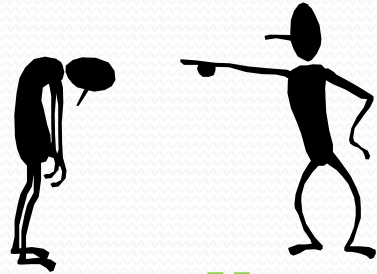
TIP 1: Get prepared



- As much as you are able, get prepared
- If you don't - you're less likely to be confident & get the most effective plan
- Find the right preparation for you
- Lot of resources & services willing to assist

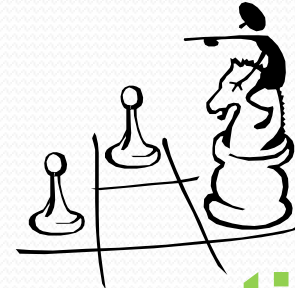
Tip 2 : You're the customer!

CHANGE YOUR THINKING!!!!



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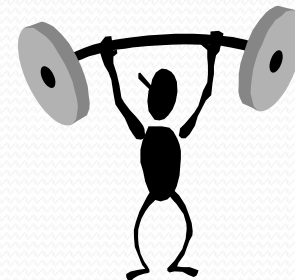
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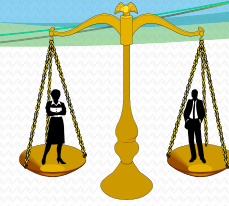
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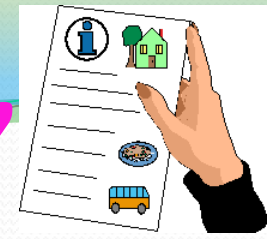
EMPOWERMENT

Tip 3: Know your rights!!!



- choose where & when planning meetings are held
- choose who is involved eg. key worker
- ask questions, get an explanation of what has & has not been funded in your NDIA plan
- ask for another meeting if you need
- choose the agencies to buy support from

Tip 4 : A lot is 'interpretation'



- When they 'say no' – write down the reason
- Do you have more info to justify the support
- Get them to provide the reason and guideline they used to make the decision, preferably in writing
- Don't wait more than 2 weeks – contact them
- If you still disagree with decision you can lodge an Internal Review – reviewed by NDIA
- If still unhappy lodge an External Review with the Administrative Appeals Tribunal (AAT)

Tip 5: Being realistic about NDIA 'plans'

- NDIS plan is not a full person-centred plan i.e. a comprehensive whole of life plan



- NDIS plan is a '**Funding Plan**'



- Preparing a whole of life plan gives you the info you need to know what supports to ask NDIA to fund



Tip 6: Start more comprehensive planning

- Get hold what plans or info current services have
- If can **add to info from a 'whole of life'** perspective ie. not just 9 – 3pm
- Helps the NDIA understand the **'what', 'how' & 'why'** you need support
- Also **provides workers** with info on how to provide best support in the way the person prefers



Tip 7: What you need funded?

Write a list of the services & supports:



1. You use NOW, formal and informal.
 - Tick the ones that work well. NDIS to fund as is.
 - Cross next to ones that don't work well, these are gaps. Work out supports needed to make it work well.
2. What you used to have that worked well.
3. The things you have always wanted to try

Tip 8: Talk to services



- Talk about what support they provide. What staff ratio is required. Is there any 1:1 support times or situations.
- What will they provide and bill for under NDIS. Can they provide a quote.
- Ask them what fees they'll charge e.g. activities and /or transport
- Will they have appropriate staff available?

Tip 9: Promoting Participant 'Voice'

The NDIS is about the participant's goals & their life so ...promote your/their voice:

- Goals need to be from participant perspective
- their 'voice' heard through 'likes & don't like' list

Families / Carers / workers role is to
'stand beside'



Tip 10:

What support do you feel you need?

- Support at the planning meeting?
 - an advocate
 - or a trusted worker / friend / family
- Help to get your NDIS \$\$\$ into action
 - Support Coordinator (find & manage services)
 - Plan Manager (pay for supports)



Tip 11: Building your knowledge

- Attend relevant information sessions
- Learn some basic lingo (terminology)
- get **newsletters** from org's that inform you
- NDIS website has lots of info on it



NDIS Ready webpage

www.ndis.gov.au/ndis-ready



Tip 12: VALID resources



- Tip Sheets
- Courses to assist families develop a draft NDIS Plan
- Courses for people with disability
- Peer Support Groups
- Also other groups who have resources e.g. Assn Ch'n Disability planning workbook

More info



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