



## **AFTER YOU’VE BEEN ACCEPTED INTO THE NDIS – STARTING YOUR PLANNING JOURNEY**

Congratulations - you’ve been accepted into the National Disability Insurance Scheme (NDIS). This is where the work really begins.

Soon you will be asked to meet with a Local Area Coordinator (LAC) to discuss your needs regarding your support and funding package.

You must think very carefully what you want to get out of your NDIS package. Remember the old adage, ‘*garage in, garbage out*’, meaning if you don’t put enough thought into what you need and what you want you will receive very little.

It’s a bit late to start negotiating with your LAC when you’ve received your package for the year. Here are some ideas to help you break things down for you.

### **The Home**

People’s home life is the most important; it’s our safe place and should be where we feel happiest. Having said that, it is important when you are putting together your plan that you include home help, even if you have a partner or parent that looks after you. When considering the help you need you should add in all the jobs that your partner or parent does for you. Remember that it’s important for their wellbeing, as well as yours, to live a normal life. It doesn’t mean that they have to stop looking after you, but it does mean that they are free to enjoy you as a family member and not as a patient.

You may need to have some work done in your house. This might include a suitable bathroom and toilet, hand rails, chair lifts or your kitchen counters lowered (for wheelchair height). The list of options is endless and individual, but if you go around your house and picture each of your daily routines in each of these places and note all your needs as you go around you will have made an excellent start. Don’t be shy, write down or record everything that you think you need. It is easier for them to whittle down your list than it is for you to try and add things later.

Things to think about:

### **Personal needs**

#### **➤ The bedroom**

Everybody’s situation is different but here is a list to get you thinking in the right direction:

Firstly, your bed. Is a regular bed suitable? Can you get in and out of it without help, do you need an adjustable bed? Other bedroom related needs might include: CPAP machine, a pull up ring over your bed or a pressure mattress. Be sure that if you are in a wheelchair, that your chair can get to your bed and you can safely transfer from chair to bed. If you experience incontinence, you will need waterproof mattress protectors. (which can put a strain on your washing machine etc)

➤ **Bathroom / Toilet**

Is your present bathroom suitable? Do you need:

A complete wet room installed;

A shower chair;

Bars fitted to the wall;

If you have a shower in your bath, you may need to have a stand alone shower put in;

Can you transfer to the toilet and back again without help?

Do you need changes made to your toilet? Is it too low or too high?

Do you need a frame put on the toilet for support?

Can you reach the sink?

➤ **Physical needs**

Catheters

Colostomy products

Hearing aids

Crutches

Walking sticks

Walking frames

Wheel chairs

Pick up and reaching tool. (grabby stick)

Ramps inside and out

As you can see there are quite a lot of things that you may not have thought of, but it's really just a guide to get you thinking.

The next heading is quite important and is often missed.

**Technology**

These are devices that can simply make life easier for you or in some cases allow you to speak or alert you of danger.

- Flashing smoke alarms (for people who are Deaf or hard of hearing)
- LED guide lights in hallways etc.
- Door bell with built in camera and intercom
- Multi remote control. (that can control curtains, lights, doors and TV and multimedia centre)
- TTS device (text to speech)
- Braille telephone and braille label maker for important things around your house
- Speech generator software and device

**The Community**

As well as hardware for your house and your mobility needs, The NDIS will also help you to get involved with workshops and hobby clubs in your area that help you meet your goals. You may have been a keen golfer or enjoyed fishing. Your LAC will look into ways to help you get back into doing the things you used to enjoy before your disability or explore new activities that you may not have been able to participate in previously. Many people enjoy the challenge of learning new skills and trying new hobbies. You may be surprised by what is going on in your community. The NDIS can help you with transport and assistance such as someone to accompany you, but you need to work out exactly how much you will need.

As you can see, there are many things to think about. Before you go to or have your first planning meeting, try and have a list ready with all your needs as it is very difficult to start adding things once your plan has been put in place. Make sure they are linked to your goals and you can justify your need for them. There is a yearly review where you can discuss your plan and deal with those things that aren't working etc. But its best to try and get as much covered at the beginning as you can.

Here's a summary, and some useful NDIS links.

- Be prepared – have a list of everything you can think of that will help you live as fully as possible.
- Go through your house and look at everything that has a role in how you live your life.
- Think about what you need and want to do outside your home and what you need to make that happen, whether that be equipment, transport or an attendant carer.
- Be ready to tell your LAC or NDIS representative what your life will look like *without* the supports you are asking for.
- Be ready with quotes for getting work done and/or the purchase price of equipment.
- Try to have copies of assessments from professionals that support your requests. This might be an Occupational Therapist (OT) for home modifications or a Speech Therapist for speech generating devices.
- Work out how each of the items you ask for help meet your Goals. For example, you might have a goal of increasing independence around the home. It might be to access community events independent of family members. Think hard about your goals and how they will help your independence and ability to participate in the community.

**Useful links:**

NDIS Planning Guides, Checklists and Factsheets: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>

NDIS Planning Workbook: <https://www.everyaustraliancounts.com.au/wp-content/uploads/NDIS-Planning-Workbook.pdf>

**Local Area Coordinators in SA:**

<b>Feros Care:</b>	1300 090 256	<a href="#">Barossa, Light and Lower North, Northern Adelaide service areas.</a>
<b>Baptcare:</b>	1800960595	<a href="#">Western Adelaide, Eastern Adelaide, Yorke and Mid North service areas</a>
<b>Mission Australia:</b>	82182800	<a href="#">Limestone Coast, Murray and Mallee, Adelaide Hills, Fleurieu and Kangaroo Island, Southern Adelaide, Eyre, Western and Far North service areas</a>