



Preparing for
your NDIS plan

Independence
AUSTRALIA
Your way.



How to prepare for *your* NDIS Plan

In order to access supports under the National Disability Insurance Scheme (NDIS), you need an NDIS plan. This plan is created together with the NDIS planner and yourself.

To know what you need in your plan, you should have an idea of what type of support you need.

This checklist tool has been designed to help you create a list of supports that you would like in your plan.

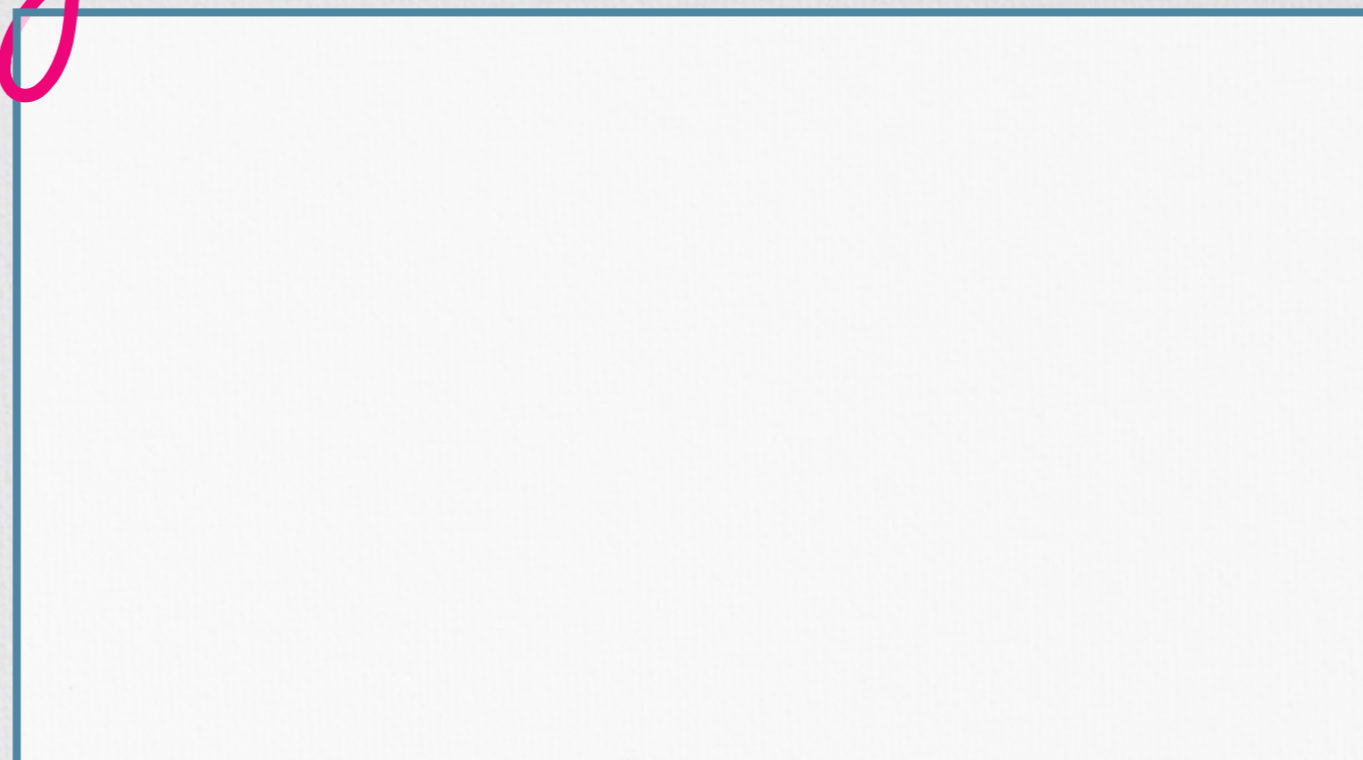
Preparing for *your* meeting

If you have any of the following reports, consider taking them with you.

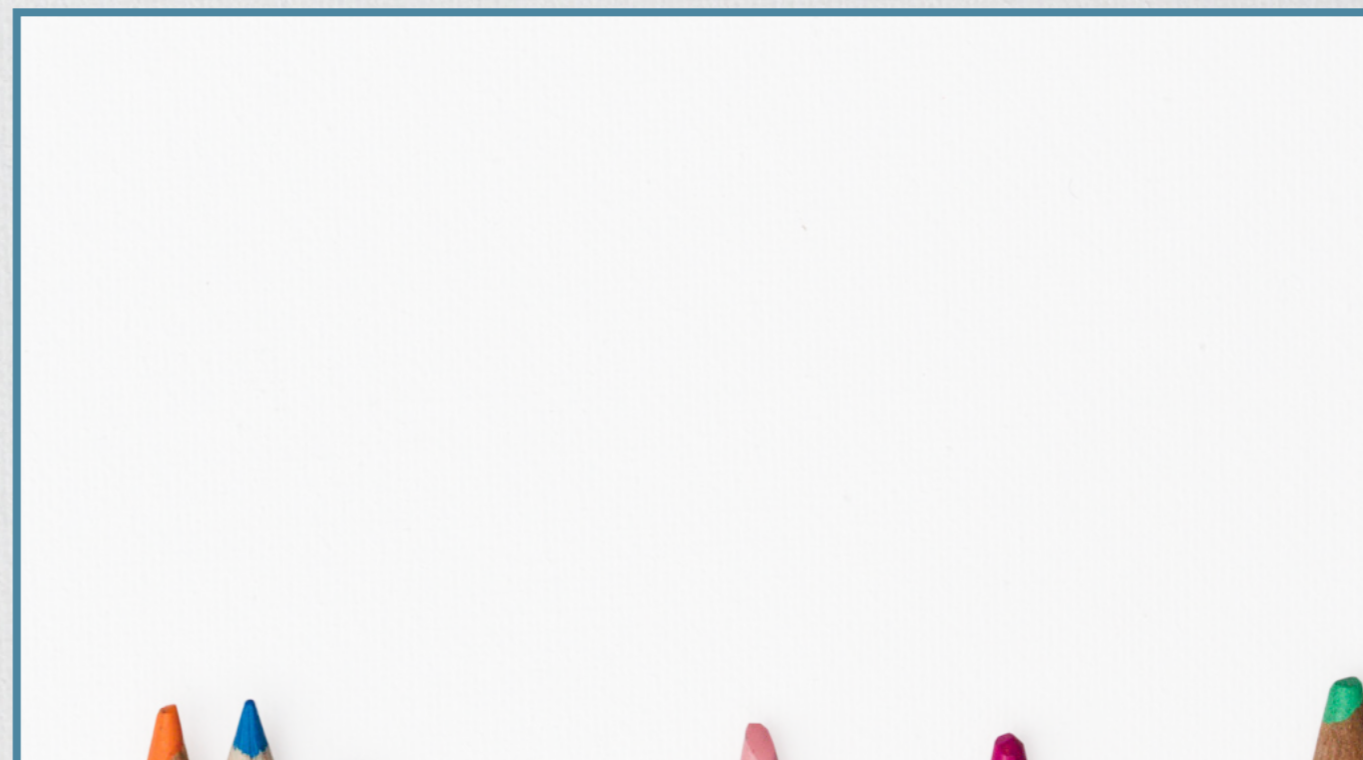
- Lifestyle plan
- Behaviour support plan
- Person centred plan
- Client support plan
- Health support plan
- Individual education plan
- Goal achievement plan
- Therapy assessments
- Letters from your doctor or therapist
- Information from your childcare, kindergarten or school
- Any day program or activity schedules
- Recreational program information or reports
- Information from a current service provider
- Carer statement

your Goals

Goal 1



Goal 2



Personal Care checklist

Activity	Level of support required	Who assists them	How often	Comments
Getting in and out of bed	Hoist	Unpaid carer	Every day	
	Standing transfer	Support worker	4 times a week	
	Requires prompting to get out of bed each day	Council service	3 times a week	
	No assistance required	Other	When unwell	Has occurred but not in 6 months
Getting dressed and undressed	Physically dress and /or undress the person	Unpaid carer	Every day	
	Needs assistance with some aspects of getting dressed, doing up buttons, making sure clothes are on the right way etc.	Support worker	4 times a week	
	Needs assistance with appropriate clothing choices i.e. wanting to wear a summer dress in winter	Council service	3 times a week	
	Needs supervision in case of falls	Other	When unwell	Has occurred but not in 6 months
Assistance with toileting	Hoist into commode chair	Unpaid carer	Every day	
	Standing transfer into commode chair	Support worker	4 times a week	
	Does not need assistance with transfer	Council service	3 times a week	
		Other	When unwell	Has occurred but not in 6 months
Assistance with showering	Needs assistance with some areas i.e. washing feet/back etc	Unpaid carer	Every day	
	Needs prompting around showering due to reluctance to shower at all or being unwilling to wash certain areas	Support worker	4 times a week	
	Needs physical assistance i.e. to wash and dry the person	Council service	3 times a week	
	No assistance required	Other	When unwell	Has occurred but not in 6 months
Grooming	Needs physical assistance to brush teeth, hair and wash face	Unpaid carer	Every day	
	Needs physical assistance with some aspects i.e. putting toothpaste on the toothbrush	Support worker	4 times a week	
	Needs prompting around grooming and hygiene i.e. reluctant to brush hair	Council service	3 times a week	
	No assistance required	Other	When unwell	Has occurred but not in 6 months
Meal preparation	All food is prepared as person is physically unable to cook for themselves	Unpaid carer	Every day	
	All food is prepared as person is unable to learn necessary skills to cook for themselves	Support worker	4 times a week	
	Person is able to cook however requires supervision at all times to negate risk i.e. leaving stovetop on	Council service	3 times a week	
	Person is able to cook some basic meals i.e. eggs on toast	Other	When unwell	
	Person is able to prepare meals that do not require use of oven or stovetops i.e. toast with vegemite			Has occurred but not in 6 months
	Person is able to cook complete meals but requires assistance in some areas i.e. chopping up vegetables			
	Person is able to cook meals with prompting			
Person is independent when cooking and does not require support				



your Community access

Activity	How many times per week	Who currently funds this?	Comments
Day program			
Grocery Shopping/Bill paying etc.			
Holiday program			
Holiday camps			
After school program			
Group activity i.e. once a month goes to a local community disco			
One-on-one activity with Support Worker			
Gym/Personal Trainer			
Classes i.e. art classes			
Volunteer work			
Paid work			
Sporting activities			
Other			
Other			

Your support your way

We specialise in complex and 24 hour tailored support programs, providing care when you need it.

As a social enterprise, the income we make is invested back into the vital services we provide to help people with disabilities.



Core supports

Enabling people to reach their goals by providing assistance with daily activities, in-home and in the community. This includes assistance shopping, preparing meals and providing personal support at any time of the day or night.



Capacity building

Strengthening skills and independence by assisting people to access therapies, training and specialist support coordination. Independence Australia has expertise in resolving points of crisis and developing capacity and resilience.



Call our Intake Team today to discuss your individualised support needs.

Phone 1300 032 774
or email us at services@iagroup.org.au



your Products

Continence Aids

Does the person require continence aids?

What is the cost of this expense per week?

Please provide details of which products the person requires (including brands) and quantity per day.

Are there any other continence products the person uses throughout the year?

eg: Bed pads, mattress protectors, other washable products

Nutrition

Does the person require nutritional supplements?

Has the person been registered for the Nestle NCare program? *If yes, please provide a copy of your plan.*

Please provide details of which products the person requires (including brands) and quantity per week.

With thousands of products and fast home delivery..

we've got you covered!



Continence, wound care, nutrition and skin care products

Competitive prices

Free continence advice from our nurse

Discreet packaging available

store.independenceaustralia.com
customerservice@iagroup.org.au
1300 788 855

independence
AUSTRALIA
Your way.

your Transport needs



Transport	How many times per week?	Comments
Person relies on carer to drive them to activities/appointments due to physical disability		
Person relies on carer to drive them to activities/appointments as they are unable to learn transportation skills due to intellectual impairment		
Person relies on carer to drive them to activities/appointments as they engage in challenging behaviours i.e. refuses to get on the bus each morning		
Person relies on taxi vouchers to transport them to activities due to physical disability		
Person relies on taxi vouchers to transport them to activities due to intellectual impairment		
Person relies on Support Workers to transport them to activities due to physical disability		
Person relies on Support Workers to transport them to activities due to intellectual disability		
Person is travel trained to use public transport independently for regular activities or appointments but requires assistance when travelling to an unfamiliar place		
Person is travel trained and able to use public transport when travelling to any appointment or activity however requires assistance when attending medical appointments etc.		
Person is completely independent in this area		

Aids and Equipment



Please tick every piece of equipment that you require:

- | | | |
|---------------------|--|-----------------------|
| Hoist | Toilet chair | Modified cutlery |
| Wheelchair | Special footwear | Oxygen |
| Standing hoist | Modified vehicle | Modified crockery |
| Electric wheelchair | Straws | Tubes |
| Sling | Masks | Headwear (helmet) |
| Sports wheelchair | Wheelchair accessories (i.e. footplates) | Colostomy bags |
| Commode chair | | Communication devices |

Mobility Aids AUSTRALIA
A division of Independence Australia



Mobility Aids Australia (MAA) is one of Victoria's leading mobility aids specialist retailers.

- One of the largest product ranges in the industry
- Comprehensive safety training and orientation (powered equipment)
- Free in-home 7-day product trials (powered equipment)
- 14-day money back guarantee
- Qualified technicians and full service centre available
- Mobile service vans
- Comprehensive rental product range

1800 625 530
www.mobilityaids.com.au

1/820 Princes Highway, Springvale, VIC
Sales | Hire | Service

your Community and mainstream supports

It is suggested you bring any assessments or reports from your healthcare professional regarding your disability and level of physical capacity with you to your planning meeting.

Health

Activity	How many times per week?	How is this currently funded?	Comments
Physiotherapist			
Speech Therapist			
Massage Therapist			
Hydrotherapy			
Dietician			
Nutritionist			

Mental Health

Activity	How many times per week?	How is this currently funded?	Comments
Psychologist			
Psychiatrist			
Behavioural Therapist			
Counsellor			

Government Disability Services

Activity	How many times per week?	How is this currently funded?	Comments
Support coordinator/ case manager			
Occupational Therapist			
Housing Assistance			

Community, Hobbies or Sporting Groups



Domestic assistance



Tasks	Assistance required	Who currently completes these tasks?
Mopping/Vacuuming	No assistance	
	Minimal assistance	
	Full assistance	
Bathroom/Laundry/ Cleaning/Kitchen	No assistance	
	Minimal assistance	
	Full assistance	
Washing clothes/ Changing linen	No assistance	
	Minimal assistance	
	Full assistance	
General cleaning	No assistance	
	Minimal assistance	
	Full assistance	

Home and Gardening Services



Tasks	Assistance required	Who currently completes these tasks?
Mowing	No assistance	
	Minimal assistance	
	Full assistance	
Weeding	No assistance	
	Minimal assistance	
	Full assistance	
Home Maintenance	No assistance	
	Minimal assistance	
	Full assistance	

Remember to speak to your planner about any home modifications you may need

Notes

your Notes



Your way.

your NDIS Support

We've got you covered with a wide range of services and supports for your NDIS package, all from our one organisation.



Daily activities in-home & in the community

We provide assistance with:

- Self care / personal support
- High intensity self care assistance
- Domestic assistance
- Household activities & meal preparation
- One on one support for children
- Community access, social inclusion
- Transport
- Specialise in complex programs



Therapy & skills development

We provide:

Services to assist with enhancing capacity building and achievement of goals through:

- Psychology and counselling
- Therapy assistance (exercise)
- Support connection
- Co-ordination of supports
- Specialist support co-ordination
- Individual skills development and training

independenceaustralia.com/ndis

services@iagroup.org.au

1300 032 774

independence
AUSTRALIA
Your way.