



Pre-Planning Booklet for the NDIS

What is this booklet for?

This booklet has been designed to put you at the centre of decisions about your life in the NDIS planning process. It is about your life and your choices.

It helps you prepare for your NDIS planning meeting.

It is designed to help you think about how you'd like to live your life – now and in the future.

It also includes information about your life at the moment, what is important to you, the supports you have in place and your social, educational and work choices.

Why do I need this booklet?

To help you to do these things:

This booklet will help you map your world and goals.

This will help you get the most out of your NDIS plan.

If you have more information you would like to provide, you can attach extra pages or any documents you think may be relevant.

If you would like to ask any questions about this booklet, you can contact Phoenix Lifestyle Support Association Inc. on 07 3829 2992.

This booklet has been designed to emphasis person centred practice in planning your life and your choices.

About Me

My name:

Today's date:

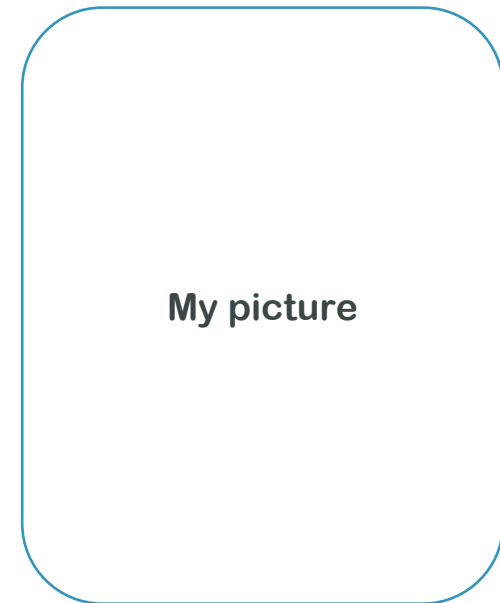
Birthday

The best way to contact me or my representative is

Phone:

Email:

Representative name and relationship:



Who am I?

My feelings, my beliefs and my attitudes are important to how I act, think and express myself.

What is important to me?

(Think about what makes you happy and what makes you sad)

What do people like about me?

How to best support me:

(Think about how you like to be treated by the people who help you)

The way I communicate

Decision Making

How I want to be involved:-

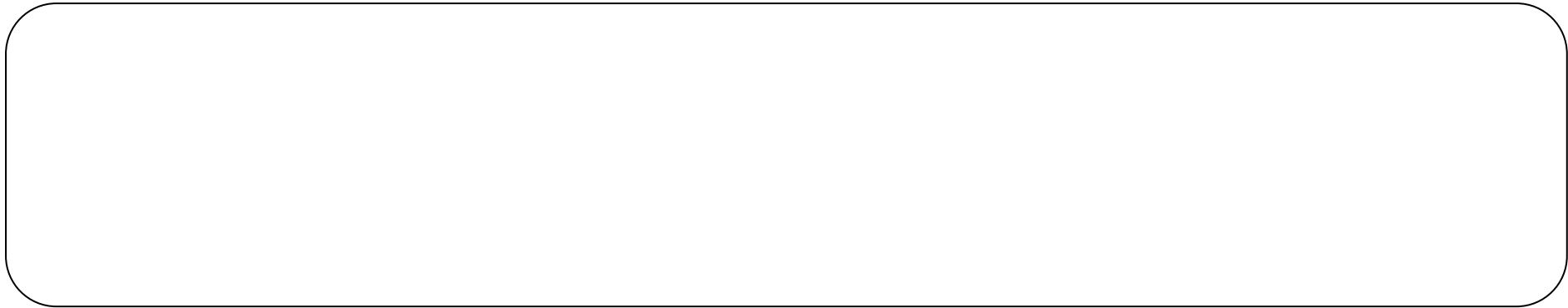
Who I want to help me in my NDIS planning meeting:-

What my NDIS representative needs to know about how I communicate:-

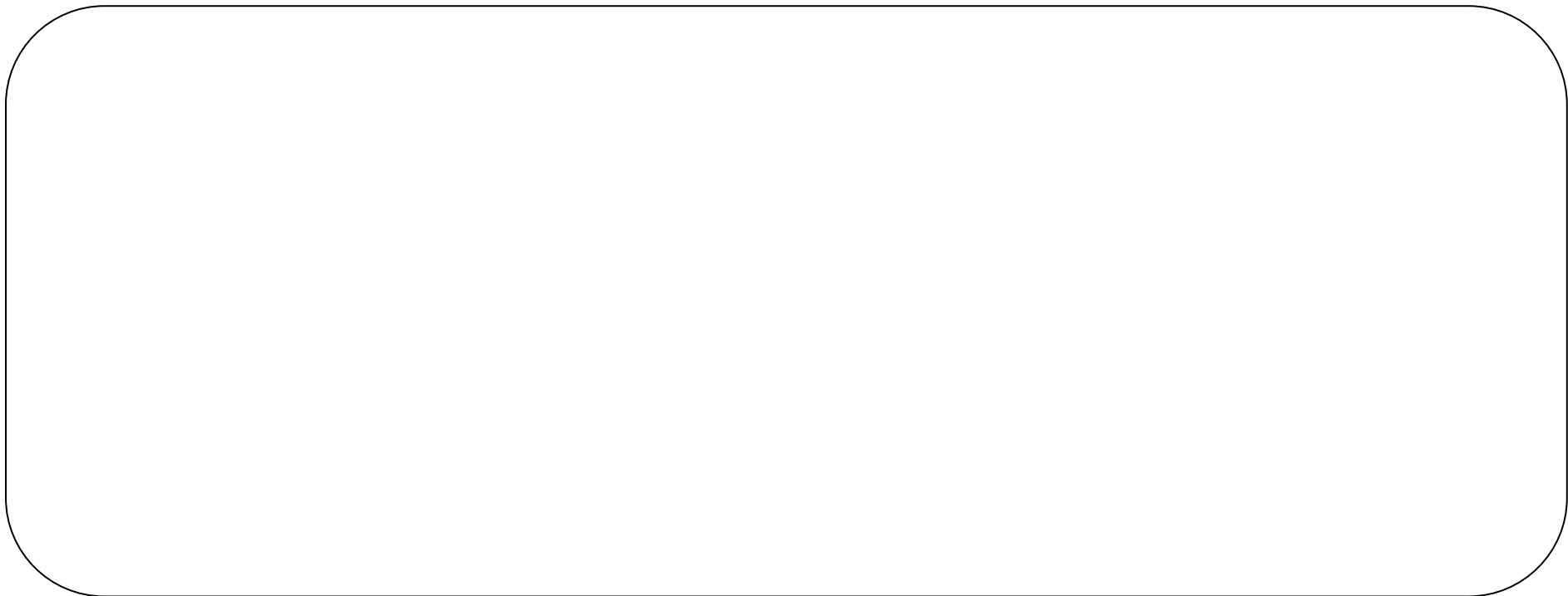
Who makes the final decisions?

About My Disability

What the doctors say about me

A large, empty rounded rectangular box with a thin black border, intended for the user to write about what doctors say about their disability.

How it impacts on my life

A large, empty rounded rectangular box with a thin black border, intended for the user to write about how their disability impacts their life.

Important people to me

Who are the people who play an important role in your life?

| | Family | Friends (and non-paid relationships) | Paid support | Education and work |
|--|--------|--------------------------------------|--------------|--------------------|
| Who am I close to? People in my life that I cherish, and it would be hard to think of life without them | | | | |
| Who else is in my life? People in my life I enjoy spending time with or I see from time to time, acquaintances | | | | |

My support network

How do the important people in your life support you?

| Important Person / Support | Relationship to me | How they help me | How often they help me | Contact Details including phone, address, email |
|----------------------------|--------------------|------------------|------------------------|---|
| | | | | |
| | | | | |
| | | | | |

What is important for me to be safe and healthy

| Health | Safety | Behaviour Support | I have the following plans that help me stay safe and well: |
|--------|--------|-------------------|---|
| | | | |

My home

What type of home I live in?

(house, unit, share house, supported accommodation):

The people I usually live with:

Who helps me at home?

What do they help me with?

Do I use any equipment or other things to help me at home?

My daily routine now

How do you spend your average week?

| | Morning | Midday | Afternoon | Night |
|------------------|---------|--------|-----------|-------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

How I see my daily routine under the NDIS

How would you like to spend your average week?

| | Morning | Midday | Afternoon | Night |
|-----------|---------|--------|-----------|-------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

My weekly supports

Think about who supports you in your activities throughout the week – both your formal and informal supports.

Daily activities: What I do and Who supports me to do this: [Example: My support worker]

| | |
|----------------------------------|--|
| Daily living | |
| Work | |
| Learning | |
| Social & community participation | |
| Home (Living Arrangements) | |
| Health & wellbeing | |
| Transport | |
| Behaviour support | |
| Respite | |
| Other | |
| Other: | |

My programs and therapy supports

Think about the programs and therapy supports you currently use:

| Program | Who | Purpose | How often |
|---------|-----|---------|-----------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

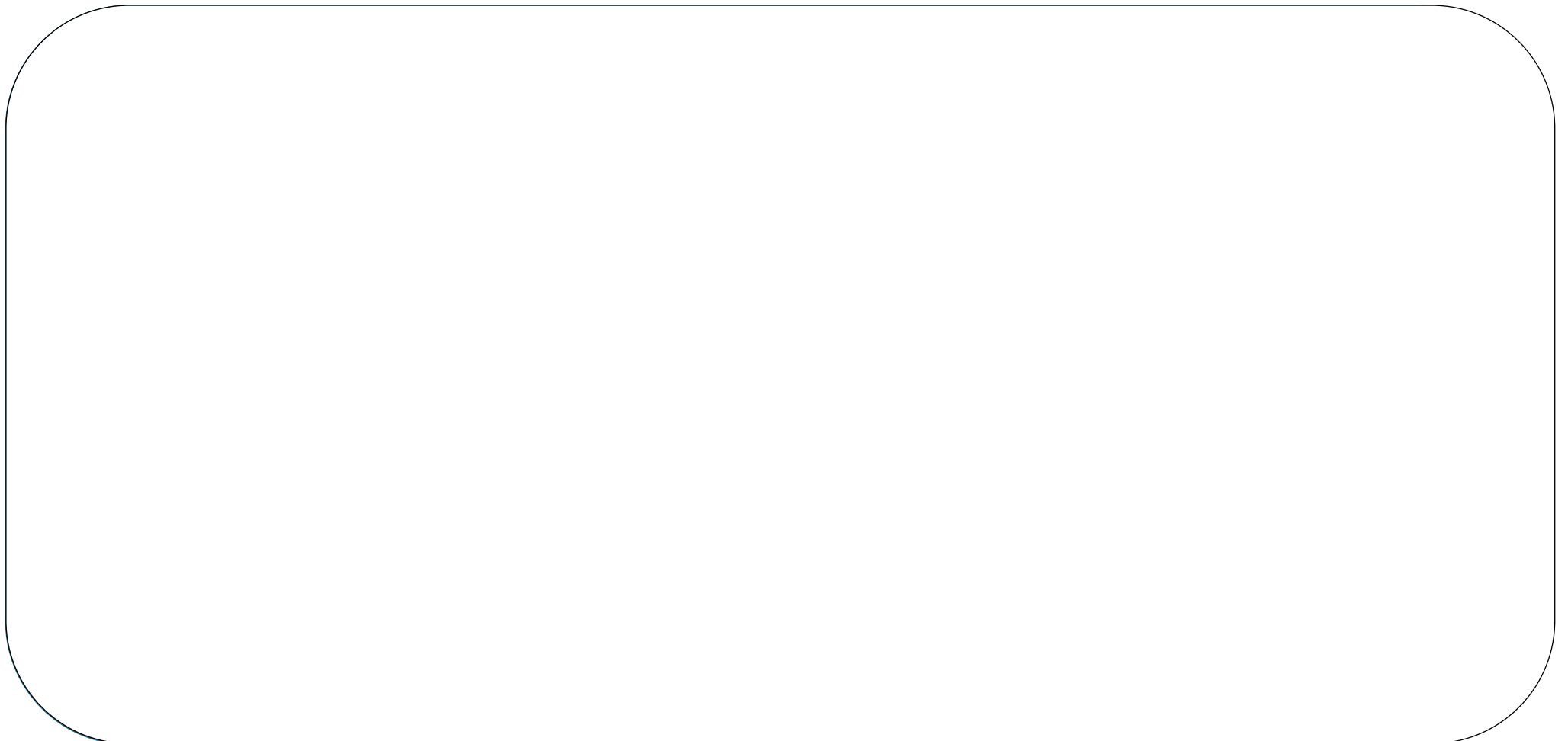
Think about the programs and therapy that might help you:

| Program | Who | Purpose | How often |
|---------|-----|---------|-----------|
| | | | |
| | | | |
| | | | |
| | | | |

My short term dreams and goals:

The next 12 months

Think about: daily living, home, relationships, health & wellbeing, lifelong learning, work, social & community and choice & control.



My long term dreams and goals:

The future

Think about: daily living, home, relationships, health & wellbeing, lifelong learning, work, social & community and choice & control.

A large, empty rounded rectangular box with a thin black border, intended for writing long-term dreams and goals. The box is centered on the page and occupies most of the lower half of the image.

Congratulations

You have now mapped out your world in preparation for your National Disability Insurance Scheme (NDIS) planning meeting.

The next steps

A representative of the National Disability Insurance Agency will be in touch with you to arrange a meeting when the NDIS is being rolled out in the Redlands, South East Queensland. They can also be contacted on **1800 800 110**.

Call Phoenix Lifestyle Support Association Inc. on 07 38292992 if you have any questions about this booklet.

You can bring someone with you, like a family member or friend, to support you in your NDIS planning meeting. You are also able to request a support person from Phoenix Lifestyle Support Association Inc. to attend if you would like them to.



Phoenix Lifestyle
Support Association Inc.

People who care, care for people.