

Top Ten NDIS Pre-Planning Tips

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1. Keep a **log or journal** of your disability related needs over a week – write down everything you do or spend that you would not do or spend if you were not disabled. Give a copy to your NDIS or LAC Planner at your planning meeting.
2. Bring a copy of any **recent reports or assessments** from allied health professionals to your planning meeting, but don't worry if you don't have any – there's no need to go and pay for extra reports before your planning meeting.
3. You generally **don't need guardianship** or administration orders if an NDIS participant chooses someone to be their nominee. The NDIS recognises natural relationships with rare exceptions.
4. Think about **goals that expand your world** – try a new sport, join a new group, think about getting a job or starting a business, or moving out of home. Have two goals for the next year, and one or two longer term goals to include in your plan.
5. Decide how you want to **manage the money** in your plan before your planning meeting – Agency Managed – less hassle but less choice, Self-Managed – more hassle but more choice, and Plan Managed – less hassle and more choice. Plan Management can't be denied to any participant/nominee who asks for it and the funds for it are on top of your regular plan funds.
6. Have a think whether you need or want someone to **help you manage your NDIS plan** – a parent, sibling or unpaid carer you trust. Ask them before your meeting if they are happy to be your nominee.
7. Your **planning meeting** can be done by phone, at the NDIS/LAC offices, out in the community, or in your home. Let your planner know what works best for you.
8. Join a **peer support group**, or join a peer community online (there are a lot of great groups on Facebook) to find out more about the NDIS.
9. At the start of your planning meeting (or sometimes before, on the phone) you will be asked a **bunch of questions** designed to figure out your levels of disability related needs. Make sure you concentrate and answer thoughtfully. These questions are a big part of what decides your funding levels.
10. Write up **two weekly calendars** – one of your activities and how your life looks now, and one of how you would like it to look if you had the funding you need. Give a copy of each to your planner.

Of course, these are general tips, and may not be quite right for your individual situation, so always check directly with the NDIS or your LAC, as things change pretty rapidly, too.

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