

NDIS Plan

Name:

NDIS Number:

Plan starts: 29 October 2015

Plan will be reviewed by: 27 October 2016

NDIS will contact me about my plan review before this plan ends.

The contact details for my local NDIS office are:

Address: 14 Auckland St, Newcastle, NSW 2300

Phone: 02 4914 5000 or 1800 800 110

Email: newcastle@ndis.gov.au

I will tell the NDIS when something important changes (or is going to change) like moving house, starting work or school, or when my goals change.

Part 1: About me

This part of my Participant Statement is about me, my daily life, and the people in my life.

Where I live and the people I live with

lives in private rental property in Rutherford with her daughter . They have lived here since Dec 2014. likes the space and would like to remain here into the future. Her rent includes lawn maintenance. It would be nice if her daughter would help to keep the place clean though.

People in my life who support me

children and grandchildren are a great source of pride but also some frustration and concern. She has some grandchildren locally and some in Sydney that she doesn't see as often as she would like. She sees and more often. Her children and are local.

has been providing some assistance to her ex-partner who has recently been hospitalised. has had some help and advice around this relationship to ensure her safety and wellbeing remains important.

has some friends whom she visits at their places every once in a while, they have not always been good influences and so chooses to socialise with them less often.

My daily life

said she doesn't really have any set routines or activities and just does what needs doing on any particular day. She keeps her own place clean and tidy, does her own shopping as needed and attends to her meals etc independently. She has had some help from Aftercare/PIR with making appointments, reading and actioning mail and liaising with government agencies and service providers as needed.

Part 2: My Goals

This part of my Participant Statement lists my goals and things I want to work towards during this plan

My First Goal is: I would like to improve my reading and writing and may like to do a course if I had some help.

During this plan I want: My coordinator of supports or support worker may be able to help me find a suitable course I can locally, sometimes there are ones on offer at the library or adult colleges but I would like some help to attend this course. I can also have the 1:1 support with my support worker to read my mail etc and learn along the way.

My Second Goal is: Help with general tasks and decision-making, such as, making and attending some appointments, sorting and actioning mail, maintaining rental property, budgeting and liaising with agencies as needed.

During this plan I want: Some flexible supports that I can use as I need for assistance and to help me build my capacity to be more self-directing in the future.

My Third Goal is: To go to the movies every once in a while

During this plan I want: To be supported to access the community to do ordinary things, this may include choosing to use some of my supports for social participation activities and to help me make friends to do things with.

Part 3: My Supports

These are the supports that will help me to work toward my goals.

Family and friends

This is what the NDIS call 'informal' supports.

Who will provide the support?	Type of support

Services and community groups

These supports might include things like health or mental health services, schools or education services, community groups, sporting or hobby clubs or other government services. This is what the NDIS call 'community and mainstream' supports.

Who will provide the support?	Type of support
Centrelink	currently receives the pension and likes to have some help to liaise with Centrelink.
General Practitioner Medical Practice	General health & medical needs, referrals for specialist appointments such as respiratory specialist for Emphysema, sleep study. has been able to access funding for specialist medical services through Medical Locale under a Chronic Disease Management Plan. This can continue for specialist appointments but no longer includes case coordination. is assisted to organise appointments, to attend some specialist appointments, action followups and recommendations that arise.
Legal Aid - current solicitor is	s some outstanding legal matters to come before the courts and ongoing Bail conditions she must comply with. She has access to a solicitor through Legal Aid Services. may choose to use some flexible supports to engage legal services as needed.

Who will provide the support?

Type of support

Psychologist

Referral and services under a Mental Health Care Plan for psychological supports.
Generally monthly appointments.

NDIS reasonable and necessary support budgets

I can choose how I spend the amount in each budget listed below by checking the NDIS price list and the matching supports on the NDIS website participant page ndis.gov.au/participants.

Where a support is listed in my plan as 'stated' I must purchase this support as it is described in the plan. I cannot swap 'stated' supports for any other supports listed in the price list.

Assistance with daily life at home in the community, education and at work	Budget \$2,457.00
Reference number: 0001	
How will the supports be paid: NDIS will pay my support provider directly for these supports	
This support budget can only be used from: 29 October 2015 to 27 October 2016	
Purpose of Support: This Budget is for 2 hrs a fortnight social support to attend appointments where needed, direct support to attend a literacy class and other community activities.	

Improved daily living skills	Budget \$2,142.00
Reference number: 0004	
How will the supports be paid: NDIS will pay my support provider directly for these supports	
This support budget can only be used from: 29 October 2015 to 27 October 2016	
Purpose of Support: This Budget is for 2hrs a fortnight support with decision making, making appointments, actioning mail, tenancy management and health and legal matters.	

Improved life choices	Budget \$2,172.00
Reference number: 0014	
How will the supports be paid: NDIS will pay my support provider directly for these supports	
This support budget can only be used from: 29 October 2015 to 27 October 2016	
Purpose of Support: This Budget is for 2hrs a month for any assistance to resolve points of crises or more complex issues that cannot be resolved with direct support workers.	

TOTAL NDIS PLAN AMOUNT	\$6,771.00
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