

## NDIS Plan

Name:

NDIS Number:

**Plan starts: 05 February 2016**

**Plan will be reviewed by: 04 February 2017**

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

**The contact details for my local NDIS office are:**

Address: Phone: 02 4914 5000 or 1800 800 110

Email:

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

XXX currently resides in a three bedroom private rental with his 3 dogs. He has recently been issued with an eviction notice that gives him until middle of February to find suitable accommodation. XXX has been placed on the high priority list with Department of Housing.

### People in my life who support me

XXX's Mum currently lives 100kms away and I unable to support him with any of his daily needs. XXX sees XXX from Partners in Recovery every few weeks face to face.

### My daily life

XXX likes to dance and used to enjoy going out dancing to music he enjoys. XXX is looking into going back to University in the near future. XXX enjoys the company of his dogs and they are a great moral support for him.

## 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:** To find somewhere to live and to work toward maintaining my tenancy.

**During this plan I want:** To have support to find a new place of accommodation specific to my disability needs. NDIS to fund Supports Coordination to provide support to interface with mainstream services to support him with Housing.

**During this plan I want:** To have support with Household Assistance. NDIS to fund Household Assistance to support XXX to maintain his tenancy as he is unable to undertake household tasks independently.

**My Second Goal is:** To increase my social participation.

**During this plan I want:** To have someone support me to access the wider community for medical appointments and social outings. NDIS to fund individual Community Access to support XXX to interact with his Allied Health Professional and interact in the community.

**During this plan I want:** To work on improving my social skills. NDIS to fund Skill Development for social community, social and recreational participation to work towards building interactive social skillset.

**During this plan I want:** To participate in social group activities. NDIS to fund Group Community Access to support XXX to attend targeted group activities through his current service providers.

**My Third Goal is:** To be able to live and socialise independently.

**During this plan I want:** To have support to travel within the community independently. NDIS to fund Transport Allowance to support XXX to access the wider community. NDIS to fund Travel Training to support XXX to work towards using travelling within the community independently.

**During this plan I want:** To have suitable equipment to use at home and in the community. NDIS to fund Occupational Therapy Specialist Assessment to assess, report and recommend Assistive Technology along with Repairs and Maintenance budget for current items including his wheelchair, stick and scooter.

**My Fourth Goal is:** To have support with personal care.

**During this plan I want:** To have someone assist me with bathing, dressing, shaving every day. NDIS to fund Assistance with Personal Care to support XXX to address his daily hygiene needs.

**My Fifth Goal is:** To improve my health and wellbeing.

**During this plan I want:** To have Allied Health intervention to improve my mental health. NDIS to fund Psychology intervention to support XXX to work on cognitive strategies to improve his wellbeing.

**During this plan I want:** To have Allied Health intervention to work towards strategies to maintain function. NDIS to fund Physiotherapy intervention to support XXX to build capacity towards strategies to maintain his physical function and to prepare an "at home" exercise plan for XXX to work towards maintaining his physical health.

### 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

## 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](http://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.

### Transport to access daily activities

**Budget \$1,574.40**

**Reference number:** 0002

**How will the supports be paid?** NDIS will deposit funds in my nominated bank account each fortnight.

**This support budget can only be used from:** 05 February 2016 to 04 February 2017

**Purpose of Support:**

Travel Allowance Level 1 – To support XXX to access the wider community. This has been placed in Provider Claim until XXX can provide bank details.

### Assistance with daily life at home in the community, education and at work

**Budget \$56,290.00**

**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:** 05 February 2016 to 04 February 2017

**Purpose of Support:**

8 hours per week Individual Community Access – To support XXX to attend appointment with his Allied Health Professionals and interact socially

3 hours per week Group Community Access – To support XXX to access to support for XXX to attend targeted group activities

7 hours per week Household Assistance – To build XXX's capacity and to support XXX to maintain his tenancy as he is unable to undertake household tasks independently.

\$750 Establishment fee

7 hours per week Personal Care

### Improved daily living skills

**Budget \$ 5,164.00**

**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:** 05 February to 04 February 2017

**Purpose of Support:**

10 hours per year Psychology – To support XXX to work on cognitive strategies to improve his wellbeing.

10 hours per year Physiotherapy Specialist Assessment – To support XXX to build capacity towards strategies to maintain his physical function and to build an exercise physiology plan for at home exercise program.

10 hours per year Occupational Therapy Specialist Assessment – To assess, report and recommend Assistive Technology along with Repairs and Maintenance budget for current items.

### **Assistive technology**

**Budget \$ 2,100.00**

**Reference number:** 0005

**How will the supports be paid?** NDIS will pay my support provider directly for these supports

**This support budget can only be used from:** 05 February to 04 February 2017

**Purpose of Support:**

\$100 Repairs and Maintenance for XXX's walking stick.

\$100 Repairs and Maintenance for XXX's wheelchair.

\$100 Repairs and Maintenance for XXX's scooter.

### **Increase social and community participation**

**Budget \$ 1,728.00**

**Reference number:** 0009

**How will the supports be paid?** NDIS will pay my support provider directly for these supports

**This support budget can only be used from:** 05 February to 04 February 2017

**Purpose of Support:**

20 hours per year Travel Training to support XXX to work towards using travelling within the community independently.

12 hours per year Individual Skills Development for Social Interaction and Communication – For social community, social and recreational participation to work towards building interactive social skillset.

### **Improved life choices**

**Budget \$ 9,408.00**

**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:** 05 February to 04 February 2017

**Purpose of Support:**

104 hours per year Supports Coordination (2 hours per week for 52 weeks) – To provide support to interface with mainstream services to support him with Housing.

**TOTAL NDIS PLAN AMOUNT**

**\$76,264.40**