

## Sample NDIS Plan template

\*\* Please note, the content and format of the NDIS plan changes from time to time. This sample template is based on a plan viewed by Share Care in June 2017 and may not reflect the most up to date format.

## John's NDIS Plan

**Name:** John Sample

**NDIS Number:** 430 000 000

**Plan starts:** 1 January 2017

**Plan will be reviewed by:** 1 January 2018

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

### If I have any questions or my circumstances change, I need to contact:

**Regional Support Officer:** Jill Example – (02) 9999 9999

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

**Address:** 1 Fake St, Suburbtown, NSW, 2222

**Phone:** (02) 9999 1234 **Email:** localoffice@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

John currently lives with his father Joe and sister Jane (20) in the family home in Suburbtown. His father works three days a week and his sister is currently taking time off study so that she can assist her father with caring for John before and after his Day Program. John is dependent on his father and sister for all activities of daily living.

### People in my life who support me

John lives with his father Joe and sister Jane (20). His uncle lives nearby and spends time with him on the weekends. His sister is studying at university.

### My daily life

John attends a Day Program from Wednesday to Friday, 9am to 3pm and spends Mondays with his father and Tuesdays with his sister. He goes for a walk with his uncle on Saturday mornings. He is dependent on his father for all self-care and domestic activities. He needs support to access the community and requires constant supervision for safety. He has a history of absconding if not adequately supervised. He has no functional language, no interpersonal skills and insists on routines. His sister is currently taking time off university to assist with caring for him before and after his Day program on the days his father works (Wednesday to Friday).

## 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 safely access a variety of daily activities

During this plan I want: NDIS to fund his Day Program 3 days a week. NDIS to fund behavioural assessment and intervention to ensure his safety and provide advice re strategies to avoid absconding from Day Program and other activities. NDIS to fund OT for assessment and intervention re sensory issues such as noise. His father and sister to continue outings on Mondays and Tuesdays.

### My Second Goal is:

To expand interests / skills / physical activity

During this plan I want: NDIS to fund support worker for one on one assistance to access community and participate in social activities. NDIS to fund transport allowance for independence in travelling.

## 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

Father and sister: Assistance with all activities of daily living, social interaction, accessing the community, decision making and managing finances.

### 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

### My Third Goal is:

To extend life skills

During this plan I want: NDIS to fund support worker for instruction and specific training for him to increase independence in daily living skills such as cooking and gardening.

### My Fourth Goal is:

Improve communication and social skills and decrease frustration and distress.

During this plan I want: NDIS to fund speech therapy assessment, intervention and aids to enable improved communication.

### My Fifth Goal is:

To live at home

During this plan I want: NDIS to fund support worker to provide assistance with personal care three days a week. NDIS to fund skill building for her to increase independence in daily living skills. NDIS to fund respite to sustain informal supports.

services. This is what the NDIS call 'community and mainstream' supports.

#### Who will provide the support? Type of support

GP Monitoring epilepsy / health conditions.

#### 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

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: \$2651

**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:** 1 January 2017 to 1 January 2018

**Purpose of support:** Transport allowance – currently attending Day Program.

Increased social and community participation

Budget: \$2318

**Reference number:** 0009

**How will the supports be paid:** NDIS will pay my plan manager directly for these supports.

**This support budget can only be used from:** 1 January 2017 to 1 January 2018

**Purpose of support:** 52 hours a year of capacity building to increase skills in food preparation and gardening.

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

Budget: \$75335

**Reference number:** 0001

**How will the supports be paid:** NDIS will pay my plan manager directly for these supports

**This support budget can only be used from:** 1 January 2017 to 1 January 2018

**Purpose of support:** Three hours a week assistance to access the community as attending Day Program, nine hours a week personal care, fourteen days a year in home respite due to risk of absconding and sleeping difficulties, group program 30 hours a week, two hours a week yard maintenance to sustain informal supports.

Improved relationships

Budget: \$3583

**Reference number:** 0011

**How will the supports be paid:** NDIS will pay my plan manager directly for these supports.

**This support budget can only be used from:** 1 January 2017 to 1 January 2018

**Purpose of support:** Behaviour management plan, training in behaviour management strategies.

Improved daily living skills

Budget: \$3115

**Reference number:** 0004

**How will the supports be paid:** NDIS will pay my plan manager directly for these supports

**This support budget can only be used from:** 1 January 2017 to 1 January 2018

**Purpose of support:** 20 hours a year for occupational therapy and speech therapy assessment and intervention.

Support Coordination

Budget: \$5905

**Reference number:** 08 003

**How will the supports be paid:** NDIS will pay my plan manager directly for these supports.

**This support budget can only be used from:** 1 January 2017 to 1 January 2018

**Purpose of support:** Coordination of Supports – Level 2 – two hours a week for the first 12 weeks and then one hour a week (64 hours)

**TOTAL NDIS PLAN AMOUNT: \$92,907**