



## **NDIS - A GUIDE TO SETTING YOUR GOALS**

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

# THE EIGHT LIFE DOMAINS AND GOAL SETTING...

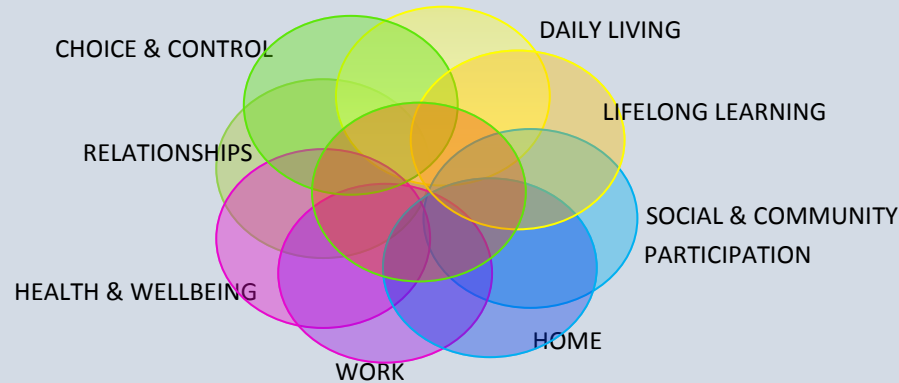
The NDIS has an outcomes framework to measure goal achievement for individual participants and to measure overall performance of the scheme. There are 8 Outcome Domains in the framework. These domains help participants to think about their goals in different life areas to assist NDIS planners to explore where supports in these areas already exist and where further supports are required.

After you have used the Wallara 'All About Me' booklet to gather all of your information on current supports, unmet needs and evidence, you can start to outline what you might like to have in your plan by using the domains as a starting point. To do this, look at each domain, set broad goals and then list the steps or strategies on how you would like these to happen. Not all domains may be relevant to you, but it's a good idea to look at all of them anyway.

## Hints and tips

- ◆ Anyone can have, and achieve, goals regardless of disability, capacity or situation
- ◆ Make goals achievable for you
- ◆ Focus on you or your family members' support needs
- ◆ Dot points can be useful to highlight specific items
- ◆ Brainstorm; use care team meetings, family members, friends and anyone else who knows the person well to work as a group to come up with as many ideas as possible to include as their goals and steps/strategies to achieving these
- ◆ The following pages give you basic examples of goals in each of the domain areas along with some strategies on how they can be achieved
- ◆ These are samples only and everyone is likely to have very different needs and aspirations - but they are a good starting point to get you thinking on how to map out your goals in preparation for your planning meeting with the NDIS

# THE EIGHT NDIS LIFE DOMAINS



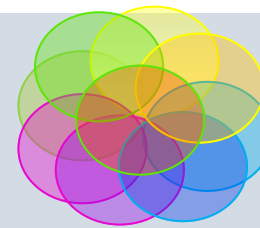
1. **Choice & Control** - making my own decisions, managing my own supports, changing my life; improved life choices, coordination of supports
2. **Lifelong Learning** - post school options, further education; improved learning
3. **Daily Living** - living and working as independently as possible in my community, transport, consumables, assistive technology, improved daily living skills
4. **Relationships** - social skills development, engaging with others; improved relationships
5. **Health & Wellbeing** - personal training, weight management, meal preparation and healthy cooking, allied health (physio, psych, OT)
6. **Work** - finding and keeping a job
7. **Social & Community participation** - assistance with social and community participation, increased social and community participation,
8. **Home** - home modifications, living safely; improved living arrangements

## WHAT IS FUNDED IN A NDIS PLAN?

Depending on your goals and aspirations from the domains, the funding in your plan may include:

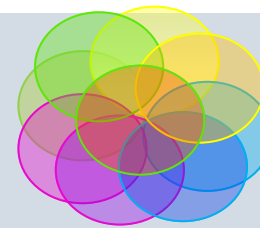
- **Core Funding:** funding that covers functional support needs for daily living and participation and to access community supports and activities
- **Capital Funding:** funding that covers the purchase of one-off items such as equipment, technology or modifications. It also includes funding for Specialist Disability Accommodation (SDA)
- **Capacity Funding:** funding that supports skill building, training, learning, accessing employment, improving health & wellbeing and Support Coordination

# NDIS Life Domains and Sample Goals



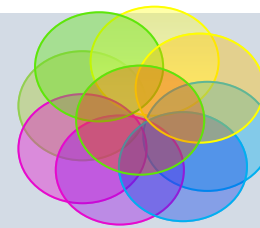
Domain	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
Choice & Control	<p><b><u>Goal</u></b></p> <p>I want to be in charge of my life by making important decisions for myself</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ I want to choose my own team of support workers; at home, in the community or both</li> <li>◆ I want to be doing things that interest and stimulate me</li> <li>◆ I want strategies to be implemented that will empower my decision making</li> </ul>	
Lifelong Learning	<p><b><u>Goal</u></b></p> <p>I want to learn how to do/learn more about... XYZ</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ I will need support to attend an adult education course (TAFE or University etc.)</li> <li>◆ I will need support to read or write in my course</li> </ul>	

# NDIS Life Domains and Sample Goals



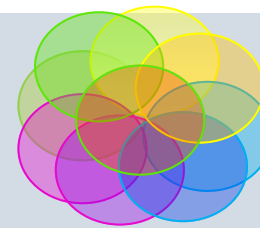
Domain	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
Daily Living	<p><b><u>Goal</u></b></p> <p>I would like to be more independent each day</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Assistance from a support worker to attend to my personal care needs each morning/evening</li> <li>◆ Assistance from a support worker to help me to learn budgeting or how to organise my time and day</li> <li>◆ I would like my home or car to be modified to enable me to live and drive independently</li> <li>◆ I would like support to learn how to cook healthy meals</li> <li>◆ I would like support to learn to travel on public transport independently</li> </ul>	

# NDIS Life Domains and Sample Goals



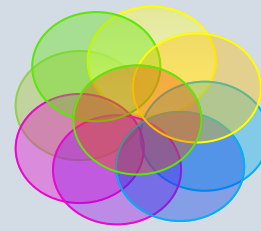
Domain	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
Relationships	<p><b><u>Goal</u></b></p> <p>I want to have better relationships with others in my life and those that are close to me</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Support staff assistance to enable me to spend quality time with my family or partner without them in the role of carer; this may be for weekends, weeknights, holidays or to attend special events in the community</li> <li>◆ I would like strategies implemented to support me to participate positively with those around me (eg positive behaviour strategies)</li> </ul> <p><b><u>Goal</u></b></p> <p>I would like assistance to make new friends or find a life partner</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Support staff assistance to engage in my local community and attend events etc.</li> <li>◆ Strategies to be implemented to assist me to learn about social skills and relationships</li> </ul> <p><b><u>Goal</u></b></p> <p>I would like to spend more time with my friends</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ I would like to continue spending time with my friends doing activities together at XYZ (e.g. at Wallara)</li> <li>◆ I would like support staff to enable me to build my own friendship network and see them on weeknights or weekends independent of my family</li> </ul>	

# NDIS Life Domains and Sample Goals



Domain	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
Health & Wellbeing	<p><b><u>Goal</u></b></p> <p>I would like to maintain a healthy lifestyle and improve my level of fitness</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ I would like staff support to attend my local gym or local sporting groups</li> <li>◆ I would like support to cook healthier meals in my own home or access a dietician consultation</li> <li>◆ I would like to access a personal trainer to assist me with my weight goals</li> </ul>	
Work	<p><b><u>Goal</u></b></p> <p>I would like to find and keep a job</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Assistance to modify my work space at home or at work to enable me to work safely and productively</li> <li>◆ I would like assistance to find work in my local area</li> </ul> <p><b><u>Goal</u></b></p> <p>I would like build my employability skills</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Participate in work skills programs or courses</li> <li>◆ Assistance to find volunteering or work experience options to build on my skills (e.g. Wallara micro businesses, mainstream work experience options)</li> </ul>	

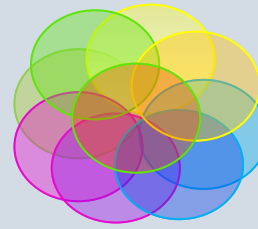
# NDIS Life Domains and Sample Goals



Domain	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
<p>Social &amp; Community Participation</p>	<p><b><u>Goal</u></b></p> <p>I would like to become more involved in my community</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Assistance from a support worker to access local events and concerts etc.</li> <li>◆ Assistance to shop in my local neighbourhood or learn to borrow library books</li> <li>◆ Assistance to access local clubs or groups; bowling, knitting, sports etc.</li> </ul>	

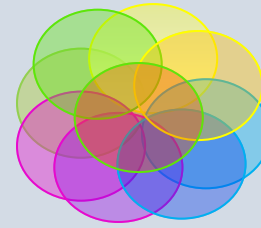


# NDIS Life Domains and Sample Goals



Domain	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
Home	<p><b><u>Goal</u></b></p> <p>I would like to remain in my own home/I would like to be independent and safe in my own home</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ I require support workers to assist me at home; i.e. mornings/evenings/overnight etc.</li> <li>◆ I require modifications in my home to assist me to use living spaces safely</li> <li>◆ I require support to learn how to cook meals and use appliances safely and practically</li> </ul> <p><b><u>Goal</u></b></p> <p>I would like to move out of the family home and live independently</p> <p><b><u>Strategies</u></b></p> <ul style="list-style-type: none"> <li>◆ Support and strategies to be implemented to find me a new home</li> <li>◆ Support to add modifications to new home as required to allow me to live practically and safely</li> <li>◆ Find support workers of my own choice who can assist me daily</li> <li>◆ Assistance to navigate and get around my new local community</li> </ul>	

# NDIS Life Domains and Sample Goals

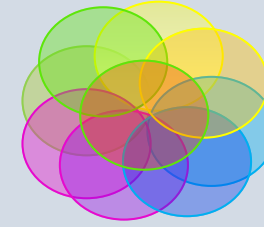


There are natural overlaps between many of the eight Domains.

Any of these could be combined into a smaller of goals. See example below.

Domains	Sample Goals & Strategies...	Your Goals/Strategies for this Domain
<p>Daily Living, Work, Health &amp; Wellbeing</p>	<p><b>Goals</b></p> <p>I would like to lead a healthy lifestyle by continuing to live in my own home, communicating clearly with those around me, being active in my community, working and being fit and healthy</p> <p><b>Strategies</b></p> <ul style="list-style-type: none"> <li>• Continue to attend Wallara day activities to develop my independent living skills and employability skills (ie gentle movement/ yoga, work experience, work education program, meal preparation, literacy/numeracy, budgeting)</li> <li>• Access 1:1 support at home from Wallara to learn how to use appliances, preparing healthy meals and personal care</li> <li>• Support to access a sporting club or group on the weekends</li> <li>• I would like to join a recreational community group on week-nights/weekends</li> <li>• Access supports from a speech pathologist to improve my speech/communication and providing me with suitable communication aid options</li> </ul>	

# Assistive Technology & Modifications Guide



In addition to supports from the eight domains, consumables and assistive technology can also be requested from the NDIS. These items are NOT goals but rather means to achieving some of your goals. For example; your goal to “live safely & independently at home” may include modifying the bench tops in the kitchen or having specialised bathroom equipment. [The NDIS website has a full comprehensive AT & consumables guide for your reference.](#)

## **Mobility aids**

- Personal Mobility equipment
- Transfer equipment
- Prosthetics and orthotics
- Equipment related to walking
- Specialised seating for wheelchairs or other wheeled mobility equipment
- Specialised strollers
- Wheelchairs and scooters
- Vehicle modifications

## **Personal care and safety**

- Assistive products for personal care and safety
- Beds and pressure care mattresses and accessories
- Continence related equipment
- Equipment or aids for dressing, or specialised clothing
- Equipment for eating or drinking

## **Household**

- Assistive products for household tasks
- Specialised household furniture
- Bathroom and toilet equipment
- Home modifications

## **Communication**

- Communication and information equipment

## **Hearing**

- Assistive products for hearing

## **Vision**

- Assistive products for vision

## **Recreation**

- Assistive equipment for recreation

# NDIS FAQ & GLOSSARY OF TERMS



## **What is the NDIS and the NDIA?**

The NDIS is the National Disability Insurance Scheme - a new way of providing support for people with a disability. The NDIS is designed to assist people to identify the disability related supports they need and to choose where they would like to buy their supports.

The NDIA is the National Disability Insurance Agency - the government department that runs the NDIS.

## **What is an NDIS plan and who will develop my plan?**

Your NDIS plan is all about you and your support needs; it has information about your goals, needs and aspirations. Someone from the NDIA will work with you to develop this plan. This might be an NDIS planner or a Local Area Coordinator (LACS are from Partner Organisations). Your planner will not know you or your circumstances, so it's very important to pre-plan.

## **Outcomes framework**

This is a framework developed by the NDIA which measure success for people with a disability. It includes areas such as choice and control, social inclusion, health and housing, employment, and education.

## **Myplace**

**Myplace** is the name of the new online portal for providers and participants of the NDIS. The portal allows participants to see their plan, manage their services, and request payments. To access the portal, participants need to set up a **myGov** account. Providers also use the portal to make claims for support provided.

## **NDIS price guide**

Prices for reasonable and necessary supports are listed in the NDIS price guide. The price guide is developed, published, and updated by the NDIA. There are different price guides depending on the State and Territory. You can download a copy from the NDIS website; **[www.ndis.gov.au](http://www.ndis.gov.au)**

# NDIS FAQ & GLOSSARY OF TERMS



## **Participant**

A person with a permanent and significant disability who has been assessed as meeting the NDIS participation criteria under the Act.

## **Permanent and significant disability**

To receive funding from the NDIS, a person's disability must be both *permanent* and *significant*. This means that their disability is one that they will have for all of their life, and one that affects their ability to take part in everyday activities.

## **Provider**

A provider is a person or an organisation that delivers supports to participants of the NDIS. Wallara Australia is a provider.

## **Registered provider**

Is a person or organisation that delivers supports to NDIS participants who has met certain requirements set by the NDIA. These requirements include experience, qualifications, approvals, capacity to provide the approved supports, and quality standards of the state or territory in which they are in.

Registered providers can provide support to all NDIS participants. To locate registered providers, participants can go through the Myplace portal or use the search function on the NDIS website. Wallara Australia is a registered NDIS provider.

## **Supports**

Things to help a person undertake daily life activities and enable them to participate in the community and reach their goals. Funded support package – the funding available to a participant. There are 3 budgets in a support package: Core, Capacity Building and Capital.

## **Informal supports**

The supports participants get from the people around them, for example family, friends, neighbours.

## **Funded supports**

The supports available to a participant from providers. There are 3 budgets in funded supports under the NDIS: Core, Capacity Building and Capital.

# NDIS FAQ & GLOSSARY OF TERMS

## Short term accommodation

This was previously known as **respite**. Participants are likely to have a number of days where their support arrangements will be different. These are non-typical days and may include funding to provide replacement support, or respite, in group based facility or in-home support.

Evidence from consultations to date indicates that support can generally fall into one of three levels:

- ◆ Between the equivalent of 7 and 14 days per year: where the family provides support most days. This support is provided to the participant so that the informal carers can attend key activities relevant to other members of the family.
- ◆ Between the equivalent of 14 and 28 days per year: where respite is a strategy to build capabilities for independence.
- ◆ No more than the equivalent of 28 days per year: where the family provides support most days and informal care is at risk of not being able to be sustained due to severe behavioural issues or where the person requires intensive informal support.

These supports will be funded over a standard 24 hour period and participants or nominees will be able to choose how and when they use this funding in relation to weekdays, weekends or public holidays.

## Transport

If you can't access public transport because of your disability, you may be able to apply for transport funding under NDIS. It is important to know that once you have been approved for your NDIS plan, your Centrelink Mobility allowance will stop. There are three levels of transport funding:

- ◆ **Level one:** for people not working, studying or attending day programs, but who want to increase their community access
- ◆ **Level two:** for people who are working or studying up to 15 hours per week or going to day programs and for other activities
- ◆ **Level three:** for people who are working, looking for work, or studying at least 15 hours per week and are unable to use public transport because of their disability

# NDIS FUNDED SUPPORTS

## What types of supports are funded by the NDIS?

- daily personal activities
- transport to enable participation in community, social, economic and daily life activities
- workplace help to allow a participant to successfully get or keep employment in the open or supported labour market
- therapeutic supports including behaviour support
- help with household tasks to allow the participant to maintain their home environment
- help to a participant by skilled personnel in aids or equipment assessment, set up and training
- home modification design and construction
- mobility equipment, and
- vehicle modifications

## To assist you to think about funded supports, you will need to let your planner know what you currently receive, this may include:

- ◆ An Individualised Support Package (ISP)
- ◆ Flexible respite or other carers package
- ◆ Continence aids—Continence Aids Payment Scheme (CAPS)
- ◆ Nutritional supplements—Home Enteral Nutrition (HEN)
- ◆ Futures for Young Adults (FFYA)
- ◆ Travel, either from a service provider or mobility allowance
- ◆ Other support or services related to your disability

All of these funded supports now fall under the NDIS and will cease to exist once you transition over.

# NDIS FUNDED SUPPORTS

## **It is also important to know what the NDIS will NOT fund**

- ◆ The NDIS doesn't cover daily living expenses – things like rent or board, food or your mobile phone bill. These costs will continue to be paid for from your usual source of income from work or the disability support pension.
- ◆ The NDIS does not replace funding that is more appropriate from other sources such as education, health or transport. These supports will continue to be funded as they are now.
- ◆ Some services you access may have membership or other fees; these are considered 'out of pocket' costs and will not be covered under the NDIS. For instance Wallara term fees, weekly activity costs – accessing the gym, swimming or community Centre course fees.

## NDIS PLANNING PROCESS

### **NDIA contact**

Before you transition across to the NDIS, the NDIA will call you to:

- ◆ Ask if you consent to join the NDIS (you need to say yes to transition to the NDIS)
- ◆ Confirm your identity - your name, date of birth and Centrelink reference number (CRN)
- ◆ Discuss your eligibility for the NDIS and ask if you are already receiving disability supports

After this first contact, an NDIS representative will be in touch at a later date to organise a time with you for your planning meeting. This may be face-to-face, at a NDIS or LAC office, or over the phone. Remember: it is your choice how you want to have your planning discussion, so if you are not comfortable with a phone call you can request a face-to-face meeting.

### **The planning meeting**

The planner will ask you about the supports you need to live the life you choose, and will work with you to develop a plan that reflects the supports that will be funded by the NDIS.

You may need to meet with the planner a few times or you may only need to meet once.

You can have a support person with you in your planning meetings. You might choose one person or several people - if you would like a Wallara staff member to attend, you may do so. You will need to ensure you inform the Wallara intake team or your support coach of the date and time of your meeting.



# NDIS PLANNING PROCESS

## What do I bring to the planning meeting?

It's important to bring documentation to your planning meeting. The checklist below might assist you :

- ◆ Wallara 'All About Me' pre-planning booklet which lists your goals
- ◆ Wallara - NDIS Health Support Information - completed by your Health Care Provider or GP
- ◆ Wallara activities timetables
- ◆ Allied Health supporting documentation - ie physiotherapy, speech pathology, psychology, Occupational Therapy etc.
- ◆ Health & Wellbeing Management plans - ie Epilepsy, Nutrition, Mental Health care Plan, proactive & reactive support strategies, Behaviour Support Plans (eBSP)
- ◆ Financial documents - guardianship/financial administration orders
- ◆ DHHS documentation - ie ISP funding Plan, FFYA plan, DSR application
- ◆ Information about your family

## How do I manage my funds in my plan?

At your planning meeting you will be asked how you would like you plan to be managed. This means how you want your service providers and supports to be paid. The NDIA will work with you to decide how to manage your plan. There are three options:

- **Self Management** - where you manage your NDIS funds and pay the service providers and keep your own records
- **A Financial Intermediary** - an organisation who will pay service providers for you, this is known as plan management
- **The NDIS** - you can choose for the NDIS to directly pay providers on your behalf, and manage the money in your plan
- Or a combination of the above options; for example, you may wish to self-manage continence aids, but choose the NDIS for everything else.

## Support Coordination

Depending on your situation, you may be funded for Support Coordination in your plan - you can ask your planner to include support coordination in your plan. This is a person who can help you to organise all of your supports in your plan, set up service agreements with providers and on the Myspace portal.

# NDIS PLANNING PROCESS



## How is my NDIS plan developed and approved?

Following your planning meeting, your planner will develop your plan. They will work out what funds will be allocated to your plan to meet your needs and achieve your goals.

Your planner will send your plan to the NDIA who will approve the supports.

## Your NDIS plan arrives - getting it started

You will receive a copy of your plan in the mail. Your plan is considered active from the date the plan is approved. **It is important that you start to use the funds in your plan as soon as you receive it - the reason for this is that your existing funding will cease once your NDIS plan is approved.**

If you wish to continue using your existing service provider (ie Wallara), you will need to let Wallara know that you have an approved NDIS plan, so that we can set up a Service Agreement with you.

## Service Agreements

- You will need to make a written agreement with your provider/s (i.e. Wallara). This is called a Service Agreement.
- Service Agreements should be simple and set out how and when your supports will be delivered.
- Service Agreements can be made between you and your provider, or between another person (like a family member or friend) and your provider.
- Service Agreements are different from your NDIS plan. Your plan lists your NDIS supports, but a Service Agreement is about delivering those supports.
- When making a Service Agreement, you should take a copy of your NDIS plan. If you like, you can attach the copy of your NDIS plan to your Service Agreement/s. This will help your provider deliver you the right supports in the right way.

## How long does my NDIS plan go for?

Your NDIS plan runs for 12 months. Prior to the end of your plan, you will be contacted to schedule a review of your plan and your goals for the year ahead. If there is a significant change in your life that will require a change in your current supports before the end of the 12 months, you can contact your planner for an early review.

## What if I'm not happy with my plan?

It is important that you review your plan carefully once you receive it to make sure it has all your support needs listed. If you are not happy with your plan, you can contact your planner or the NDIA to discuss the things you are not happy with. You can go through a review process with the NDIA, called an **internal review**. Information on how to do this will be provided on the front page of your plan.

# NOTES

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## Further Information:

If you require further assistance with your NDIS pre-planning, or if you have any general enquiries regarding NDIS and planning, please contact :

[intake@wallara.com.au](mailto:intake@wallara.com.au) or

### Sonia Went - Intake & Planning Manager

**Phone:** 9767 3358 **Mobile:** 0428 075 709 **email:** [swent@wallara.com.au](mailto:swent@wallara.com.au) - My working days are Monday, Wednesday, & Thursday

or

### Janine Burns - Planning Officer

**Phone:** 9767 3357 **email:** [jburns@wallara.com.au](mailto:jburns@wallara.com.au) - Monday to Friday

## Or contact the NDIS

**Phone:** 1800 800 110 (8:00am - 8:00pm Monday to Friday)

**Website:** [www.ndis.gov.au](http://www.ndis.gov.au)

**Email:** [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

## TTY users

**Phone:** 1800 555 677 then ask for 1800 800 110; **speak & listen (speech to speech relay)**

**Phone:** 1800 555 727 then ask for 1800 800 110; **Translating and interpreting services (TIS)**

**Internet relay users:** visit [www.relayservice.gov.au](http://www.relayservice.gov.au) and ask for 1800 800 110