

the Deaf
Society

Equity for deaf people



NDIS PLANNING WORKBOOK

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We are really excited about the potential of the National Disability Insurance Scheme (NDIS) to create greater equity for deaf people. In Newcastle, we have already seen the positive changes in people's lives. For example, visual door bells and accessible bathrooms have made deaf people feel safer and more independent. Access to funding for Auslan interpreting or captioning, has meant that deaf people can participate in the community more easily. We want you to receive the best NDIS package to match your needs too.

To be NDIS ready;

- Use this workbook - it will help you to think about the supports you need in everyday life and will be useful when you meet with the NDIS planner.
- Meet with one of our Support Facilitators – they have experience supporting people with their NDIS preparations. They will help you to identify the supports you need and prepare for your meeting with the NDIS planner.

We look forward to supporting you on your NDIS journey.

Yours Sincerely,

Leonie Jackson
Chief Executive Officer

WHAT IS THE NDIS?

Auslan video: www.deafsocietynsw.org.au/ndis

The National Disability Insurance Scheme (NDIS) is a new government system of providing supports to people with disability.

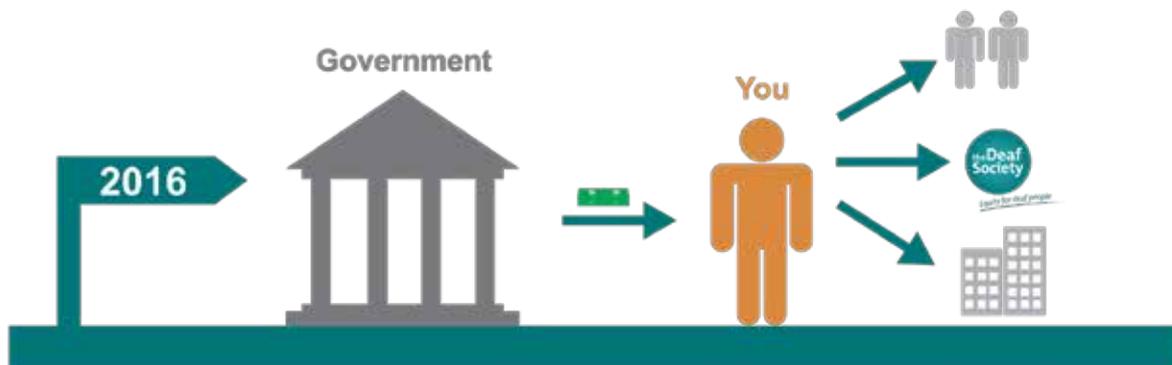
In the past, the government gave organisations like us funding with strict rules on how it could be spent. It meant that some people got support and others did not.

Old System



The NDIS is about individualised funding and support to help you overcome barriers in your life that are linked to your disability.

New System



The supports you receive may help you to achieve goals in different areas of your life.

For example:

- To be more independent and not rely on your family or friends for support.
- To be more involved in your community like joining a local art or swimming group.
- To learn how to use a program like Skype so you can contact your family and friends.
- To get or keep a job.
- To improve your health and wellbeing like learning meditation to manage stress.

To overcome your barriers and achieve your goals, you will need to make a plan. We will explain more about the planning process in this booklet.

WHO CAN ACCESS THE NDIS?

Auslan video: www.deafsocietynsw.org.au/ndis



You can access the NDIS, if you;

- Have a permanent disability that affects your ability to take part in everyday activities
- Are under 65 at the time the NDIS is available in your area
- Are an Australian citizen, a permanent resident or a New Zealand citizen who holds a Protected Special Category Visa

To be sure, it is recommended that you complete the My Access Checklist at www.ndis.gov.au/ndis-access-checklist.

When the NDIS is available in your area, you will need to complete an Access Request Form to register for the NDIS and receive your NDIS number.

If you need support with any of these steps, please feel free to visit our office or contact us, see back cover.

A screenshot of the National Disability Insurance Scheme (NDIS) website. The page title is 'NDIS Access checklist'. The main heading is '1. Do you have Australian residency?'. Below this, it states 'To access the NDIS you must live in Australia and be:' followed by a list of options: 'an Australian citizen OR a permanent resident OR hold a Protected Special Category Visa'. There are two buttons: a green 'Yes. Go to Question 2.' button and a red 'No. You may be able to access other supports.' button. The website header includes the NDIS logo, a phone number (1800 800 110), and navigation links like 'Home', 'People with disability', etc.

WHAT WILL BE COVERED BY THE NDIS?



The NDIS will cover a range of things that are linked to your disability. We've listed some examples below:

- Support with daily personal activities. For example – if you are deafblind you might want a support worker to help you with shopping.
- Transport to enable participation in community, social, economic and daily life activities. For example – if you have mobility problems.
- Workplace help to allow you to successfully get or keep employment.
- Equipment. For example – a visual smoke alarm, baby cry alarm, visual doorbell or ipad to access captions.
- Therapeutic support. For example – speech therapy for deaf children or Auslan in the home.
- Auslan interpreting or real time captions so that you can fully participate in family or community events.

These are just some examples. There are many, many options available. Talk to a Support Facilitator about your situation and what supports or services are available to you. **Email ndis@deafsociety.com to make an appointment.**

WHAT WILL NOT BE COVERED BY THE NDIS?



The NDIS will **not** cover;

- anything that is not related to your disability.
- supports that are already funded by the government, such as Medicare or Department of Education.
- anything related to day-to-day living costs that are not related to your support needs, or
- anything that might cause harm to you or others.



THE NDIS PLANNING PROCESS

Before you receive an NDIS package, you will need to make a plan to help you reach your goals. Everyone's plan will be different because everyone has different needs.

Your plan will include information about;

- your support needs
- your goals
- your current supports

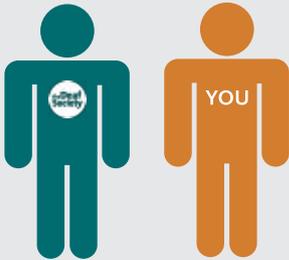
This workbook will:

- help you to understand the planning process
- help the NDIS understand exactly what type of support you need.

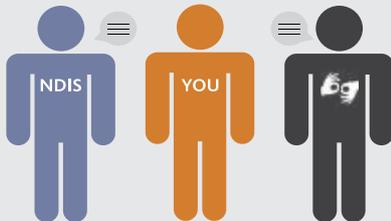
Use this booklet to write things down or draw things, it will help you to make a plan when you meet with the NDIS planner.



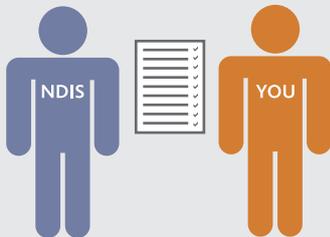
STEP 1
Think about your needs
and goals



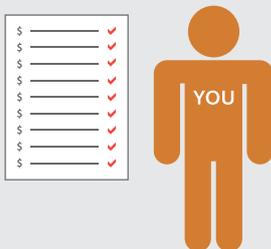
STEP 2
Meet with a Deaf Society
Support Facilitator



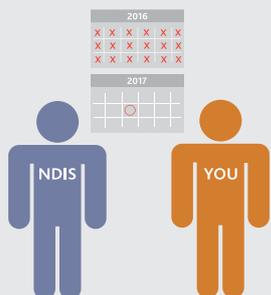
STEP 3
Meet your personal
NDIS planner



STEP 4
Develop your plan



STEP 5
Carry out your plan



STEP 6
Review your plan

Step 1 - Think about your needs and goals

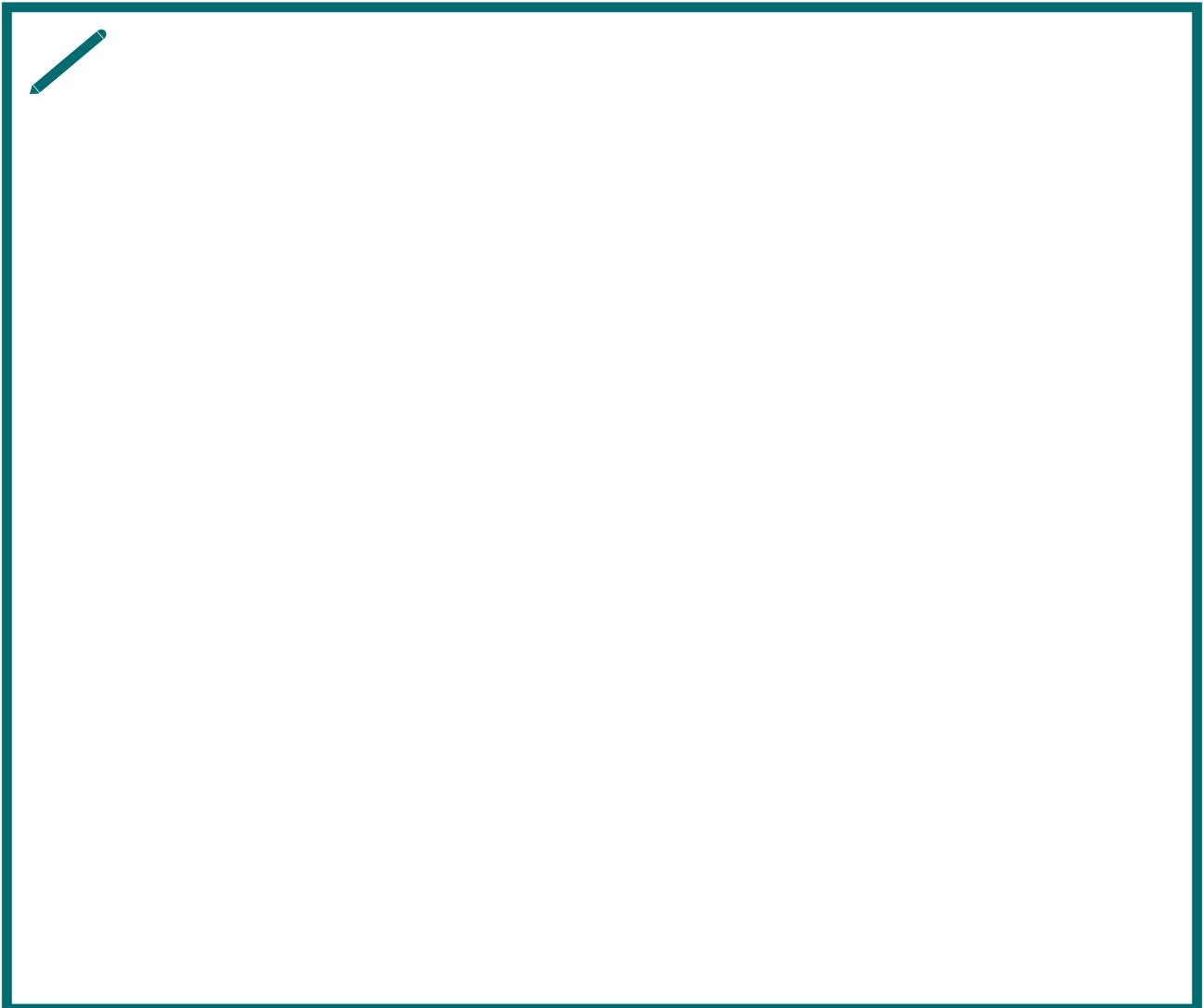
Before meeting with your NDIS planner, think about what you want and need.

- What support do you need to do everyday activities?
- How would you like your life to be in a few years?
- How can the NDIS help you?

What is your life like now?

Think about and record below;

- Activities you take part in regularly like school, work, sports or other social activities
- What is working well in your life
- What would you like to change in your life or make better
- Is there anything new that you would like to try such as joining an activity or group in your local community



Activities that I do all the time



Day	What do I do?	What help do I have?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Activities that I do sometimes



What do I do?	How often do I do it?	What help do I have?

Where do you live and who do you live with?

- Who do you normally live with
- What type of house do you live in, for example – unit, apartment, house, granny flat
- Is there something you would like to change about how you live now?



Who are the important people in your life?

For example – family, friends, neighbours, carers, support workers

Are there people that support you in your everyday life? For example - support with cleaning, travelling, work, study.

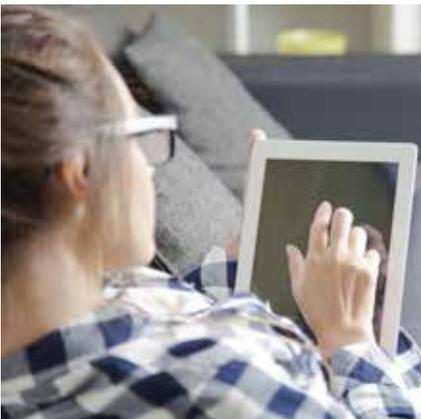


What services do you currently use?

Some of the services you use may be provided by your local council, a religious group, community group, disability service provider, school.

What equipment do you use? How often do you use it? Do you need any equipment?

For example – hearing aid or visual alarms



What supports do you have now?

The supports you receive may be formal or informal.

Formal support is support you get from places like:

- Community or disability services
- School or university
- Sporting organisations
- Hospitals, doctors and other health care professionals

Informal support is support that you get from your family or friends.

Formal Supports	Informal Supports



Your goals

You might have goals for different areas of your life. Long term goals are goals you would like to reach over a long period of time. Short term goals are goals you would like to reach soon and more easily.

Think about;

- What are your goals
- What support you need to reach your goal
- Is there anything stopping you from reaching your goals
- What actions to do you need to take to achieve your goal

Employment - e.g. would you like to get a job, volunteer or change your work hour?



Education - e.g. would you like to improve your skills or attend a course?

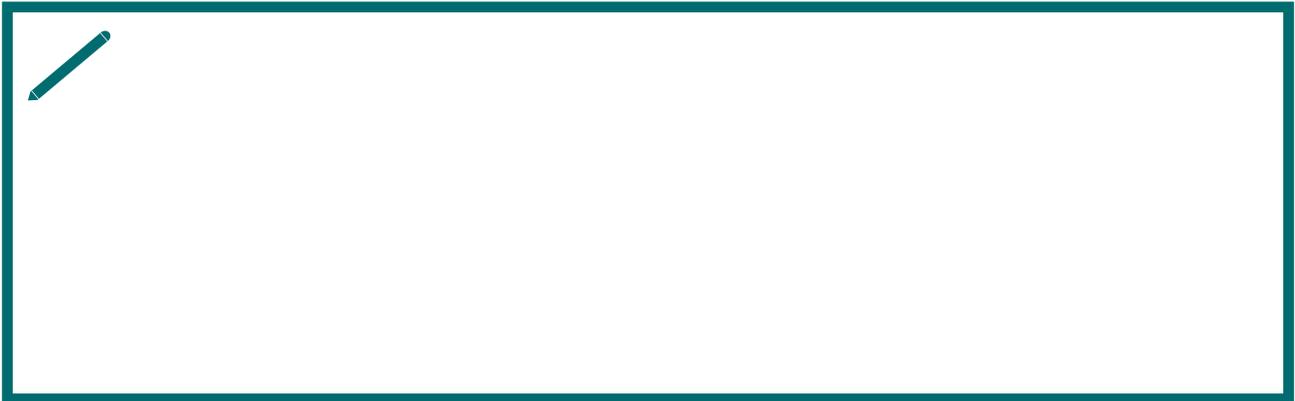


Social Participation / Recreation / Holidays - e.g. would you like to join a club, attend events or make new friends?



Independence - e.g. would you like to do things on your own or with less assistance?

Living arrangements - e.g. would you like to modify your home or live somewhere different?



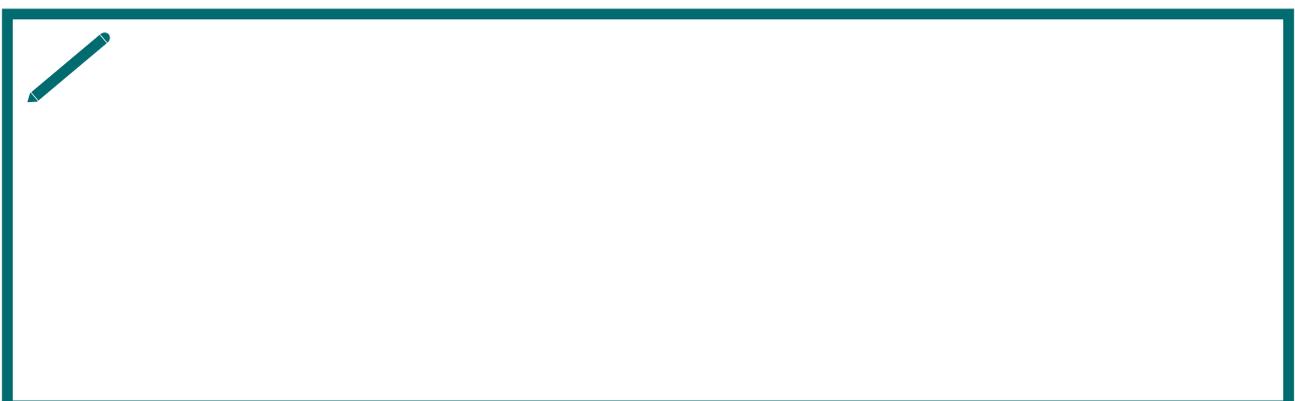
Travel / Transport - e.g. do you need assistance getting to the shops, your local club or events?



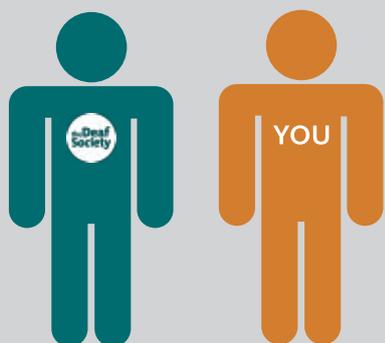
Health and wellbeing - e.g. would you like to be more active or take up a sport?



Money Management - e.g. would you like assistance with budgeting and managing your finances better?



Step 2 - Meet with a Deaf Society Support Facilitator

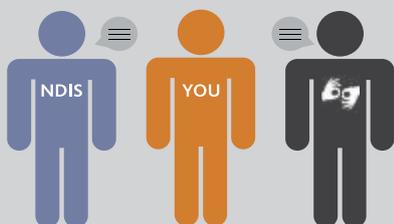


Often the NDIS planner will have no experience of what it is like to live with your disability, the services you need or the services that are available to you. You need to be prepared to tell them what support or services you need and why.

It's a good idea to meet with a Support Facilitator and talk through your workbook responses. A Support Facilitator will help you to identify additional supports and services available to you, and help you to find the best way to explain your needs to the NDIS.

To make an appointment with an NDIS Support Facilitator, email ndis@deafsociety.com.

Step 3 - Meet your personal NDIS planner



When the NDIS comes to your area, you will need to complete the NDIS Access Request Form. We can help you with this.

Then a planner from the NDIS will contact you to organise a meeting. At this meeting you will talk about your life and goals. Bring this workbook to your meeting.

If you want, you can bring someone with you to this meeting maybe a friend, family member or the Deaf Society Support Facilitator that supported you with the pre-planning.

The NDIS will organise an interpreter for your meeting, if you need it.

How long will the meeting take?

The meeting time is different for each person. You might only need one meeting or you might need a few meetings. Your planner will take the time to talk to you about what is best for reaching your goals and creating a good plan.

Planning Meeting - Agenda

- ✓ Getting to know you
- ✓ Reading your notes in the workbook
- ✓ Setting your goals
- ✓ Knowing when you have reached a goal
- ✓ Managing your plan
- ✓ Reviewing your plan
- ✓ Talking about what is next

Step 4 - Develop your plan

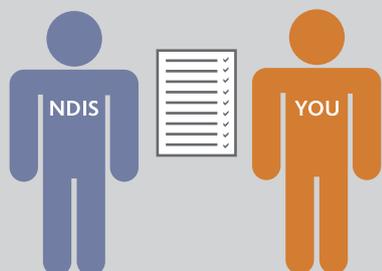
Your planner will write a plan that best suits your needs and supports you to reach your goals. They will send you a copy of your plan.

Your planner will also talk to you about how you would like to manage your plan. There are number of options available:

- Manage your plan yourself. That means you will organise the paperwork and money to pay directly to the people and organisations providing support.
- Nominate another person to manage your plan. This is called a 'plan nominee'.
- You can use a registered plan management provider.
- Ask the National Disability Insurance Agency (NDIA) to manage your plan for you.
- Combination of the above options.

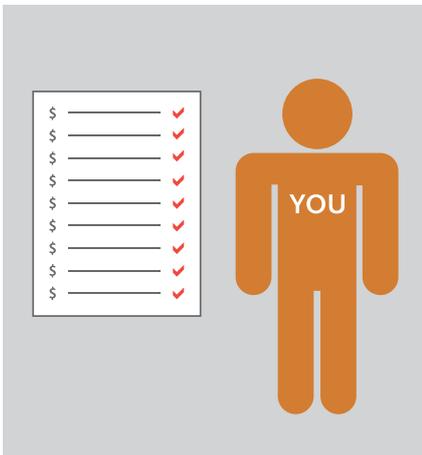
The important thing is, you decide what works best for you.

There is an activity below that might help you decide the way to manage your plan.



I can ...	By myself	With a little help from other people	With a lot of help from other people
Look for services			
Contact and talk to services			
Meet and interview services			
Make an agreement with services			
Decide which services I like			

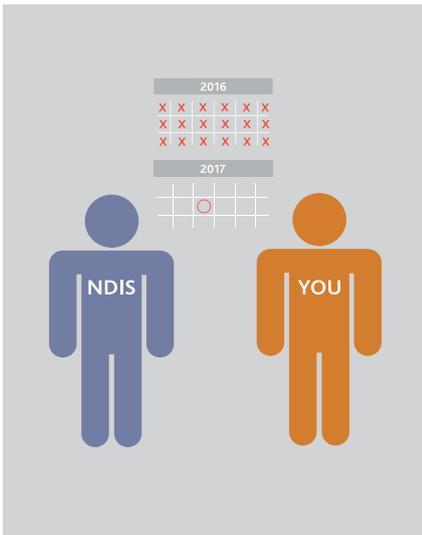
Step 5 - Carry out your plan



Your planner will send you a copy of your plan for you to sign. Make sure you are satisfied with your plan before you sign it. If you have any questions and concerns, book another meeting with the NDIS planner.

Your planner will also talk to you about how you wish to manage your money and supports in the plan.

Step 6 - Review your plan



Your plan is for one year. Before the end of your plan, you will meet with your NDIS planner to review the plan and start planning for the next year.

The NDIS know that sometimes things change in your life. You might want to change your plan if it is not working for you. If this happens, you can meet with your NDIS planner earlier to review your current plan and make changes to better meet your needs.





Equity for deaf people

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