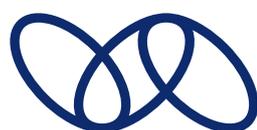


Your
NDIS
Success

Planning Guide



**Vision
Australia**

Blindness. Low Vision. Opportunity.

About you

Name:

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NDIS Overview

Getting the most out of your NDIS plan

The NDIS is the National Disability Insurance Scheme. It's one of the ways people with a disability access funding and support. This new system means you can plan for the support you need and choose who provides it for you.

To become an NDIS participant, you'll have to make a plan about how you would like to live your life and what support you'll need to help you achieve your goals. You will then meet with the NDIS to discuss your plan.

We've found that the best way to ensure that you don't miss out on important services and supports is to prepare for your NDIS planning meeting.

Using this planning guide is a great first step. Vision Australia can support you with this. One of our experienced staff can sit with you to help you fill out this guide and prepare you for your meeting. If you like, they can go with you to the meeting too. Just call us on **1300 88 70 58**.

Once your plan is approved, Vision Australia can also act as your ongoing support coordinator for as long as you need us. We'll help you understand your plan and link in with the right services.

If this sounds like something you might need, be sure to ask the NDIS about support coordination funding in your plan.

Here are just some of the services we offer:

- **Orthoptists**
vision assessments, advice and support
- **Occupational therapists**
to help you make the most of your remaining vision
- **Orientation and mobility experts**
to support you to get around safely
- **Emotional support**
to help you adjust to vision loss
- **Support for children**
specialised services and support for children aged 0-18
- **Social groups**
to connect you with other people who are living with vision loss
- **Assistive technology**
including technology training
- **Support**
for your family, friends and carers.



How to use this planning guide

This planning guide will help you to prepare for your meeting with the National Disability Insurance Agency (NDIA). Please go through it, step by step, to ensure that you're ready for your meeting.

If you'd like, a member of the Vision Australia team can help you fill out this guide. Just call us on 1300 88 70 58.



How does my vision loss affect my life and my goals?

Blindness and low vision doesn't mean you have to stop doing the things you love, or doing new things. This section helps you to think about the functional impact of blindness or low vision and how it affects different areas of your life.

A) Below is a list of symptoms that impact your ability to achieve your goals. Please put an X in the box to the left, next to the ones that impact you.

- Changes in functional vision
- Fatigue (cognitive and/or physical)
- Memory, planning and coordinating
- Walking (stamina)
- Balance
- Dual sensory impairment
- Emotional impacts (E.g. depression)
- Others (describe)

B) Below is a list of tasks that you may find difficult due to the vision symptom you have indicated. Please put an X in the box to the left, next to the ones where you would like support.

- Orientation
- Participating in social activities
- Accessing unfamiliar environments
- Shopping independently
- Physical fitness
- Independence at home (E.g. cooking meals)
- Others (describe)

NDIS Outcome Domains

The NDIS has 8 Outcome 'Domains'. Each of the domains listed will help you to think about the different areas of your life, and the goals you may set for them. Thinking this way will help you communicate your goals and support needs to your NDIA Planner.



Daily Living



Home



Health &
Wellbeing



Lifelong
Learning



Work



Social &
Community
Participation



Relationships



Choice &
Control

Your needs and goals

This section encourages you to think about the goals you would like to achieve and what supports you need to achieve them.

What is important to you?

List the key things that are important for you to live your life the way you want. For example, the ability to independently travel to your friend's house, manage your finances or go to university.

(Please write your list below.)

What support are you currently getting?

List the supports you receive now. For example, occupational therapy, orientation training, Seeing Eye Dog, gardening services, cleaning.

(Please write your list below.)

Your needs and goals (continued)

What type of assistive technology do you currently use?

List the assistive technology you currently use, and think about the support or training you need to use it. For example, JAWS, ZoomText, hand held magnifiers, CCTV, braille support, etc.

(Please write your list below.)



What are your goals?

List the things you'd like to achieve in the future. Think about short-term and long-term goals. For example, find a job, live on your own, take public transport unassisted.

Goal #1

E.g. Improve my mobility skills so I can travel independently to my cousin's home. (Please write your goal below.)

E.g. I need orientation and mobility training, I need transport supports, I need a replacement Seeing Eye Dog, replacement cane tips, etc. (Please write the support you need below.)

Goal #2

E.g. My goal is to live independently at home. (Please write your goal below.)

E.g. I need training to live independently, such as cooking skills or occupational therapy. (Please write the support you need below.)

Your needs and goals (continued)

Goal #3

E.g. My goal is to maintain my home. (Please write your goal below.)

E.g. I need gardening assistance, weekly cleaning etc. (Please write the support you need below.)

Goal #4

E.g. My goal is to use technology to keep in touch with my family and friends. (Please write your goal below.)

E.g. I need assessments and support to identify assistive technology that will help me manage my daily life. (Please write the support you need below.)

Your personalised planner

This section of your NDIS planning guide will help you think about the support you receive now, your activities and the extra support you may need to enable them.

It's important to think about things you'd like to do in the future that you're not doing now and when you want to be able to do them.

Think about:

- How you travel to school, work, social events, gym etc.
- Which activities are routine and which aren't, for example preparing meals
- What support you need before, during and after these activities
- What do those who support you think? It's a good idea to ask them as they may have insight into how to develop your plan. You don't have to complete all of this, but it might help you to identify your support needs.



Your personalised planner (continued)

Regular activity planning chart

List out your daily and weekly regular activities. E.g. Going to work, visiting friends, grocery shopping and preparing meals.

Below is a table. The days of the week are listed in the left column. The columns to the right ask what is required. They are left blank for you to complete.

	What I do now	What I would like to do	What support I need
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Occasional activity planning chart

List the occasional activities you do. E.g. Visiting family interstate, going to the movies, attending a community group.

Below is a table. The column to the left lists time periods. The columns to the right ask what is required. They are left blank for you to complete.

	What I do now	What I would like to do	What support I need
Fortnightly			
Monthly			
Annually			

Your personalised planner (continued)

Transport planning chart

This section asks you to think about the type of transport you use, when you use it, and what support you need now and in the future. E.g. Mobility Allowance, taxi subsidy scheme.

Below is a table. The column to the left lists your possible transport needs. The columns to the right ask about the frequency for each of these things. They are left blank for you to complete.

	Daily/Weekly	Monthly/Yearly
Transport I use now		
Transport I would like to use		
What support I need to access transport		

Client stories

Kim Coleman, age 50

Kim was one of the first clients to go through the NDIS in the Barwon region. As part of her preparation, Vision Australia worked closely with her to help set her goals and get the best plan possible.

Because Kim was new to the region the first areas of support in her NDIS plan were about helping her get around and become familiar with the new area.

Through her NDIS plan we've also helped Kim become more independent around the home. Things like lighting, signs that can be felt instead of read, and a safe kitchen environment were all addressed. Kim has also learnt new computer skills, making her more job-ready and more able to help her daughter with her homework.

Kim likes to take challenges head on. She's developed her skills, and has worked as an admin volunteer at Vision Australia and Barwon Health. She now volunteers for St. John of God Hospital in Geelong.



Rhiannon Burrow, age 6

Vision Australia worked with Rhiannon and her family to help fulfil her NDIS goals around independence.

We supplied her with the latest portable magnifier, the Prodigy Connect 12, and trained her to ensure she got the most out of it. She also received assistance to use scissors and write on her own.

Rhiannon is now 6 years old, and Vision Australia is helping her move around safely and recognise any potential hazards with orientation and mobility training. We've provided her with a new cane so she can navigate the supermarket and carparks. And now we're helping her with the next challenge: taking the school bus.





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