

NDIS Planning

One of the first words you will hear when you start to think about the National Disability Insurance Scheme (NDIS) is "planning". The NDIS is designed to improve choice and control when it comes to disability supports. This means the planning stage is vital to ensure you get the supports you need.

Everyone who enters the NDIS will receive a plan

You can apply to enter the NDIS up to six months before the scheme rolls out in your area. If you are an existing DS customer, the NDIA may contact you directly.

Once your NDIS access is approved, the National Disability Insurance Agency (NDIA) will contact you to begin the planning process. You can talk to Montrose before this stage to get helpful hints and advice.

In particular, think about your goals and what you need to achieve them. Your first plan will identify the reasonable and necessary supports you require to meet your immediate needs and start working towards your goals.

Once finalised – your plan will provide you with individualised funding that you control and choose how to use. Support for those under 7 years old is likely to be managed by an Early Childhood Early Intervention (ECEI) partner.

What is a planning meeting?

Once your access to the NDIS is confirmed, you and/or your nominee will be contacted by a representative of the NDIA to have a planning conversation.

This may happen by phone. Don't worry, if you are not able to complete your planning conversation over the phone or are not in a position to do so, you can ask the NDIS to make alternative arrangements.

During the planning stage you will be asked about your goals and what you need to achieve them.



Can I change my plan?

Your plan will be reviewed every 12 months but you can talk to the NDIS before then if your circumstances or needs change if you finish school or there is a major change in your needs.

What if I already receive supports?

If you already receive supports from a State or Territory government disability program, there are agreements in place which may mean you qualify to directly enter the Scheme. If this is the case, you will be contacted by an NDIA representative when it is time to transition to the Scheme and develop your first plan.

Your existing supports and services will continue until you have an NDIS plan.

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What are "reasonable and necessary" supports?

The legislation that established the NDIS talks about the scheme providing reasonable and necessary supports. Those supports will:

- Be associated with day-to-day living and activities that increase your social or economic participation
- Be a resource or piece of equipment, such as wheelchair, assistive technology or home and car modifications, to help you live an ordinary life
- Help you build the skills you need to live the life you want, such as opportunities to work, further your education, volunteer or learn something new.

I'm not sure what my goals are?

It's good to start talking to your family, friends and carers about what your goals might look like now and into the future. Perhaps you want to work or study, or just get out a bit more. They don't need to be big or complicated goals, just things that will improve your life! Consider what supports you may need on a day to day basis.



What happens when my plan is finished?

Once your first plan is finalised you will be contacted by the NDIA to discuss how to put it into action.

You may get support from a Local Area Coordinator, a support coordinator or another party who will help you to connect with organisations that can assist.

What NDIS services do Montrose provide?

- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Psychology
- Social Work
- Daily Living Support
- Short Stay Accommodation (Respite)
- Groups
- Skill development, community access, and social events
- Lifestyle and Leisure

Please check our website to see which services are available in your area.

Read more about the NDIS and the services we offer at www.montrose.org.au

To talk to us about Support Coordination, call us on **1800 193 362**