

NDIS in WA, Me, My Plan, My

Future

- There are 5 steps to making your Individual NDIS in WA Support Plan; Individualised planning is support provided to you, designed by you and you are given choices to how that support is delivered to you.

1. Think about your needs and goals
2. Talk about your needs and goals with your family, Carer or Support Person
3. Write your plan and how you will manage your needs
4. Begin your plan with your support people and goals
5. After 1 year talk about your plan, did it work or do you need to change your plan

How does the planning process work?

Questions to help build your plan might include:

- Who am I and what is my life like now?
- How would I like my life to be?
- What do I do each day
- What would I like to build on?
- How can this happen?

What does individualised planning help you to do?

This happens by making an individual Support Plan

- Help you to connect to your local communities; such as friendships, neighbours and community groups.
- Decide what your choices are about making a pathway to live the life you would like to live.
- Find opportunities to connect and make a contribution that is welcomed within your communities, your family and your life.
- Talk about your talents and skills that you have.
- Build on opportunities for you to have a valued role in your community.
- Feel confident that your future is safe and secure.
- Access the supports and services that will help you to achieve goals.

What can NDIS in WA do for me?

You can get support to:

- Care for yourself and your family
- Do jobs around the house
- Go back to work and go to back school
- Go out with your friends and family
- Connect to your local community
- Participate in community activities

You can:

- Become more independent
- Learn a new skill
- Volunteer for your favourite charity
- Be involved in recreational activities, sporting groups, religious activities, craft and hobby groups.
- Become involved with local community gardens, join the local Men's Shed
- Receive support to improve your health and wellbeing

Who do I speak to?

- When you are happy you have included all of your information into your "Getting Started" Workbook make a telephone call to your Local Coordinator or ask your Carer, support person or support agency.
- If you need an Interpreter to help you communicate ask for Interpreter when you make an appointment to meet your Local Coordinator.
- Local Coordinators will talk privately with you so you can get the support you need.
- If you would like to have a trusted friend, family member or an Agency Representative present you can let your Local Coordinator know who this person is and bring them along to the meeting.

What is the telephone number?

1800 996 214 (Free call)

Leisa Musham 0419 138 982 for more information



Government of **Western Australia**
National Disability Insurance Scheme