NDIS AT A GLANCE

The National Disability Insurance Scheme is a whole-of-life approach. This means that a person with disability or significant impairment can receive the support they need to achieve their goals across their lifetime.

The NDIS planning conversation revolves around goals, and the risks or barriers that may hinder your capacity to achieve outcomes linked to your goals.

In thinking about goals, the planning conversation considers your individual circumstances, family situation and how you want to live your life — giving you greater choice and control.

THINGS YOU WILL DISCUSS

The NDIS will be interested in discussing:

- How support with daily activities may improve the way you live your life
- How supports may assist to maintain or strengthen relationships
- How supports may assist you to remain living at home or maintain your home
- How supports may improve and contribute to your health and wellbeing
- How supports may assist you to maintain or return to study or maintain interests
- How supports may assist you to maintain your employment or help you to gain employment
- How supports assist with social, community participation and inclusion

EXAMPLES OF PLANS

Each NDIS plan will be different as it reflects the goals and the individualised needs of a person. Below are some examples:

<table>
<thead>
<tr>
<th>Goals related to Social Participation</th>
<th>Objectives related to Social participation goals</th>
<th>Strategies to assist to achieve goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participate in family social events, activities and outings</td>
<td>To be able to go to parks, family events, markets with my children</td>
<td>Access to suitable mobility assistive equipment to be recommended by allied health (OT/physio)</td>
</tr>
<tr>
<td>I would like to increase my social participation and community access</td>
<td>I want to visit my mother weekly, have lunch at cafes, join social outings</td>
<td>NDIA to provide reasonable and necessary supports and transport</td>
</tr>
<tr>
<td>I want to make more friends</td>
<td>Make more local contacts so I can see them more regularly</td>
<td>Join groups such as a church group, interest groups to extend my social network</td>
</tr>
<tr>
<td>To continue with my current levels of social and community involvement</td>
<td>Continue to be a regular participant in and assist with the various social groups</td>
<td>OT driving assessment to ensure licence renewal</td>
</tr>
</tbody>
</table>

Please contact MS for more information:

MS Connect™: 1800 042 138  
Email: msconnect@ms.org.au  
Web: www.ms.org.au
Goals related to Independence

- To stay living in my home as independently possible without others telling me what to do.
- To maintain independence in personal care
- To maintain independence in my mobility
- I want to be able to do things for myself and not rely on others

Objectives related to Independence

- To stay at home and not have others tell me what to do
- To ensure I am safe and reduce my risk of falls
- To increase mobility and confidence to get around more independently
- Like to participate in everyday tasks

Strategies to assist to achieve goals

- Maintain medical reviews
- Accept supports for household chores including: domestic, shopping, food preparation, transport – using taxi’s to go to appointments, assistive technology
- Occupational therapy and Physiotherapy assessments for recommendations

Goals related to Economic Participation

- To maintain employment
- To maintain working as a self-employed tradesman
- To ensure my financial security now and have plans for the future

Objectives related to Economic participation

- Interventions to help manage fatigue and cognitive abilities
- To access a taxi on the days I do not feel confident to drive
- To access legal and financial advice

Strategies to assist to achieve goals

- Domestic support
- Occupational therapy assessment
- Work place assessment
- Coordination of support to have assistance to coordinate services and supports from different places.
- Transport cost in plan

EASY STEPS TO GOAL SETTING

1. Identify what is important to you. What are the things you would like to achieve as goals?

Goals differ for each person due to their individual and unique circumstances and life context.

A goal may be aspirational:
- to return to the workplace
- to go with my family on a holiday with supports in place

A goal may relate to maintaining current life activities such as:
- my job and social network, my garden

A goal may relate to everyday activities such as:
- being able to get out of bed

A goal may relate to maintain your roles and responsibilities:
- being a parent
- being a partner
- being an active family member and friend

2. What are the barriers that prevent you from achieving these goals?

Think of things like mobility, fatigue, transport, the need for support or finances. Could there be other things that limit your ability to achieve the above goals? What might they be?

If you need help to think about your goals and aspirations, please contact us MS Connect on 1800 042 138 or email msconnect@ms.org.au