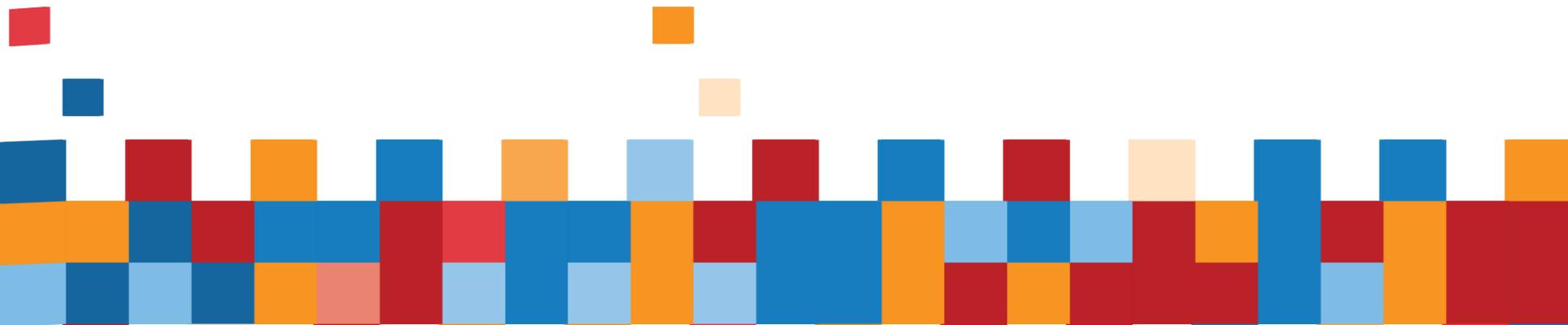


# VCFS 22q Foundation Conference

## Preparing for National Disability Insurance Scheme Planning Meetings





# Kristie Findlater

- 11 years experience in the disability industry
- Mother of 3, 2 who have Autism
- Support Coordinator at Thorndale Foundation
- Director/owner of Life Links

*There's no such thing as can't, anything is possible we just need to think creatively.*



# My experience as a parent

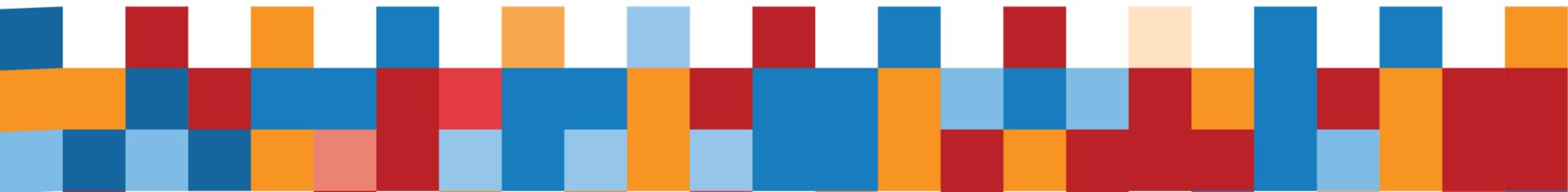
- Frustration...to celebration
- 2<sup>nd</sup> & 3<sup>rd</sup> NDIS Plans now in place
- Think outside the box- don't be afraid to ask!
- NDIS Participant portal
- Be proactive
- Take care of you





# Research what is out there....

- **Nepean Disability Expo** 14<sup>th</sup> and 15<sup>th</sup> September- Panther's Exhibition Marquee
- Uniting- Local Area Coordinators
- IDEAS
- PDRC (Penrith Disability Resource Centre)
- Local disability resource centres
- NDIS Website
- Local Parent/Carer Groups
- NDIS specific Facebook pages





# My experience as Thorndale's NDIS Services Coordinator

My Role-

- Pre plan for and attend planning meetings
- Liaise with Providers, Therapists, family
- Complete referrals
- Provide quotes
- Liaise with NDIS Planners
- Monitor budgets
- Support with lodging unscheduled Reviews, CoC's & RRD
- Crisis Management
- Transitions
- Skill building of Participants and their support networks

Plus lots more.....





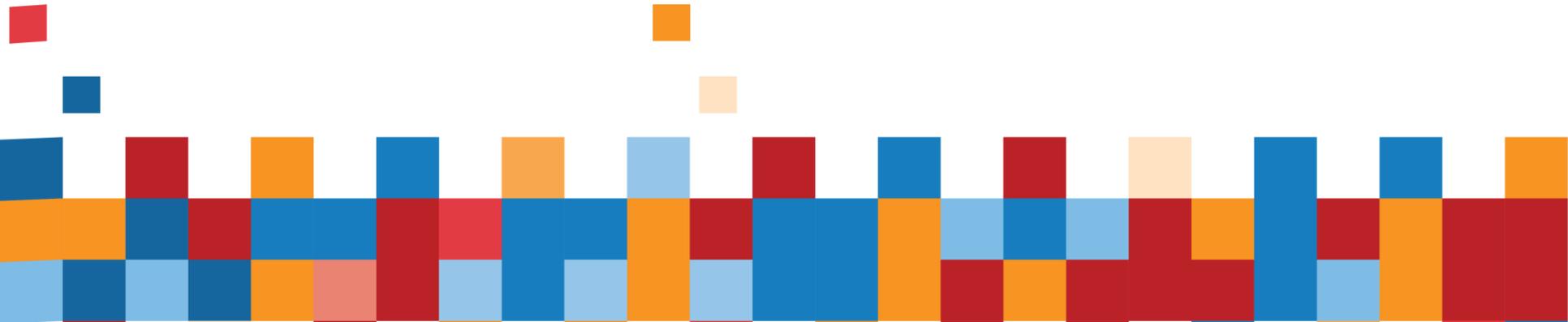
# Applying for the NDIS

Visit your local NDIS office

or

Call the NDIS call Centre

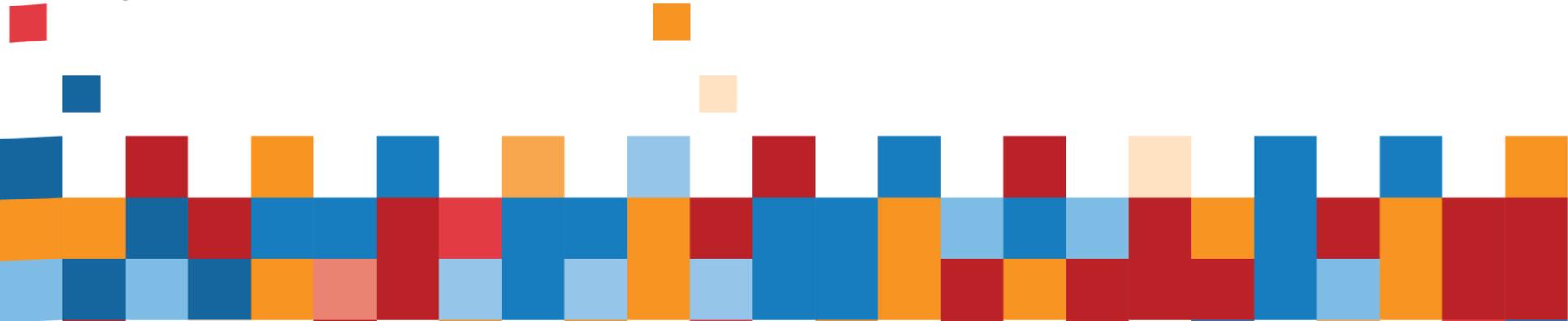
1800 800 110





# Pre planning is important

- Gather your “evidence” - school reports, diagnosis, specialists letters, assessments & reports, recommendations, letters from GP, information from Providers etc
- What is the impairment & how is it effecting the person?

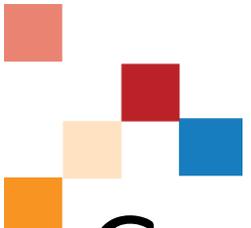




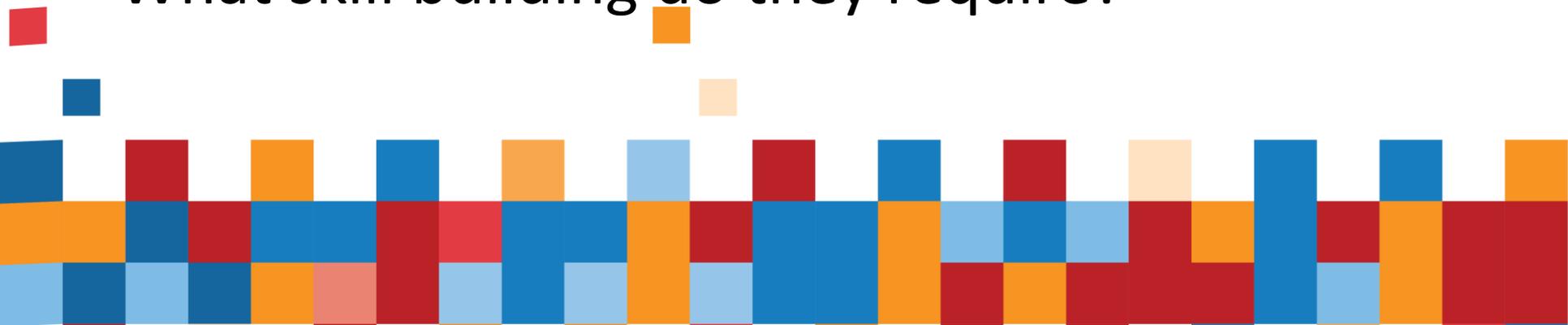
# Pre planning is important

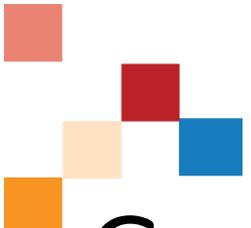
- What therapies/activities/support do they currently receive?
- What does the persons day to day life look like?
- How would you like the Plan Funds managed





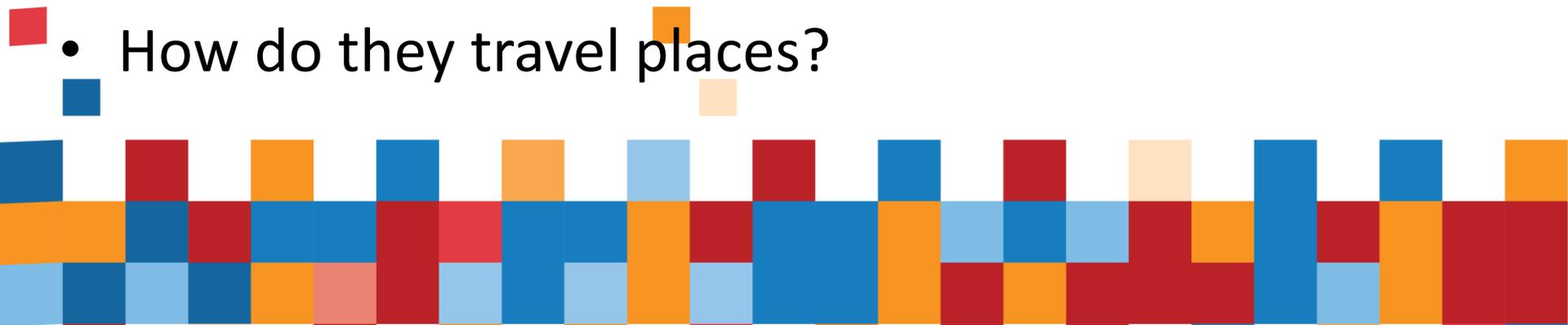
# Goals

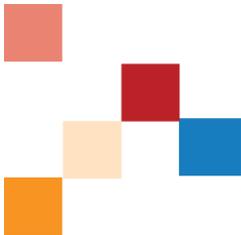
- What therapies/activities/support might they benefit from?
  - What are their hopes, hobbies, interests etc
  - What skill building do they require?
- 



# Goals

- Are there things that their friends are doing that they have not had the opportunity to participate in?
- Do they require assistive technology or continence products?
- How do they travel places?

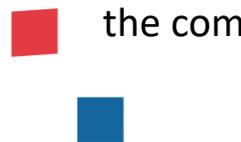




# “Reasonable & necessary”

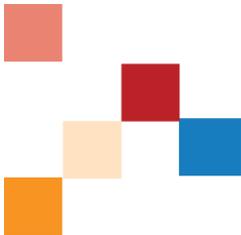
In order to be considered reasonable and necessary, a support must:

- be related to the participant’s disability
- not include day-to-day living costs that are not related to a participant’s disability support needs
- represent value for money
- be likely to be effective and beneficial to the participant, and
- take into account informal supports given to participants by families, carers, networks, and the community.

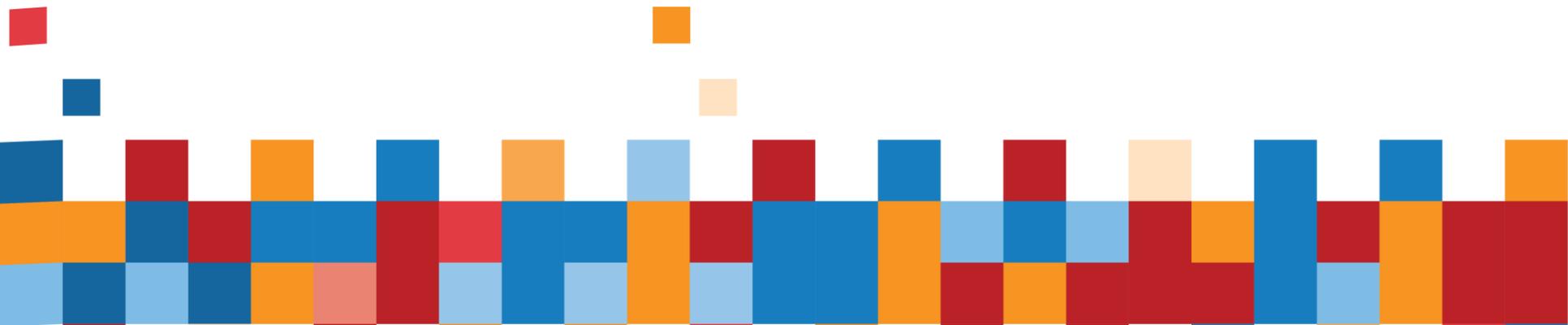


<https://www.ndis.gov.au/participants/reasonable-and-necessary-supports>





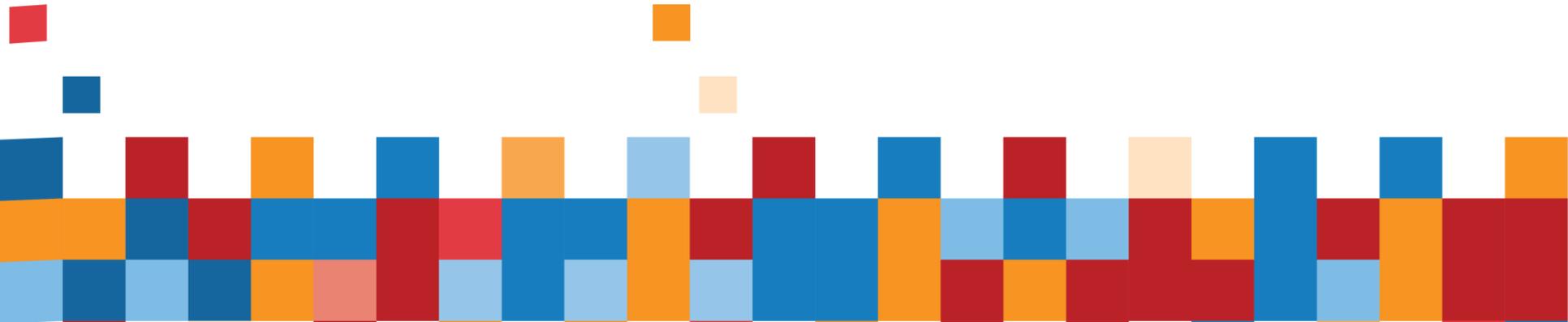
# Once you get your NDIS Plan

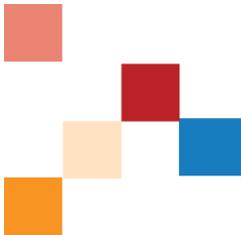
- Meet with the LAC
  - Approach Providers “shop around”.
  - Sign service agreements
- 



# My learnings

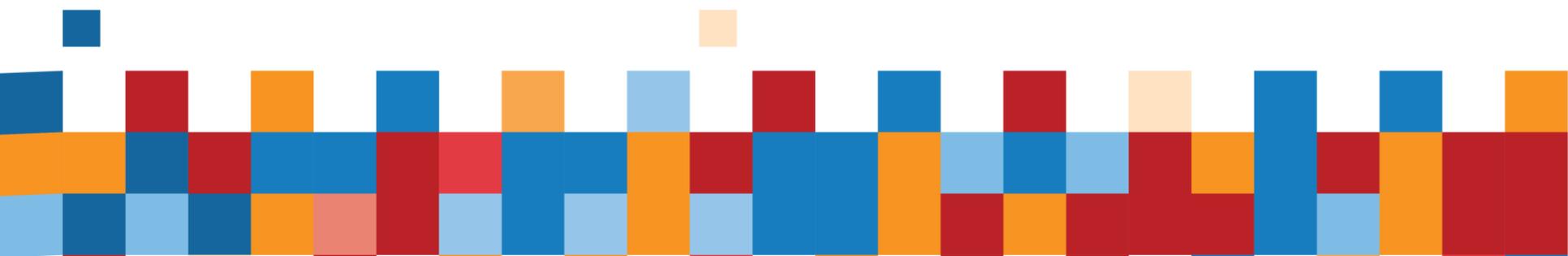
- No may not mean **never**
- Support is essential- use family, friends, advocate's, providers etc
- Monitor your Participant Portal





# My advice to families...

- Plan, plan, plan!
- Utilise your LAC
- Investigate what's out there.
- Get support
- Be proactive
- Keep track of your Plan Funds via the Participant Portal
- Look after you

- Remember YOU are the expert in your life.
- 



# Information

- National Disability Insurance Scheme [www.ndis.gov.au](http://www.ndis.gov.au)
- Nepean Disability Expo & Facebook page [www.disabilityexpo.org.a](http://www.disabilityexpo.org.a)
- Thorndale Foundation [www.thorndale.org.au](http://www.thorndale.org.au)
- Life Links [www.life-links.com.au](http://www.life-links.com.au)
- IDEAS [www.ideas.org.au](http://www.ideas.org.au)
- [www.disabilitysupportguide.com.au](http://www.disabilitysupportguide.com.au)

