

Your
NDIS
Success

Planning Guide

About you

Name:



**Vision
Australia**

Blindness. Low Vision. Opportunity.

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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. It means you can plan for the support you need and choose who provides it for you.

To become an NDIS participant, you'll need to think 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 has a team of NDIS experts who can guide you through accessing the NDIS and our services from start to finish.

Just call us on **1300 84 74 66**.

NDIS Overview (cont.)

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 blindness or low vision.
- **Support for children**
Specialised services and support for children aged 0-18.
- **Social groups**
To connect you with other people who are living with blindness or low vision.
- **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.

Vision Australia offers a free planning preparation meeting, to ensure you can articulate all the supports you need. You'll leave this meeting with an overview of your service needs linked to your goals, so you're well placed for your NDIS planning session.

To chat further, just call us on **1300 84 74 66**.



How does my vision impairment 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 in your life. This section helps you to think about the impact of blindness or low vision and how it affects different areas of your life.

A. Below is a table with a list of symptoms that may impact your ability to achieve your goals in the left column. Please put an x in the column to the right against which ones 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 table with a list of tasks that you may find difficult due to the vision symptom you have indicated. Please put an x in the column to the right against which tasks you find difficult.

Orientation (eg. getting around independently)	
Participating in social activities	
Accessing unfamiliar environments	
Shopping independently	
Exercising and physical fitness	
Independence at home (E.g. cooking meals)	
Others (describe)	

NDIS Outcome Domains

The NDIS has eight 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 assist you to communicate your goals and support needs to your NDIA planner.



Daily living



Home



Health & wellbeing



Lifelong learning



Work



Social & community participation



Relationships



Choice and 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 attend university.

(Please list below)

What support are you currently getting?

List the type of support you are currently receiving.

For example, lessons to use a white cane, orientation and mobility training (help to get you out and about safely), Seeing Eye Dog, gardening services, assistance with cleaning your home. This could also include informal support, such as activities that family or friends help you with.

(Please list below)

What type of assistive technology do you currently use?

List out 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 list below)



Your needs and goals (cont.)

What are your goals?

List out the things you would 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 number 1

eg. To improve my mobility skills so I can independently travel to my cousin's home. (Please put in your goal below)

What supports do I need to achieve this goal?

eg. I need orientation and mobility training, I need transport supports, I need a replacement Seeing Eye Dog, replace cane tips etc. (Please list what supports you need below)

Goal number 2

eg. My goal is to independently live in my home. (Please put in your goal below)

What supports do I need to achieve this goal?

eg. I need training to live independently, such as cooking skills or occupational therapy. (Please put what supports you need below)

Goal number 3

eg. My goal is to maintain my home. (Please put in your goal below)

What supports do I need to achieve this goal?

eg. I need gardening assistance, weekly cleaning etc. (Please put what supports you need below)

Your needs and goals (cont.)

Goal number 4

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

What supports do I need to achieve this goal?

eg. I need assessments and support to identify assistive technology that will help me manage my daily life. (Please put in what supports you need below)

Your personalised planner

This section of your NDIS planning guide will help you think about the support you are currently receiving, the activities you are currently undertaking and the support needed to enable them.

It is important to think about things you wish to do in the future that you are not doing now and when you want to be able to do them.

Think about:

- How you travel to school, work, social events, gym.
- What activities are routine and which are not, for example preparing meals.
- What support you need before, during and after these activities.
- What those who support you think. It may be a good idea to ask them, as they may have insight into how to best develop your plan to give you more or less support where needed.

You don't need to complete all of this, but it might help you to identify your support needs.

Your personalised planner (cont.)

Regular activity planning chart

List out your daily and weekly regular activities.

eg. Going to work, visiting friends, grocery shopping and preparing meals.

Below is a table listing out days on the left side and the columns to the right ask what is required. To the right of each day the columns are 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 out the occasional activities you do.

eg. visiting family interstate, going to the movies, attending a community group.

Table below lists to the left, time periods. Columns to the right ask what is required.

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

Your personalised planner (cont.)

Transport planning chart

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

Table below lists to the left, questions about transport. Columns to the right ask about timings each of these things are required.

Please complete the blank cells with any answers.

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

Other thoughts, any other considerations

Make a note of anything else you would like to include. Think about what is most important to you and your life, and what you want to communicate about your goals and needs to the NDIA in your planning meeting.

Please add your notes below.

Client success stories

Kim Coleman, age 50

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

The first areas of support we introduced her to were around orientation, mobility and public transport training.

Our qualified service providers have also supported her independence around the home, in areas such as lighting, tactile signage and cutting board assistance. She has learnt new computer skills too, improving her work and enabling her to help her daughter with her homework.

Kim likes to take challenges head on. She's developed her skills, and has worked as a volunteer at Vision Australia and Barwon Health.

She has also just applied to volunteer for St. John Ambulance Australia.



Rhiannon Burrow, age 8

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

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

Rhiannon is now eight years old, and Vision Australia is helping her with orientation and mobility training. We've provided her with a new rainbow-coloured cane so she can navigate the supermarket and carparks. And now we're helping her with the next challenge: taking the school bus.



Contact details

NDIS

Phone: **1800 800 110**

Website: www.ndis.gov.au

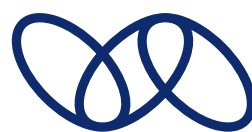
Vision Australia

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Website: www.visionaustralia.org

visionaustralia.org



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