

Getting ready for planning

Complete this checklist

To get the best result from your planning meeting with NDIA, make sure you are well prepared. There is a lot to think about so we recommend you start preparing straight away.

To help you get started, we've developed a handy checklist:

1. Reports and Assessments

Gather yours or your child's most recent reports and assessments

- Evidence of yours or your child's disability or developmental delay (*eg. letter from your doctor*)
 - Assessments
 - Reports
 - Disability Support Register Application (*if applicable*)
 - Other (*Please specify*)
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2. Current supports

Write down who you or your child currently get support from, how they help and what may be the challenges to this kind of support.

People

Family _____
Friends _____
Carers _____

Groups

School _____
Exercise _____
Volunteer _____

Services

Doctor _____
Medical _____
Hospital _____

Specialists

Council _____
Respite _____
Therapists _____
Day programs _____

3. Support for everyday activities

How do you manage yours or your child's everyday activities? Think about current abilities and any equipment or people who may help you or your child to complete these activities.

	Now	What may help?
Daily living activities		
Mealtimes		
Getting dressed		
Bathing		
Toileting		
Home		
Cleaning		
Shopping		
Cooking		
Managing money (if applicable)		
Making appointments (if applicable)		
Medical		

3. Support for everyday activities (continued)

	Now	What may help?
Health and Wellbeing		
Medication management		
Mental health		
Therapy		
Social & community participation		
Making friends		
Hanging/going out with friends		
Activities and groups		
Relationships		
How you/your child understand others		
How others understand you/your child		
Making decisions		

3. Support for everyday activities (continued)

	Now	What may help?
Childcare/Schooling/Study/Work		
Finding childcare/preschool/kinder		
Work/Study practices		
Finding a job/course (if applicable)		
Keeping a job/course (if applicable)		
Work experience (if applicable)		
Choice & control		
Is there anything else you would like to participate in?		
Is there anything else that would increase choice and control in yours or your child's life?		

4. Goals

What are yours or your child's goals over the next 12 months? Think about the everyday activities above and what you would like to achieve with these. This will help your planner to get a good idea about how the NDIS can best support yours or your child's needs.
