

NDIS Plan

Name:

NDIS Number:

Plan starts: 31 January 2016

Plan will be reviewed by: 30 January 2017

NDIS will contact me about my plan review before this plan ends.

The contact details for my local NDIS office are:

Address: Shop 1, Hilltop Plaza, Charlestown, NSW, 2290

Phone: 1800 800 110

Email: Charlestown@ndis.gov.au

I will tell the NDIS when something important changes (or is going to change) like moving house, starting work or school, or when my goals change.

Part 1: About me

This part of my Participant Statement is about me, my daily life, and the people in my life.

Where I live and the people I live with

I live in a terrace house with one of my sons.

People in my life who support me

My sons are very important to me. They provide me with valuable support in all aspects of my lifestyle and I want to link with the supports I need so that we can enjoy our roles as parent and children. Assistance with coordination of support to link to appropriate community organisations and service providers who are able to provide me with reliable and ongoing support is important to making progress.

My daily life

Over the year I've managed my work and business commitments despite difficulties with my health but will put this on indefinite hold to allow me the energy to focus on my health and lifestyle in the coming year. I want to prioritise my parent and child relationship with my sons; development of a clear safety plan; pursuing supports to help me to manage my lifestyle and home to have a companion dog and moving forward in addressing a variety of issues that have been of concern to me for some time.

Part 2: My Goals

This part of my Participant Statement lists my goals and things I want to work towards during this plan

My First Goal is: I want to utilise community and funded supports to improve my quality of life.

During this plan I want: to focus on my health and wellbeing and to be well enough to utilise supports over the longer term.

During this plan I want: to have reliable links with community organisations and to service providers to utilise my funded supports.

During this plan I want: to have assistance in coordinating varied aspects of my daily lifestyle.

My Second Goal is: I'm keen to explore the options for having a service dog.

During this plan I want: to have support to gather information about the requirements for having a service dog.

During this plan I want: to have structure around physical management of my household so that I can have a service dog at home.

During this plan I want: to have a reliable group of support staff who can work with me to maintain daily routines to include caring for a service dog.

Part 3: My Supports

These are the supports that will help me to work toward my goals.

Family and friends

This is what the NDIS call 'informal' supports.

Who will provide the support?	Type of support
My sons.	My sons provide me with a great deal of support. I'd like to have a parent / child relationship with each of them and for them to have less of a caring role.

Services and community groups

These supports might include things like health or mental health services, schools or education services, community groups, sporting or hobby clubs or other government services. This is what the NDIS call 'community and mainstream' supports.

Who will provide the support?	Type of support
Dr Mark de Souza	I see my GP regularly.

NDIS reasonable and necessary support budgets

I can choose how I spend the amount in each budget listed below by checking the NDIS price list and the matching supports on the NDIS website participant page ndis.gov.au/participants.

Where a support is listed in my plan as 'stated' I must purchase this support as it is described in the plan. I cannot swap 'stated' supports for any other supports listed in the price list.

Transport to access daily activities	Budget \$1,575.00
<p>Reference number: 0002</p> <p>How will the supports be paid: NDIS will deposit funds in my nominated bank account each month.</p> <p>This support budget can only be used from: 31 January 2016 to 30 January 2017</p> <p>Purpose of Support: STATED SUPPORT: Assistance with costs of transport. \$1574.40 per year as automated monthly payments.</p>	

Improved daily living skills	Budget \$4,476.00
<p>Reference number: 0004</p> <p>How will the supports be paid: NDIS will pay me or my nominee directly for these supports</p> <p>This support budget can only be used from: 31 January 2016 to 30 January 2017</p> <p>Purpose of Support: Participant claim: Support of a Psychologist to help me to develop strategies to implement in my daily lifestyle (26 hours). Administrative action to change to provider claim for: development of a support / safety plan and instruction to my family members to support me with this (8 hours). Group training for support staff members, in implementation of support / safety plan (6 hours).</p>	

Increased social and community participation

Budget \$19,653.00

Reference number: 0009

How will the supports be paid: NDIS will pay me or my nominee directly for these supports

This support budget can only be used from: 31 January 2016 to 30 January 2017

Purpose of Support:

Support on average of 7 hours per week to help me to develop skills to manage my household and lifestyle more independently over time with implementation of strategies, systems and routines. Administrative action to change to participant claim: claims to be supported through Coordination of Supports; PMA provider not able to provide support in this regard at this time

Assistance with daily life at home in the community, education and at work

Budget \$39,273.00

Reference number: 0001

How will the supports be paid: NDIS will pay my support provider directly for these supports

This support budget can only be used from: 31 January 2016 to 30 January 2017

Purpose of Support:

Assistance with personal care and participation in community activities on average of 15 hours per week at higher intensity

Assistance with daily life at home in the community, education and at work

Budget \$4,488.00

Reference number: 0001

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 29 April 2016 to 30 January 2017

Purpose of Support:

Support with domestic tasks that I'm not able to manage independently on average of 2 hours per week (\$4287.92). Jeenee Help Centre 24/7 HELP Package to help me to manage in difficult circumstance when I'm away from home. Estimated at \$200 as quoted cost for previous year was \$180. Change to PMA with no change to total funded support.

Supported independent living

Budget \$12,939.00

Reference number: 0003

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 31 January 2016 to 30 January 2017

Purpose of Support:

Support for short term accommodation for up to 28 days during the year to give me the opportunity to spend time away from home when I'm not well. Support is intended to provide the opportunity for me to regain my health and hopefully result in less time in hospital during the year. Coordination of supports will help me to find an appropriate venue to provide me with this support.

Improved daily living skills

Budget \$1,701.00

Reference number: 0004

How will the supports be paid: NDIS will pay my support provider directly for these supports

This support budget can only be used from: 30 March 2016 to 30 January 2017

Purpose of Support:

Administrative action to change funded support for development of a support / safety plan and instruction to my family members to support me with this (8 hours). Group training for support staff members, in implementation of support / safety plan (6 hours) to provider claim.

Assistive technology

Budget \$100.00

Reference number: 0005

How will the supports be paid: NDIS will pay my support provider directly for these supports

This support budget can only be used from: 31 January 2016 to 30 January 2017

Purpose of Support:

STATED SUPPORT: Provision for assistive technology that may assist me in managing my lifestyle more independently. \$100 indicative cost. Quote/s required for any equipment or technology that may be recommended for me.

Improved life choices

Budget \$26,047.00

Reference number: 0014

How will the supports be paid: NDIS will pay my support provider directly for these supports

This support budget can only be used from: 31 January 2016 to 30 January 2017

Purpose of Support:

Funded supports were: specialised coordination of supports 13 weeks, 2 hours per week (26 hours) then coordination of supports twice weekly (2 per week x 39 weeks = 78 hours). Administrative action to add specialised coordination of supports (4 per week x 26 weeks = 104) and reduce subsequent coordination of supports (2 per week x 13 hours = 26 hours). Total 130 hours specialised coordination; 26 hours coordination of supports. Financial mgmt set up, activities and processing (total \$1317.48)

TOTAL NDIS PLAN AMOUNT

\$110,252.00