

NDIS Plan

Name:

NDIS Number:

Plan starts: 05 February 2016

Plan will be reviewed by: 03 February 2017

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

If I have any questions or my circumstances change, I need to contact:

The contact details for my local NDIS office are:

Address: 14 Auckland St, Newcastle, NSW 2300

Phone: 02 4914 5000 or 1800 800 110

Email: newcastle@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 on my own but have three female neighbours. I rent this property through compass housing.

People in my life who support me

Richmond-PRA: I attend Richmond PRA for the gym and for lunches. They provide my support workers to provide me with assistance with activities of daily living.

Family: I am close to my family and spend a lot of time talking with them on the phone. I occasionally visit my father in Sydney.

GA meetings: I attend Gambler anonymous meetings.

C3 Church: I attend church on a Sunday at C3 church.

Salvation Army: I attend the free lunch every Friday at the Salvation Army.

My daily life

I like going for coffee, having my nails done and talking about my children and grandchildren. I also enjoy reading, colouring in books and art. I regularly speak with my daughter and mother on the phone. PRA- Richmond help me with household tasks like grocery shopping, cooking, medications and cleaning. In my spare time I go for coffees, church on Sunday, Salvation army for free lunch on a Friday and to PRA for lunches and the gym.

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 be involved in my community.

During this plan I want: To engage with a local church and attend church for one hour on a Sunday. The NDIA will support me to achieve this by funding 6 hours per week individual community access to build my confidence to attend activities such as local church independently. The NDIA will support me to achieve this by funding travel training so I am able to independently get to and from church.

During this plan I want: To attend social activities in an area of interest such as attending an art course. The NDIA will support me to achieve this by funding 3 hours per week group based support to attend an art group this can be used flexibly for other group based activities.

During this plan I want: To commence volunteer work with a local op shop. The NDIA will support me to achieve this by funding 6 hours per week individual support for 26 weeks to be supported to attend volunteer work and develop routines surrounding this volunteer role.

During this plan I want: To go on a holiday to Tasmania. The NDIA will fund assistance with decision making, daily planning and budgeting. The NDIA will fund 7 days short term accommodation to go on a holiday to Tasmania.

My Second Goal is: I want to work on my physical and mental health.

During this plan I want: To attend the gym at PRA. The NDIA will support me to achieve this by funding 1 hour per day assistance with daily personal activities which can be used as individual assistance for mobility and exercise.

During this plan I want: To stay gamble free and continue to attend my Gambler anonymous group. I will continue to access Psychology input through my Mental Health Care Plan. I will continue to access a gambling counsellor through the Samaritans. The NDIA will support me by funding travel training to get to and from my group and 52 hours assistance with decision making, daily planning and budgeting.

During this plan I want: To continue to be able to live in my current home and maintain my rental agreement. The NDIA will support me to achieve this by funding 2 hours daily personal activities to assist with prompting for medication and showers. The NDIA will also fund 5 hours per week assistance with house hold tasks including grocery shopping, obtaining Webster pack, cleaning, laundry, yard maintenance and meal preparation to build my capacity to complete this independently.

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
	Family: I am close to my family and spend a lot of time talking with them on the phone. I occasionally visit my father in Sydney.

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
Richmond-PRA	I attend Richmond PRA for the gym and for lunches. They provide my support workers to provide me with assistance with activities of daily living.
Gamblers anonymous	I attend Gambler anonymous meetings once a week.
C3 Church	I attend church on a Sunday at C3 church.
Salvation Army	I attend the free lunch every Friday at the Salvation Army.

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.

Assistance with daily life at home in the community, education and at work **Budget \$36,513.00**

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: 05 February 2016 to 03 February 2017

Purpose of Support:

I will receive 6 hours individual community access. 3 hours per week group based activities. 3 hours individual assistance with daily personal activities and 5 hours per week household assistance to be used flexibly to meet my individual needs.

Supported independent living **Budget \$3,235.00**

Reference number: 0003

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

This support budget can only be used from: 05 February 2016 to 03 February 2017

Purpose of Support:

I will receive 7 days short term accommodation support to go on a holiday to Tasmania.

Improved daily living skills **Budget \$2,142.00**

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: 05 February 2016 to 03 February 2017

Purpose of Support:

I will receive one hour per week assistance with decision making, daily planning and budgeting.

Increased social and community participation

Budget \$21,057.00

Reference number: 0009

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

This support budget can only be used from: 05 February 2016 to 03 February 2017

Purpose of Support:

I will receive 6 hours per week for 26 weeks to be supported to attend volunteer work and develop routines surrounding these roles. 3 hours per week travel training for 26 weeks to be able to get to and from volunteer work, church and art class.

Improved life choices

Budget \$5,790.00

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: 05 February 2016 to 03 February 2017

Purpose of Support:

I will receive 2 hours for 12 weeks then 1 hour per week for the remainder of the year support co-ordination.

TOTAL NDIS PLAN AMOUNT

\$68,737.00