



Rocky Bay  
HEALTH + COMMUNITY



# NDIS Planning Workbook

Name:

embracing  
ABILITIES,  
enriching  
LIVES



# Introduction

## What is the NDIS

The National Disability Insurance Scheme (NDIS) provides Australians who are living with disability access to services through centralised funding. As a registered provider through NDIS, Rocky Bay is able to offer people living with disability services, such as therapy, that may be covered under their NDIS Plan.

The shift from WA NDIS to NDIS will take place from July 2018 until December 2018.

## What is funded in the NDIS

### What types of supports are funded?

The types of supports that the NDIS may fund for participants include:

- daily personal activities
- transport to enable participation in community, social, economic and daily life activities
- workplace help to assist a participant to successfully get or keep employment in the open or supported labour market
- therapeutic supports including behaviour support
- help with household tasks to assist the participant to maintain their home environment
- help to a participant by skilled personnel in aids or equipment assessment, set up and training
- home modification design and construction
- mobility equipment

## Preparing for your planning meeting

Before you go to your planning meeting it helps to

- Think about all the supports you have now. Think about what you need from the minute you wake up until the minute you go to bed
- Think about what support you might need for the next 12 months and the next 5 years.
- Have any reports from your current service providers

## How this booklet can help

This booklet is designed to help you think about all the supports you have now and what you might need for the next 12 months. These might be supports from Rocky Bay, other service providers, school, work, family and friends.

If you need any assistance preparing your plan, talk to the friendly team at Rocky Bay on (08) 6282 1900.

# Part 1.

## Weekly timetable

### 1.1 Who are the people in your life that are important to you and support you?

Family Informal support	Friends Informal support	School, education or work Formal support	Other supports Paid & unpaid

### 1.2 How do they support you?

Important person	Relationship to you	How they help you	How often they help you

### 1.3 What's working well? What changes might you like to make in the next 12 months? The next 5 years?

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## Part 2.

# Your living arrangements

### 2.1 Where do you live?

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### 2.2 Who do you live with?

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### 2.3 What support do you need to do things in the home

- |  |  |
|--|--|
| <input type="checkbox"/> Nursing                   | <input type="checkbox"/> Meal assistance |
| <input type="checkbox"/> Personal Care and Hygiene | <input type="checkbox"/> Housekeeping    |
| <input type="checkbox"/> Meal Preparation          |  |

### 2.4 Do you have equipment or modifications that help you where you live? Will you need different equipment or modifications in the next 12 months?

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### 2.5 Are there changes planned for your living arrangements in the next 12 months? What about the next 5 years?

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## Part 3.

# Supports in the community

### 3.1 What activities do you do in the community for example?

School	
Work	
Short term accommodation (Respite)	
Volunteering	
Education	
Time with friends	
Hobbies	
Social clubs	
Sport	
Church	
Other	

### 3.2 What supports are working well for you in the community? Are there new things you would like to try in the next 12 months?

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# Part 4.

## Therapy and Health Support

### 4.1 What supports are you currently using?

Therapy and health	How often?	Service provider
Nursing		
Physiotherapy		
Dentist		
Speech Pathology		
Occupational Therapy		
Podiatry		
Counselling/Social Work		
Psychology		
Dietitian		
Assistive Technology		
Other		

### 4.2 Thinking about the past 12 months, how has your health been? What services and supports have you needed? What activities did you enjoy?

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### 4.3 In the next 12 months what does your best possible health and wellbeing look like? What things would you like to do and achieve?

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## Part 5.

### Travel and Transport

5.1 How do you get to the places you need to go? (Public transport; my own car; taxi or Uber; organised transport)

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5.2 Who travels to you to provide support in your own home?

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## Part 6.

### Anything else?

6.1 Is there anything out of the ordinary that you have planned for this year?

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If you need any assistance preparing your plan, talk to the friendly team at Rocky Bay on (08) 6282 1900.



# Rocky Bay

HEALTH + COMMUNITY



For more information on our services and referrals, please call (08) 6282 1900 or email [enquiries@rockybay.org.au](mailto:enquiries@rockybay.org.au)

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