

How can I prepare for the NDIS?

Limbs 4 Life

October 2017



NDIS Preparation

It is important for people to *understand* how the *NDIS works* and the *processes* that are involved prior to, and commencing your transition into the *NDIS*.

Be organised and a make list!

Let's think about:

- What **YOU** do on a daily basis?...
- What do **YOU** need to do the things **YOU** do on a daily basis?...
- What are the things that could help **YOU** to do the things **YOU** need to do on a daily basis?...

When transitioning into the NDIS you need to think about what you want to achieve in your life, and then work out what you need in order to get there.

NDIS Guidelines for AMPUTEES

Understanding the NDIS Pathways



- Check the NDIS website
- Contact the NDIS
- Complete the forms and return them
- Make an appointment for a 4 hour assessment with a prosthetic clinician and discuss your goals
- Share your goals at your Planning Meeting so that you and your Planner can develop your plan
- Review your plan
- Begin working on your plan

What is your role as a 'Participant?'



Know your needs

As a Participant you will:

- **Need to think about your goals**
 - **Think about the kinds of things that you will need to achieve your goals**
 - **The types of people you may need to support you to achieve your goals**
-

Self-Assessment Questions

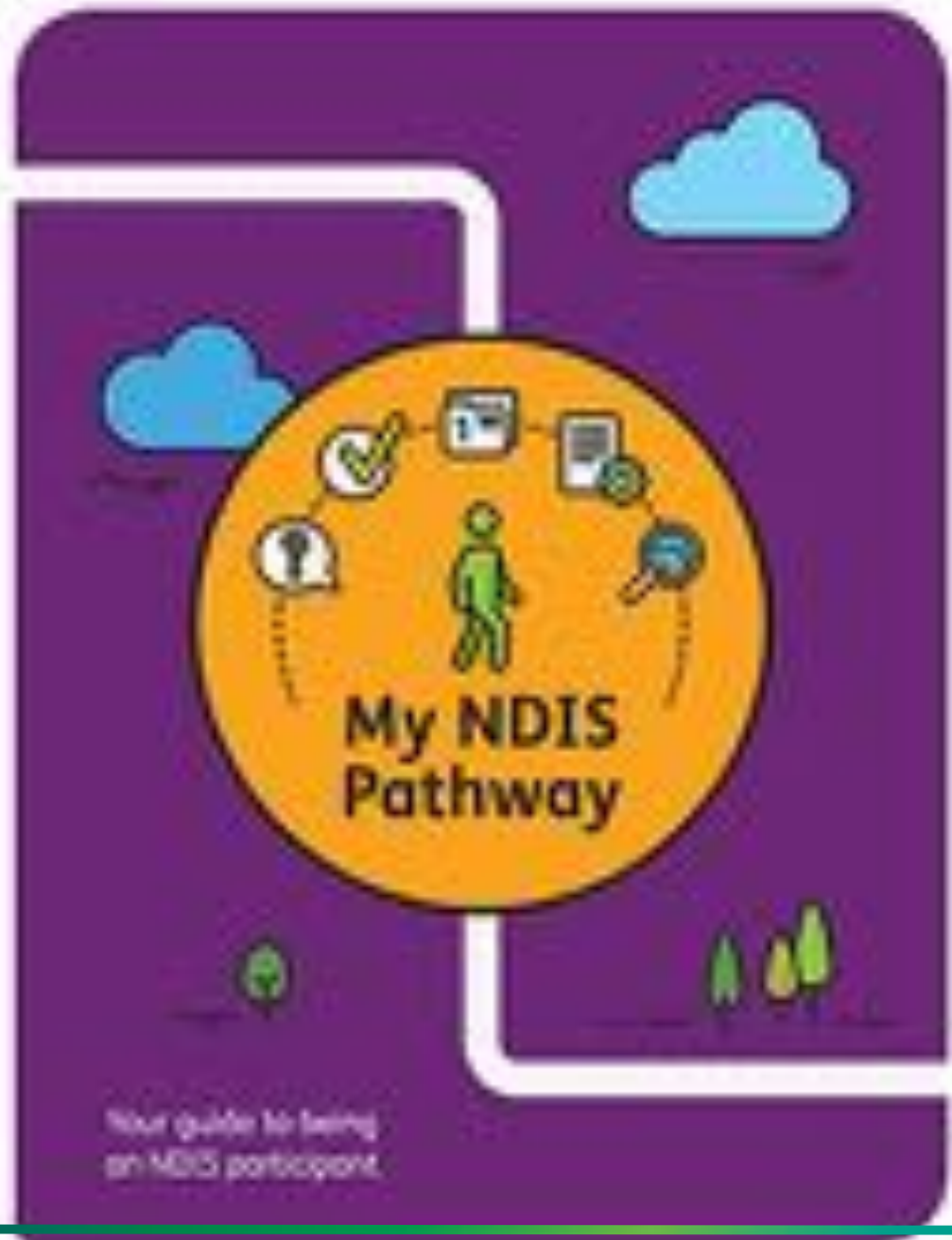
Assistive technology – prosthetics

- Do you know where to find a Prosthetist to suit your needs?
 - Do you know how to ask about different equipment/prosthetic options (e.g. different feet, knees, arms and/or hands)?
 - Do you know how to ask about different suspension systems and what is available to you?
 - Do you know where to find out about maintenance and repairs (if required) for your prosthesis?
 - Do you know where to get information regarding prosthetic safety (e.g. a wet leg to enable you to stand up in the shower safely without the use of a shower chair)?
-

NDIS Pathway

You will be supported to achieve outcomes by other services like:

- **Health** (government)
- **Transport** (government)
- **Community supports** (disability organisations)



The Role of the Provider



Providers Role

- **Be focused on outcomes**
- **Assist 'Participants' to achieve outcomes**
- **Assist with the goal setting process**
- **To provide information about their services**
- **Display simple, reliable and trusted processes**



How do I set Goals?



Specific

S
G

What do you want to do?

Measurable

M
O

How will you know when you've reached it?

Achievable

A
A

Is it in your power to accomplish it?

Realistic

R
L

Can you realistically achieve it?

Timely

T
S

When exactly do you want to accomplish it?

Goal Setting

General goal:

“I want to walk better”

Smart goal:

“I want to get physiotherapy sessions (resourced and realistic) to be able to walk 500 metres (specific and measurable) by January 2018 (time sensitive and achievable) without my walking stick (specific) so that I can walk my daughter down the aisle at her wedding”.



Goals



Smart Goals

Allow you to *measure* your *progress* as you go. They are good things to use to *communicate* with your *provider* so that they know exactly what *you want to do*, and therefore assist you to *reach your goal* by the *desired date*.

Preparing for your Planning Meeting



Your planning meeting

- There should be provision for a prosthetic assessment of 4 hours
- You must be registered in the *Capacity Building Domain – Improved Daily Living/Therapies*
- Provision must be made for ongoing maintenance (and repairs) and consumables
- Ensure you advise your planner what services you are currently accessing through the ALS.



Developing your plan

- **Work with your planner to develop your plan**
- **Review your plan and ensure that you are happy with it**
- **If you are happy with your plan, sign off on your plan**
- **Commence working on your plan and engage your providers**



Know your rights!



Know your rights

Important things to remember

- Don't sign off on anything until you are completely satisfied
- You can request a new planner at any time if you feel that you need to
- You can appeal any decisions by contacting your planner
- Ask your agency (if you are agency managed) to help advocate for you and assist with any appeals processes
- Seek feedback for example: Why something was rejected?



Thank you



Limbs 4 LifeTM
Empowering Amputees

Making a real difference together

Contact us

T | 1300 78 2231 Toll-free

E | info@limbs4life.org.au

W | www.limbs4life.org.au | www.limbs4kids.org.au

**Follow us on Twitter or join the conversation on
Facebook**

