



# What could my NDIS plan look like?

Every plan will be individual. It will be based on your own goals, your own needs and your own preferences. We see a lot of different customer plans and they can vary quite a lot in the way they are laid out based on the information contained in them.

Bearing that in mind, it can be useful to have a look at some examples of what your plan could look like, and help you familiarise yourself with the way they are often written up by planners.

Below are child and adult example plans:

## Example 1 – Jane’s NDIS Plan

Cerebral palsy, aged 10 years

**Name:** Jane Doe

**NDIS Number:** 123 456 789

**Plan starts:** 04 January 2016

**Plan will be reviewed by:** 04 January 2017

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

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

**Regional Support Officer:** *Name of Planner*

**The contact details for my local NDIA office are:**

**Address:** \_\_\_\_\_

**Phone:** 1800 800 110 **Email:** *localoffice@ndis.gov.au*

I will tell NDIA 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 am aged 10 years, live with Mum and Dad and my younger sister Jasmine, aged 5 years, at the family home. My older brother Ethan used to live with us but now he is married to Angela and they have a baby they named Sienna. **People in my life who support me.**

Mum and Dad look after me each day. Mum helps me with showering and toileting. My grandparents visit me but are no longer able to lift me when I need it, so they take me in my wheelchair around to the park so I can see the pond, flowers and birds.

Amber, my next door neighbour, sometimes helps to look after me and my sister when Mum and Dad go out for the night. Amber will often be at home when I come home from school if Mum is at work. I love to spend time with my brother Ethan and his wife Angela when they visit us.

At my primary school, I have an aide who helps me with the toilet, getting around the school in my wheelchair as sometimes there is no ramp to the class rooms. The aide, Jade, helps me with getting into the van which I have for transport to and from school. The bus driver,

Jason, makes sure I am safe when we arrive at our place and helps me to the front door where Mum is waiting or sometimes, Amber.

#### My daily life

I attend *Local Primary School* five days per week. I love to have fun, socialise, and play some computer games when I come home from school. I like to read books, especially books on horses and horse riding.

Mum helps me in the morning as she prepares breakfast and has my clothes ready but mornings are really busy at our place. I have to be ready by 8 am because the van arrives at that time to take me to school. Dad always helps me with my shoes and packs my bag.

I have transport to and from school in a van with two other kids who are in Year 1 and Year 3. Mostly I can get into my uniform and do not need help with feeding myself. I am OK at school with lunches and play lunch and I like the teachers.

I am able to move around our house in the wheel chair but there is no ramp at the back of the house so I cannot get outside into the backyard easily.

During the week I do my homework. On the weekends, my grandparents come around sometimes and I go out with them with my sister, we mostly go to the park. Ethan and Angela visit with the baby and I like to talk to them about horses.

## Part 2: My Goals

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

### My First Goal is:

Go and see horses up close at a horse riding place on the weekends. I love horses! I want to touch them and pat them.

During this plan I want to learn everything I can about horses and write about them.

I have about five scrap books about horses and videos about them. I want to have at least 10 scrapbooks about horses with photos as well.

Mum suggested I should keep a journal or a diary of my visits to see horses and I think this is a good idea also.

I would like to share this information at my school so that everyone else knows about horses too. I am hoping my teacher will give me an assignment on horses to complete.

### My Second Goal is:

Get another wheelchair which is lighter. Also I am growing taller and my current chair seems to be too small. I want to have some ramps at the back door of the house so I could get outside more.

During this plan I want help Mum choose a new wheel chair by searching on the internet with her, then we can find out the prices.

By getting a ramp at the back door, I will be able to get to our backyard without having to wait on someone to push me the long way around. I want to play with my sister Jasmine in the backyard and not be inside so much all the time.

### My Third Goal is:

Join my friends from school at their gymnastics club on Tuesday night. The class lasts for 2 hours from 5 pm until 7 pm. I know that I cannot do gymnastics but I would love to watch my friends as they practise with their uniforms which are bright coloured leotards and a red track suit. I would like a uniform also.

During this plan I want to be involved with the gymnastics class. My school friends who go to the gym class tell me the lady instructor might need assistance with writing down the girls' times and organising the competition ribbons. I told my Mum and she rang the gym lady who said it was OK for me to help. I am very neat and tidy so that could be a good for the instructor who runs the classes.

I want to learn some more arm exercises. I know I can do some of the warm-up exercises with my arms as my friends have shown me some exercises already.

I want to meet up with some other girls. There are other girls from different schools who go to gymnastics and I would like to meet them too and make some new friends.

I will need some help with transport because Mum works on Tuesdays. Dad is at home looking after Jasmine and cooking the dinner.

### 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

Mum and Dad: continue to assist me with my daily care needs such as showering, toileting and getting dressed, ready for school.

Mum: will help to find the right type of wheelchair.

Dad: will help with organising the ramps.

My school friends who attend gymnastics: Introduce other girls at the gymnastics class on Tuesday night.

#### 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

*Riding for the Disabled Association at Local Suburb.*

Disability care worker and staff trained by *Community Disability Organisation.*

Saturday morning *Riding for the Disabled Association.*

*Community Disability Organisation or Maxi-cab Transport (van) on Tuesday nights to and from gymnastics class.*

#### 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

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

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:** 04 January 2016 to 04 January 2017

#### Purpose of Support:

To enable access to a disability specific horse-riding activity center three hours on Saturday mornings with a disability carer and transport. (Cost of 3 hours disability carer and 2 transport trips).

= \$10,514.40

To enable community participation into mainstream activity of a gymnastic class, three hours a week with a disability carer and transport.

(Cost of 3 hours disability carer and 2 Transport trips).

= \$7,408.80

To enable mobility including purchase of new lightweight wheelchair \$670.00 and ramps at back door of home.

= \$2,064.00

**Total NDIS plan amount: \$19,987.20**



## Example 2 – John’s NDIS Plan

Intellectual Disability and mental health issues, aged 22 years

**Name:** John Doe

**NDIS Number:** 234 456 789

**Plan starts:** 29 September 2015

**Plan will be reviewed by:** 29 September 2016

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

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

**Regional Support Officer:** *Name of Planner*

**The contact details for my local NDIA office are:**

**Address:** \_\_\_\_\_

**Phone:** 1800 800 110 **Email:** *localoffice@ndis.gov.au*

I will tell NDIA 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 with my mother and I am 22 years old. I have a brother, Patrick who has moved away from home last year. Patrick is a lawyer. My mother and father divorced, so it's just Mum and me now.

#### People in my life who support me

My mother is about 55 years old I think, she does most things for me such as my washing, ironing and cooks my meals. Dad visits me every couple of weeks and we go out to football or cricket. Dad talks about his work and he is getting married again. My best friend is Nathan and we went to *Local Special School* together. I see Nathan each week and we are in contact by phone, so he is really a good mate.

I have lived in the house all my life and I am friendly with my neighbour, Alan who comes over to help with small jobs around the place like fixing dripping taps and stuff. Alan is old and likes to talk. I like to listen to his stories which are funny. Sometimes Alan helps me with fixing things, like once the door handle

fell off the fridge. Across the road is Gail who was a teacher and she helps me with reading things like instructions or filling in forms if Mum is at work. Gail gives me magazines to read and crossword puzzles which I like.

My daily life Mum makes my breakfast and makes sure that I take my medication each day which I mark off on a calendar. I have anxiety and need this medication to help me get through the week without getting too stressed out. I remember getting very distressed sometimes when big changes happened or other things would make me really upset so that I could not leave the house as I was so worried. Mum organised a doctor for me and then I saw a person who talked to me a lot about coping with things in my life and trying not to get so worried.

I work two mornings a week at a Supermarket. I know people at work but we are usually very busy and do not have time to stand and talk. At Christmas there is a party and I go.

I like the job but it gets boring because I have been doing the same job for so long, I can't remember how long. I think it is about 12 years or something. I do the freezer section which means I have to go into a freezer so I have to wear a heavy coat and gloves.

When I come home from work by bus, I watch television and Mum cooks dinner. I do the

washing up and drying of the dishes, then I go to bed. I like vacuuming and tidying up for Mum. When I am not at work I do things on the computer or meet up with Nathan. I can get the bus to his house which is not too far away.

On the weekends, I go out with Nathan and another friend, Boyd. We usually go the *Local Sports Club* for dinner where we are all members but I do not drink alcohol because of my medication. Some weekends I go to the movies or to bowling.

## 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:

To learn something so I could change jobs in the future. At work, I could leave the freezer work and maybe go into the deli or fruit section.

Nathan works at a Pizza place and he did a Certificate in Food Handling, so I think I could do that as well. Nathan said it was an OK course to do and he needed it to work with pizza making. I think the course has to do with clean hands, keeping things in the fridge, cleaning the benches and things like that so that people do not get sick after they buy food from somewhere.

I have my own computer and I can do the course online so I have chosen to complete that as a goal.

During this plan I want: To just learn something new. I will get Mum to help me enrol in this certificate course as it is paid for by a credit card which I do not have. With the online course I can start and stop it if I get confused because it has been a while since I was at school. I plan to work at it one day a week until I finish.

I can ask Nathan or Mum about some of the words if there are too difficult. Also Gail, the lady across the road, is at home during the day, so I could ask her for help if any of the words or questions are too difficult for me.

When I finish the Food Handling course, then I will have something I have learnt about working with food. I will tell the people at the supermarket and see if they will change my job there. Mum says doing the course would help me with cooking and keeping the kitchen clean at home as well.

### My Second Goal is:

To learn karate again. When I was little and Dad lived at home, he took me to the Karate classes and I wore the white uniform. I have forgotten most of the moves but with some help, I think I could learn it again. It is good exercise. I do not like team sports but karate will keep me fit I think.

I feel a bit nervous about it but I might get some help with my anxiety first. Dad said he would come with me to enrol and meet the people there as well as the instructor. I am a bit shy about meeting new people so Dad said he would come for the first few weeks to help me get used to it.

The karate class is Wednesday at 5pm which is OK because I do not work on that day.

During this plan I want: get some help from someone about coping with my anxiety again before I start the karate classes.

If I start up karate, then I want to keep going and not miss the classes because I feel sick or frightened. I would really like to get my yellow belt. So I think I need some professional help, like I had years ago, to assist me. I feel better when I have someone, apart from Mum, to talk to about fears. I also like to talk to Patrick on the phone or Alan next door because they are men.

I have to plan out the travel. I have the bus timetable and can get the bus easily to karate and then home again.

### My Third Goal is:

To move away from home a few days every week. When I finish the Food Handling course, then, I am going to move in with Nathan on Thursday, Friday, Saturday and Sunday as he has a two bedroom granny flat at the back of his parents' house with its own entrance. Nathan wants me to come and I will not be leaving Mum all alone, all week.

During this plan I want: to learn how to do my own washing and ironing and Mum said she will show me this, step by step. Mum said she would write it out on a card for me so it is easy to follow when I am at Nathan's place.

I will need to work out a money budget so I can put in some money to pay for the food and electricity I use at Nathan's place for the four days. Nathan has a support worker come in one day during the week to clean the kitchen/ bathroom so I can share that cost with him.

Nathan and I have talked about the different things we will do such as sharing the work. We have started writing out a list about who will be doing what. I like vacuuming, Nathan likes making beds.

I think we will need a support worker to help us with the cooking and plan the meals for the next week. Nathan likes to eat pizza, because he works at the pizza place, but I don't like it that much. Not every day, I would like to learn how to cook lasagne.

I think Nathan and I can work things out well so that we help each other live by ourselves.

### 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 support? Type of support

Mum: learning how to do own washing and ironing.

Dad: will help with going to the karate class to enrol and stay for a few weeks to see if I am OK.

Nathan and Gail (neighbour): will help with questions on the Food Handling course if there is confusion about the questions

Patrick (my brother): help write out a budget for living with Nathan for the four days. (Patrick already lives away from home so he will know the costs)

#### 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 support? Type of support

*Local Sports Club* karate classes: provide opportunity for mainstream sporting activity and community participation

*Local Disability care organisation:* weekly assistance, share cost with Nathan who receives one day a week help with cleaning

2 hours x 5 days week assistance: support worker to help supervise meal preparation and plan grocery shopping for the following week.

#### 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.

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	Increased social and community participation
<p><b>Reference number:</b> 0001</p> <p><b>How will the supports be paid:</b> NDIS will pay my plan manager directly for these supports</p> <p><b>This support budget can only be used from:</b> 29 September 2015 to 29 September 2016</p> <p><b>Purpose of Support:</b> To assist with better employment prospects in the future and also to provide foundation skills in handling and preparing food at home.</p> <p>Share cost of Nathan's paid assistance (providing cleaning at granny flat) = \$4,576</p> <p>Support worker 2 hours day x 4 days a week (shared with Nathan) = \$16,224</p>	<p><b>Reference number:</b> 0003</p> <p><b>How will the supports be paid:</b> NDIS will pay my plan manager directly for these supports</p> <p><b>This support budget can only be used from:</b> 29 September 2015 to 29 September 2016</p> <p><b>Purpose of Support:</b> To enable the learning of a new and useful skill of karate</p> <p>To enable community participation and create opportunities for new friendship</p> <p>To enable community participation into mainstream activity of a karate class one hour a week with a disability carer = \$1,366</p>
<b>Total NDIS plan amount: \$23,366</b>	
Improved daily living skills	
<p><b>Reference number:</b> 0002</p> <p><b>How will the supports be paid:</b> NDIS will pay my plan manager directly for these supports</p> <p><b>This support budget can only be used from:</b> 29 September 2015 to 29 September 2016</p> <p><b>Purpose of Support:</b> Counselling and supports to assist John to achieve his goals across a number of areas of his life:</p> <p>Undertaking a new sporting activity (new challenges in meeting people)</p> <p>Studying for a certificate (managing fear of failure)</p> <p>Moving (partly) away from home (coping with separation anxiety)</p> <p>Possible change job in the future (preparing for change)</p> <p>5 sessions each fortnight, then 5 sessions monthly \$120 x 10 Sessions = \$1,200</p>	

This content is from the 'Discover Guide', a 122 page comprehensive guide to the NDIS prepared by La Trobe University in conjunction with Endeavour Foundation, and funded by the National Disability Insurance Agency. The guide aims to help people understand the various components of the NDIS and how to access them. It also includes additional legal information – such as wills, guardianship, trusts and estate planning – for people with a disability and their families. Casey, G., Keyzer, P., & O'Donovan, D. (2016) Discover (2<sup>nd</sup> ed.). Melbourne: La Trobe University.

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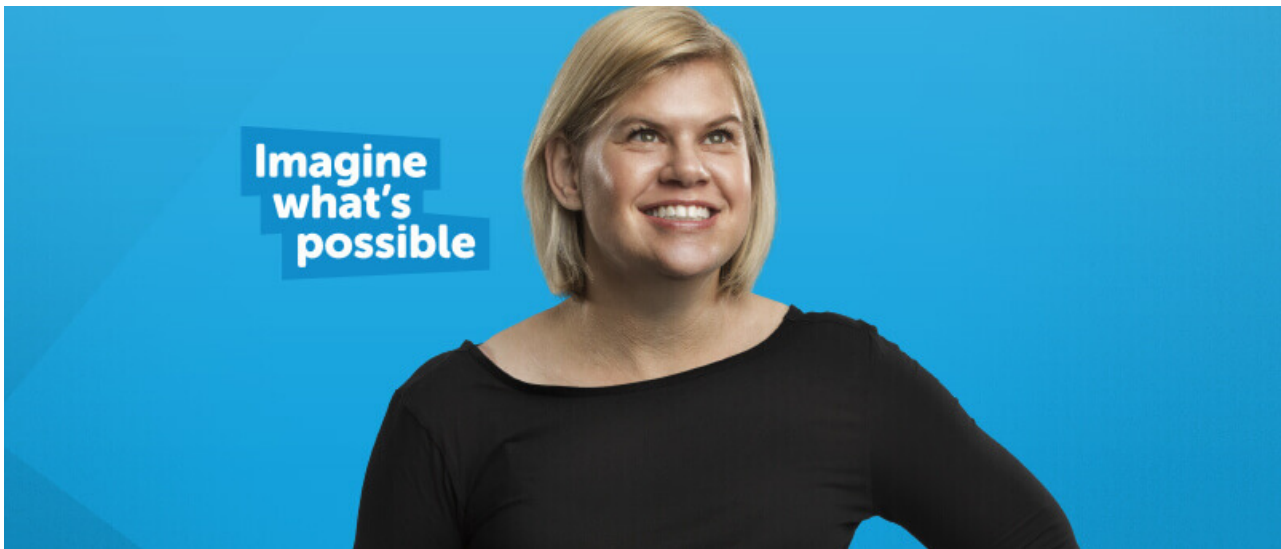
A pre-planning booklet to help you to think about the supports you want and need – now and in the future – before meeting with your NDIA planner.



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A practical, comprehensive guide to the NDIS, to help people understand the various components of the NDIS and how to access them.

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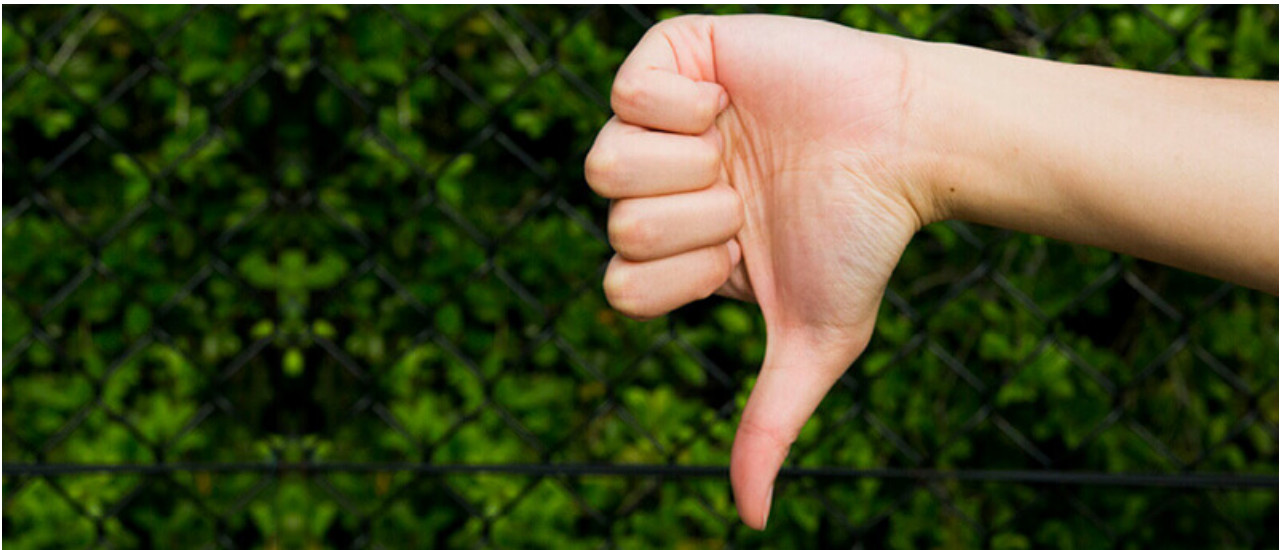
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