NDIS Goal Setting Support

Participant Name ..........................................................
NDIS Goal Setting Support

Going into your first meeting with your NDIA planner can feel overwhelming, but spending some time preparing and thinking about what you hope to get out of the experience will help you to come out on top. Some things to go into your meeting having thought about include;

- Goals and aspirations
- What is working well
- Strengths
- Opportunities for development
- What is ‘reasonable’ and ‘necessary’ for you and your family

We have put together this booklet to help you feel prepared. AnglicareSA's friendly NDIS expert can help you to fill this booklet out, connect with services, and start navigating your way around the NDIS.

Request support by contacting our Service Liaison Officer:
P: 0437 640 042
E: NDIS@anglicare.com.au

Support can be provided in home, at a public location which is local and comfortable for you, or over the phone.

NDIS funding is for:
- Therapies and Interventions - Home Modifications - Assistive Technology
- Community Activities - Assistance with Employment - Transport
How does the NDIS process work?

1. Check eligibility
To check if you or the person you provide care for is eligible for the NDIS, you can complete the eligibility checklist online (http://www.ndis.gov.au/ndis-access-checklist), or head into your nearest NDIA office. An AnglicareSA Service Liaison Officer can assist you in this process, and can help you to access the internet if it is not readily available to you.

2. Complete the Access Request Form and Gather your Evidence
Once you have completed the eligibility checklist, get in touch with the NDIS to receive an Access Request Form. You can do this by calling the NDIS on 1800 800 110, or visiting your nearest NDIA office. The form will have a section which requires your GP or medical specialist to complete it. You may be required to provide recent copies of reports from service providers, functional assessments, or evidence of diagnosis.

3. Pre-planning and preparation
Once you have returned your access request form, you will be asked to wait to be contacted to meet with a planner. You may be given a ‘pre-planning’ kit to complete, with questions about day-to-day life and goals for the future. A Service Liaison Officer from AnglicareSA can help support you to think about some of the questions your planner may ask you, and to feel confident and ready to meet with your planner.

4. Meet with your Planner and Choose your Plan Management Option
Your planner may ask to complete your planning at your local NDIA office, or over the phone. In some circumstances your planner may be able to meet with you in your home, or another location. You may meet once, or a few times to complete your plan. Your planner will review your goals, and provide you with a plan. You can bring along a family member, friend or advocate to support you if you desire.

5. Accessing Services
The NDIS is more about you. Using your NDIS plan you can choose to continue with any services and providers you may already be accessing, access new services and providers, or do a combination of both.

6. Review your plan
The NDIA know that life is unpredictable, and the plan that you make initially may need to be changed. You will have a formal review of your plan after 12 months, but if something happens in the meantime, the NDIA are able to make changes to ensure that you receive the supports that you need.
Let’s talk about right now

How do your friends and family support you?
(Mum, Dad, Grandma, Neighbour)

How does your community support you?
(sports clubs, community activity groups, church groups)

Who supports you with your health and development?
(Doctors, Specialists, Physios, Alternative health, Pain Management)

Who supports you to learn new things?
(School, Kindy, Playgroup, Childcare, Therapists, Support Workers, Employers)

Go back and put a circle around the things that are working well.
Let’s have a think about good days and hard days

How do your friends and family support you?

What happens on a hard day?
At home:
Out and about:
Physically:
Emotionally:

What happens on a good day?
At home:
Out and about:
Physically:
Emotionally:

What things/who will help you to have less hard days and more good days?

What are you really good at?

How could we use this to have more good days?
Let’s get some ideas
Let’s set some goals!

Goal area:

Who can help:

What it will look like:

Goal area:

Who can help:

What it will look like:

Goal area:

Who can help:

What it will look like:
AnglicareSA’s Disability & NDIS Services are more about you
Access our services to support your goals.

Things to consider when looking for providers

- Do they give me a voice?
- Do they work with me to achieve my goals?
- Do they help me to be independent?
- Are they flexible?
- Are they on the NDIS approved providers list, or will I need to self-manage to access them?
- Are they value for money? Are there any extra costs?
- Do they provide reports and feedback?
- Are the approaches they use based on evidence?
- Do they share my interests?
- Is there someone I can complain to if something is not right?
- Are they experienced?
- Are they easy to get in touch with? If you leave a message does someone call you back?
- Are they local? Will they travel?
- Do they provide community, in-home, school, or employment based support?
Contact Us

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