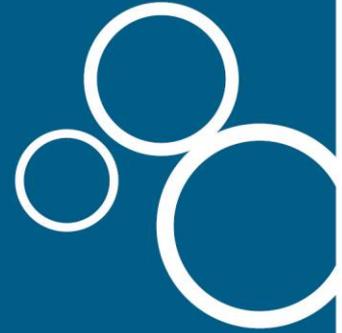


# Making the most of your NDIS review

A guide to help you prepare for your meeting



Proudly supported by  **Coloplast**



## Date:

Name:	
NDIS number:	
Contact phone number:	
Email address:	
Start date of previous NDIS plan:	
End date of previous NDIS plan:	

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## Changes to my situation

Below are four key questions to think about ahead of your NDIS plan review meeting.

1. *Have my living conditions, relationships and/or mainstream supports changed since my NDIS plan was prepared?*
2. *Has the level of impairment as a result of my disability increased or changed at all?*
3. *Has any equipment or technology broken down unexpectedly that has caused inconvenience that I could avoid in my next NDIS plan?*
4. *What recent changes to the NDIS and Other considerations should I need to take into account?*

## Goals

As someone who has been through the process at least once, you'll know that the NDIS is all about goals, but your goals may have changed since your plan was prepared. What you wanted a year ago is not necessarily the same as what you want now.

Have a look at the goals section of your last plan and then fill in the following to guide your conversation with your NDIS planner or Local Area Coordinator (LAC).

### What goals have I achieved or partially achieved?

*List the progress of the goals in your NDIS plan and how you are working to achieve them.*

### What goals have changed?

*Consider which goals have changed and explain why they have changed.*

## What are some new goals that you have?

*Describe your new goals for the future and explain how you plan to achieve them. This can incorporate your day-to-day care, nutrition, therapy or respite.*

## What goals are most important to you right now?

*Of the above, are there any goals that are your main priority and why?*

## Are there any other activities you would like to be doing in your community, or participate in social outings?

*Consider any sporting clubs, recreational activities, [peer support](#), community groups, and programs that you would like to take part in.*

## What's working?

When approaching your NDIS plan review meeting, it's important to also reflect on what is working for you under your current funding. In doing so, you may be able to identify ways to improve these benefits even further, and ensure they remain on your plan.

### How has the NDIS made a positive impact on your life?

*Describe the services that are working for you and why.*

### What parts of your life are going well?

*List the aspects of your life that you feel are on the right track.*

## What services would you like to continue under the NDIS?

*List the services that you would like to keep as part of your NDIS plan, referring to your previous plan as required.*

## Why are these services important to you?

*Explain more about how these services make a difference in your life.*

## What's not working?

As the NDIS can be a complex funding system, you may have identified ways you could improve your plan and any gaps in funding that you need.

This is your opportunity to reflect on your NDIS plan and the areas that need to be addressed moving forward. Don't forget to provide details on any circumstances where you felt you needed additional funding, as this can help when planning for the future.

### Did you use all your plan funding?

*List any areas of your plan which have unspent funding, including whether you will need this funding in your next NDIS plan.*

### How satisfied are you with the supports you are receiving?

*Reflect and identify any supports that you would like to change.*

## Does your NDIS plan include all the funding you need?

*Can you think of any times where you have needed support but didn't have the right, or enough funding?*

## How satisfied are you with how your plan is being managed?

*How is your plan currently managed and do you wish to change this in future?*

## Do you need further assistance to arrange your supports and services?

*If you feel you need access to [Supports Coordination](#) services that are funded by the NDIS, which assist you to implement your plan, please explain why below.*



## Current roster for care and supports

This table details the levels of [Personal Support Worker](#) (PSW) hours you currently have. We have also included a separate table for any proposed changes to your hours.

### Does your current NDIS plan contain enough funding for the PSW support you need?

*If not, please explain why you require more hours and how it will help you reach your NDIS goals.*

### How have your Personal Support Worker needs been determined?

*Explain how you calculated your personal support needs and include any supporting evidence you may have. For instance, do you have a printout of your NDIS portal, or do you have letters/email etc from service providers or your Plan Manager or Supports Coordinator?*

Current Roster of personal care and supports		
Day	Hours of work	Total hours
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL:		
Estimated costs	\$	
Current NDIS Budget	\$	

If you are proposing to increase your hours, please fill in the below table. Don't forget to supply any evidence you have, for example an assessment from a [Physiotherapist, Registered Nurse, Occupational Therapist](#), GP or Specialist.

Proposed Roster of personal care and supports		
Day	Hours of work	Total hours
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL:		
New NDIS Budget	\$	



# Other considerations

## Disability-Related Health Supports

From 1 October 2019, the NDIS has assumed the responsibility of funding disability-related health services and support, which was previously provided by state-based health systems.

This includes in-home nursing care to provide essential services such as;

- Bowel and bladder care including continence assessments and catheter changes
- Wound and stoma care
- PEG feeding and nutrition support
- Respiratory support
- Dysphagia support
- Diabetic management support
- Podiatry support
- Epilepsy support

These [Community Nursing services](#) are now available from Spinal Life Australia in certain regions.

Before you attend your NDIS Plan meeting take into account the above list and use the sections below record down the details of you what you need and how often you need it. If you have any existing evidence, for example an assessment from a Registered Nurse, Occupational Therapist, GP or Specialist, bring this along to help your case.

For a free bowel and bladder review or to find out more information on continence care visit [Coloplast](#).

## Funding for equipment hire

If your equipment breaks, do you need funding support while you wait for a replacement to be arranged? These costs can be built into your NDIS plan, so you are not out of pocket in the meantime.

## Temporary Transformation Payment (TTP)

The TTP is a temporary additional payment available to eligible providers of attendant care and community support activities, including Spinal Life. The payment is aimed at assisting providers with any costs associated in transitioning to the NDIS.

At your NDIS plan review meeting, we encourage you to discuss the TTP to ensure this additional cost is included in your plan.

To find out whether your service provider is eligible for the TTP and will therefore claim the higher support price, please contact them directly.

## Short-Term Accommodation

Did you know you can include your respite accommodation at our [Healthy Living Centre](#) in your NDIS plan? You can choose from three NDIS-funded short-term accommodation options depending on what you want from your respite stay.

These options include use of a fully accessible gym and pre-consultation with an Exercise Physiologist, with specialist support worker packages available to help you get the most from your stay.

### *Health and rehabilitation stays*

*Stay Active:* 1hr Allied Health per day and gym access;

1 bedroom: \$735/night

2 bedroom: \$815/night

*Stay Supported:* 1hr Allied Health and 6 hrs personal support each day and gym access;

1 bedroom: \$1,095/night

2 bedroom: \$1,175/night

*Stay Supported Plus:* 1hr Allied Health and 12 hrs personal support per day and gym access:

1 bedroom: \$1,250/night

2 bedroom: \$1,335/night

For more information on the services offered through the Healthy Living Centre visit [spinal.com.au/cairns](http://spinal.com.au/cairns). Please note these prices were correct at time of publishing and subject to changes.

## Air conditioning for your home

The NDIS classify air conditioning as a day-to-day living cost that is not disability-specific and is often rejected by funding requests. However, in special circumstances, the NDIS has funded air conditioning for people who cannot thermoregulate properly due to their disability.

If you would like to try and receive NDIS funding for air conditioning, you will need to mention this as a desired home modification in your new plan. This will require the NDIS to fund an assessment from an [Occupational Therapist \(OT\)](#).

The OT assessment should include:

- ✓ Medical evidence to prove you cannot thermoregulate due to your disability
- ✓ Bureau of Meteorology data showing the temperature variation in your location
- ✓ Proof you will stay in the residence for a number of years (ie letter from landlord)
- ✓ Explanation of how you have managed without it
- ✓ Justification of why a cooling vest or portable air conditioning unit would be inappropriate.

## Information to take to your meeting

You can find copies of the related Administrative Appeals Tribunal (AAT) decisions on our website at [spinal.com.au/publications](http://spinal.com.au/publications). We suggest printing these decisions to take to your NDIS planning meeting if you are applying for funding in these areas.

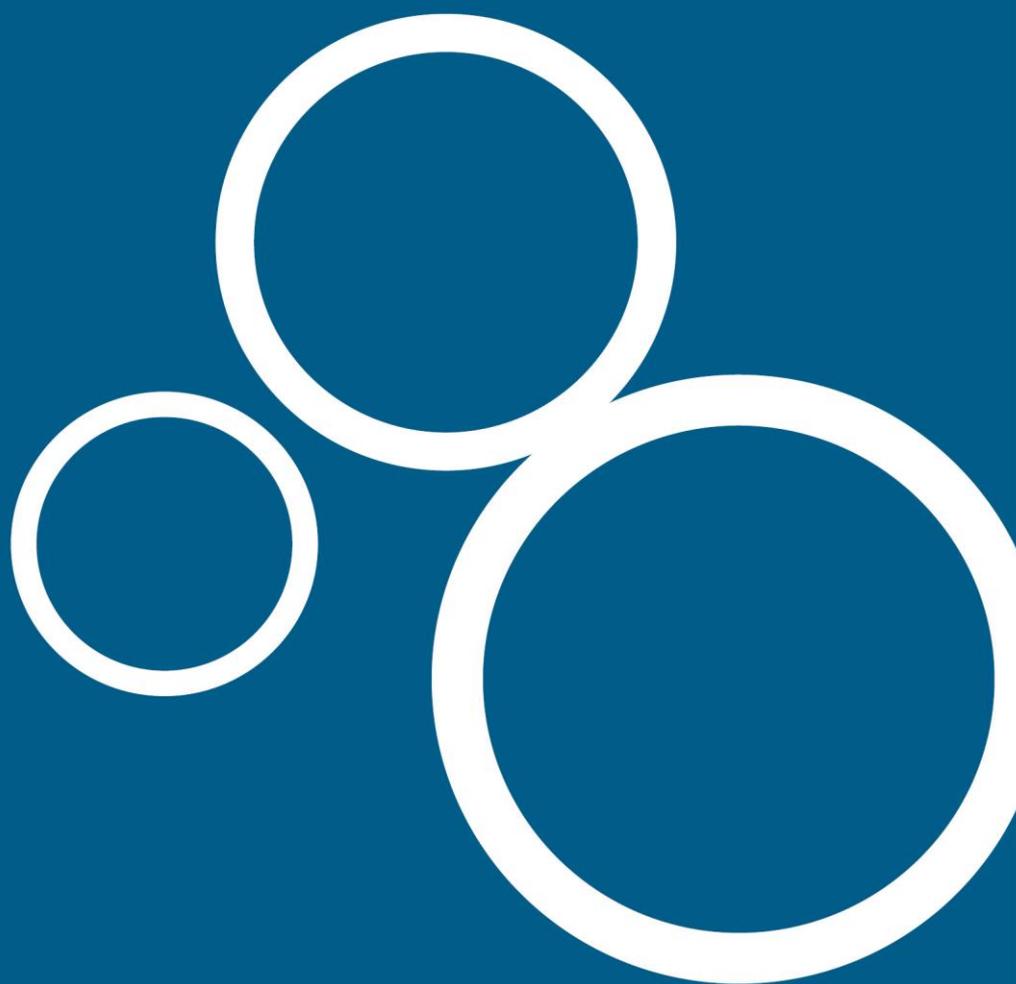
You can also find out more about the TTP and other NDIS-related information on our website at [spinal.com.au/ndis](http://spinal.com.au/ndis) or call our team on 1300 774 625 for assistance.

## Desired outcomes – summary

This is your chance to summarise what you would like to happen at your NDIS plan review meeting, and how this will improve your quality of life and allow you to pursue your goals.

## When would you like to have your next plan review?

You may be asked to discuss when you would like your next plan review, which is expected to be every 12 months but can be scheduled up to two years apart if your situation is unlikely to change in this timeframe.



Let's talk!

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