



Getting ready for My NDIS Plan

This booklet is for children aged from 7-14

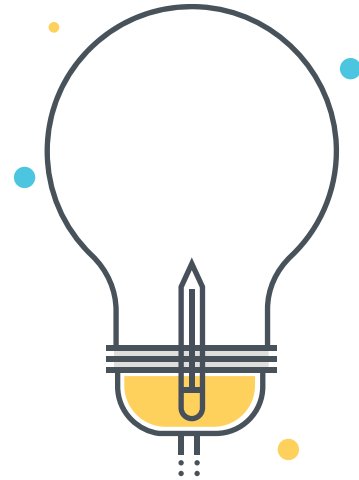


My name is

www.facs.nsw.gov.au/ndis

This work book will help you think about how you'd like to live your life

NOW and in the future



- There are lots of things you can write down by yourself or with your carer or caseworker to help you get ready for your NDIS planning meeting.

- This work book has the type of questions you will be asked at the NDIS planning meeting.

- Thinking about these questions helps to put you at centre of choices about your life in the NDIS planning process.

- Think about the things you use to go about your day, to do the activities you like, to help you go out etc.
- Think about the things you would like to do, if you could do anything!!!

What is important to me?

Think about what makes you happy and what makes you sad

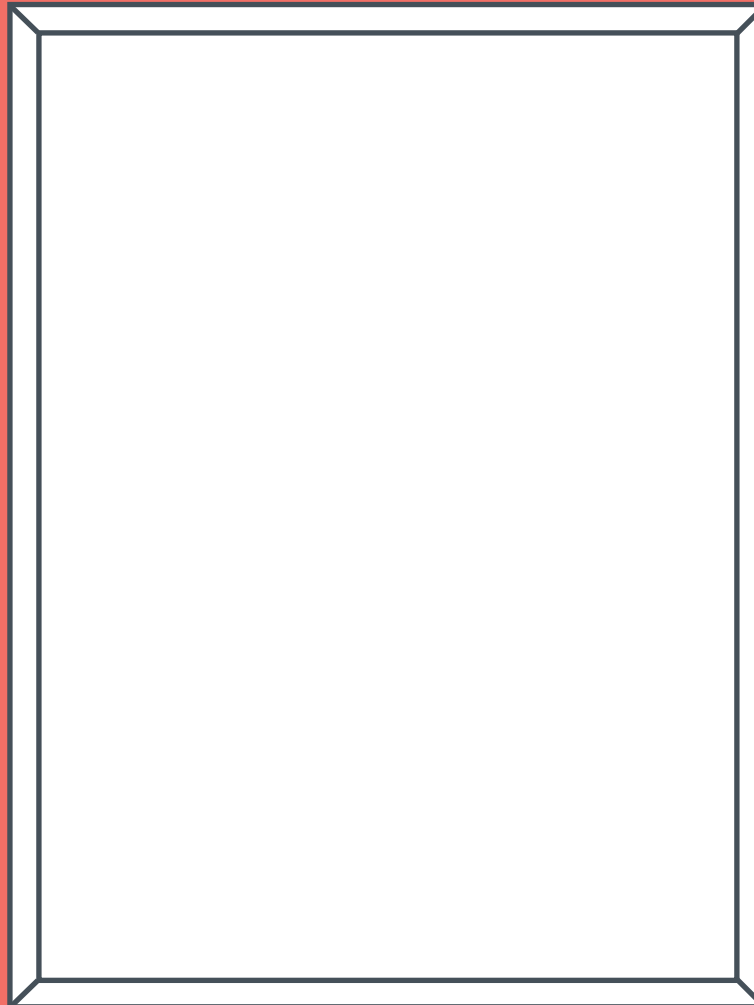


What do others like about me?



About me!

This is me



(draw a picture or stick a photo here)

What do I like about myself?



How to best help me?

Think about how you like to be treated by the people who help you



My planning meeting

Who do I want at my planning meeting? (circle as many as you like)



Family/carer



Uncle



Aunt



Grandma



Grandpa



My friend



Caseworker



Someone else

How I like to communicate

(please circle what you do)



Talking



Showing pictures



Writing



Auslan



Pointing

Important people to me...

My family

People who help me

Me

Friends

Other people
important to me

School



My activities

What I do now:

What is working well:

What is not working well:



My sometimes activities

Don't forget to include your hobbies and things you're interested in!

Things I do sometimes: (hospital visits, camps, discos etc)

My bucket list: things I would really really want to do if I could do anything I wanted!!

My equipment and aids

What equipment do I have?

How do I use it?

When do I use it?

My dreams and goals

How I wish my week looked - don't forget to include your hobbies!

Morning

Afternoon

Night time

Mon

Tue

Wed

Thu

Fri

Sat

Sun

My short term dreams and goals

These are
my most
important goals
for the next
12 months

Some examples could be:

- helping my back to stop hurting
- passing my maths test
- make more friends
- find healthy food that tastes yum
- doing more fun activities like camping and fishing
- learn how to use my iPad



My long term dreams and goals



These are my most important goals for the next 5 years:

Some examples could be:

- get a job
- travel to the shops by myself
- cook dinner for my family
- dress myself without help
- learn to drive