

Your name:

My Learning Passport

Plan ahead workbook



Who is this workbook for?



This workbook is for people with intellectual or learning disability, to learn more about the NDIS.

How do I use this workbook?

- The workbook goes with the **Plan ahead** videos, which you can find on the QDN website at www.qdn.org.au/readytogo
- You can work on the Plan ahead online workshop at your own pace, in your own time.
- You can do this online workshop with the help of a friend, family member or support worker if you want to. There is information for them too.
- You can download and print your own copy
- You can download the workbook and work through it on your screen or with your screen reader, OR
- You can call Queenslanders with Disability Network on 1300 363 783 if you are an individual with disability and don't have access to a printer. We will send you a printed copy.

What do the icons mean?

You will see we have used some pictures to show what type of information we are giving.

| ICON | MEANING | ICON | MEANING |
|---|-------------|---|----------|
|  | Information |  | Activity |



Part 1 ABOUT THE NDIS

What is the NDIS?

The National Disability Insurance Scheme, called the NDIS, is changing the way people with disability will get support.

People and their families or carers will have more choice and control over buying and managing the supports they need.

- It is a new way of providing support for people with disability in Australia.
- It is a national scheme, so it will be the same for people all over Australia.
- It will mean people with disability can move interstate without changing their funding.
- It has started in trial sites in different states around Australia.
- It will be fully rolled out all over the country in 2019.
- Queensland will start the NDIS from 1 July 2016.

What is the purpose of the NDIS?

The NDIS provides the supports people need to be part of the social and economic life of their community

- *social* means having a range of relationships and feeling connected to others in the community where you live (your friends, family or neighbours)
- *economic* means contributing as a worker (paid or unpaid) and as a customer (who spends money on the things that are important to them)



Activity: About the NDIS

After watching the Part 1 video, with the help of your support person, please answer these questions the best you can (draw a picture or write words).

- **What does the NDIS stand for?**
- **What is it all about?**
- **What does social and economic participation mean?**
- **How will the NDIS help people?**



Activity: The supports I need

We all need support for different things at different times.

Please write or draw some of the things that you might need support with in your life right now.

It might be help with cooking, transport, shopping, going out, or something else.

Part 2 CHOICE AND CONTROL



Choice and control

Choice and control is a very important part of the NDIS.

As a participant of the NDIS, you will have choice and control over your supports and make your own decisions.

Making decisions is thinking about what you want, getting more information on what you want, and choosing what option suits you best.

As a participant of the NDIS, you have choice and control, you can change things as you need to, you can have help if you need it, and your safety is important.

Under the NDIS you choose:

How and when supports are provided as part your individual support plan. These can include:

- accessing mainstream (regular) and community supports
- choosing your support providers, (you can choose where you buy your supports from and who is going to best meet your needs)
- and considering how your specialised supports fit best with those provided by your family, friends and other carers.

You have **control** over how, when and where you receive supports.

If you need to, you can **change your goals and plan**, what supports you need, who provides these supports and how these supports are sourced.

You can **choose someone** (a family member, a carer, a friend, or advocate) **to go with you** if you want it when you visit the NDIS planner. The NDIS call this person a **support person**. It is important to remember that the questions the NDIS planner asks will be for you, yourself to answer.

Your **safety is important**, so your planner will talk to you (and your support person) about the support you may need to live safely.

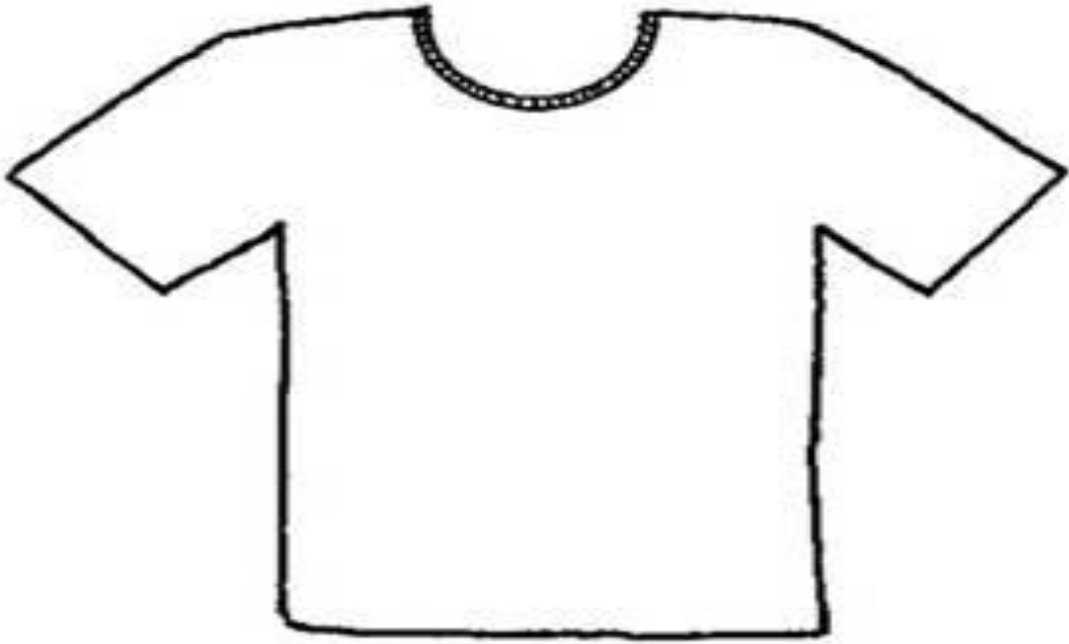
From My pathway, my choices, my goals **Information for participants, [ndis.gov.au](https://www.ndis.gov.au)**



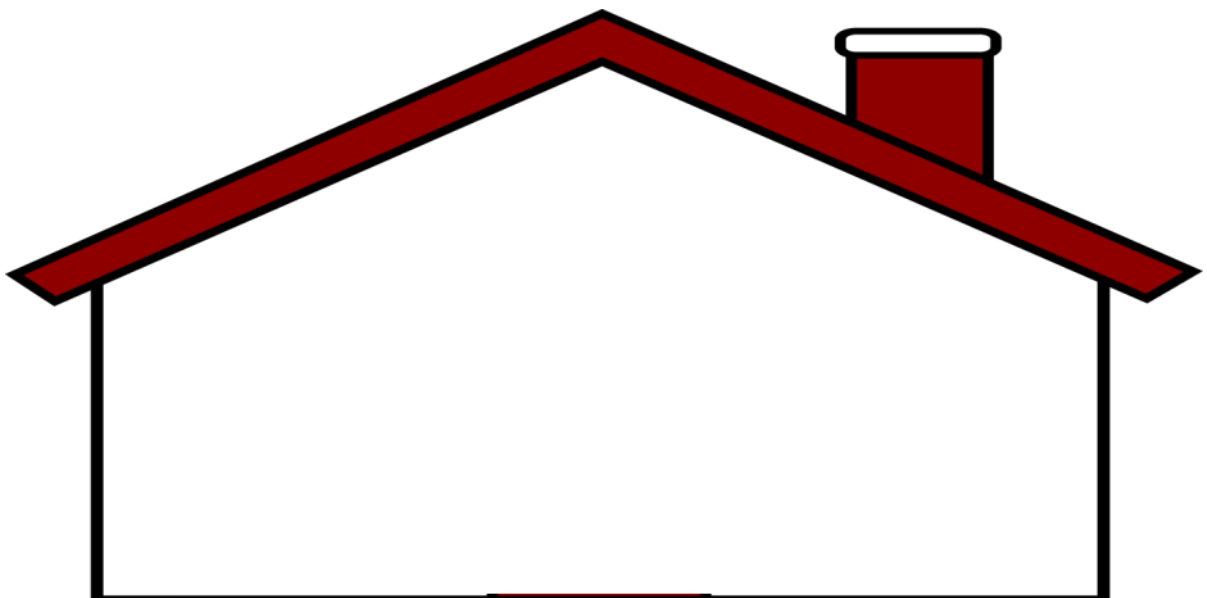
Activity: Big and small choices

Write or draw in the pictures below, the different things that you choose. It might be big choices like where you live or work, or small choices like what you want to wear.

What are the small choices I make?



What are the big choices I make?





Activity: Who helps me to choose?

We all have people in our life who can help us make decisions.

Who are the people who support you to make choices in your life?

Who would you ask for help?

Write down (or draw) as many people as you can think of, who help you make choices.



Activity: Who would I take to a planning meeting?

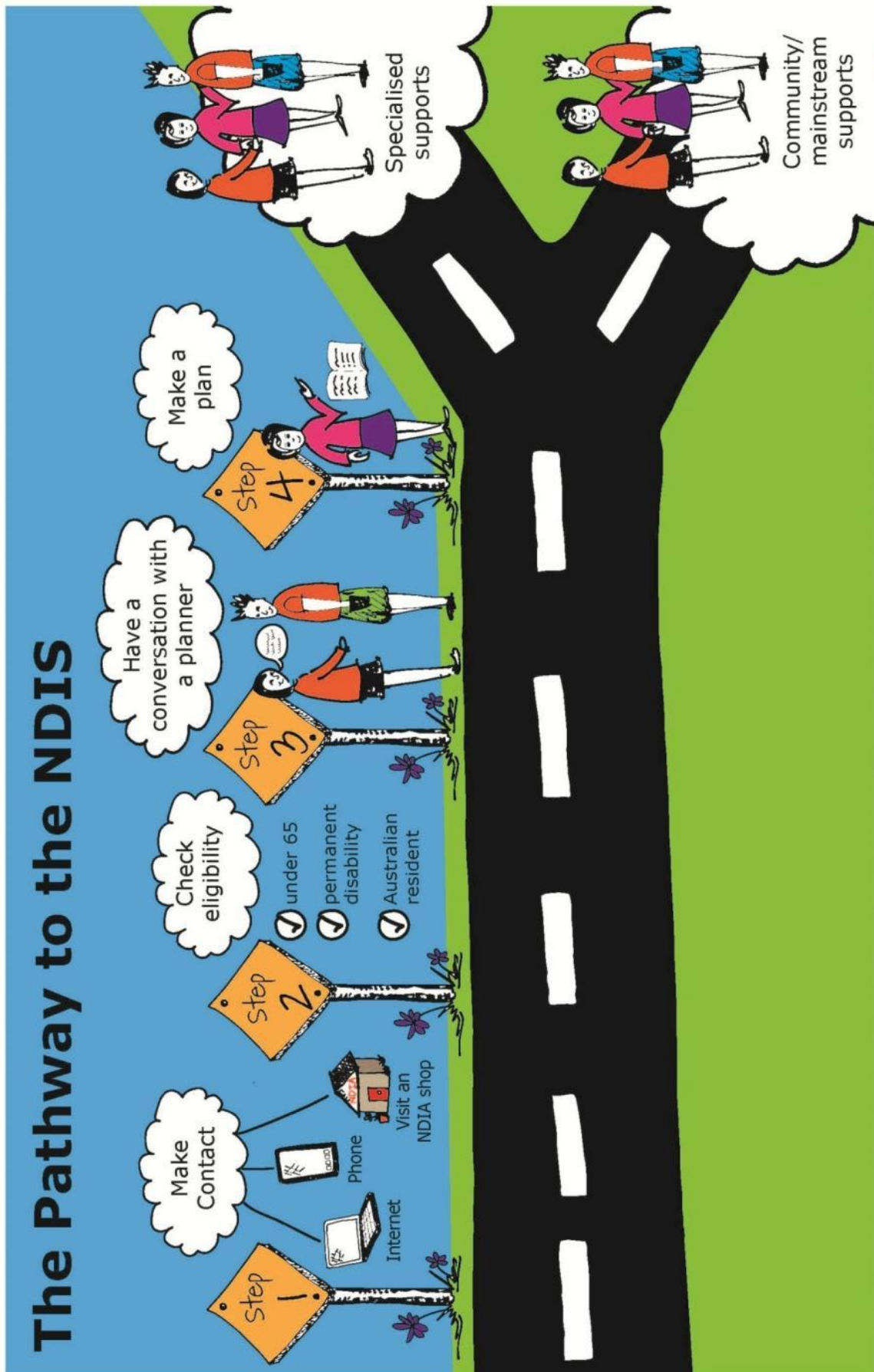
Now think about who you would like to take with you when you go to have a conversation with a planner about the NDIS.

Who do you trust and who knows you the best? Who would you take with you?

Write their name or draw them here.



Part 3 PATHWAY TO THE NDIS





You can:

- ring up
- visit the website www.ndis.gov.au
- or visit the National Disability Insurance Agency (NDIA) office



- **Permanent disability**
 - **Australian resident**
 - **Under 65 yrs**
- Do I have a permanent disability that means I need support?
 - Am I an Australian resident? (citizen, permanent resident or holder of a Protected Special Category Visa)
 - Am I under 65 yrs old when I am applying?

Have a conversation with an NDIS Planner



- Decide who (if anyone) I want to be supporting me
- Work out parts of life I want to focus on
- Consider my dreams and goals
- Consider my current strengths and supports
- Consider what supports I need to achieve my goals (community support and specialised supports – are these reasonable and necessary?)

Fine tune your plan

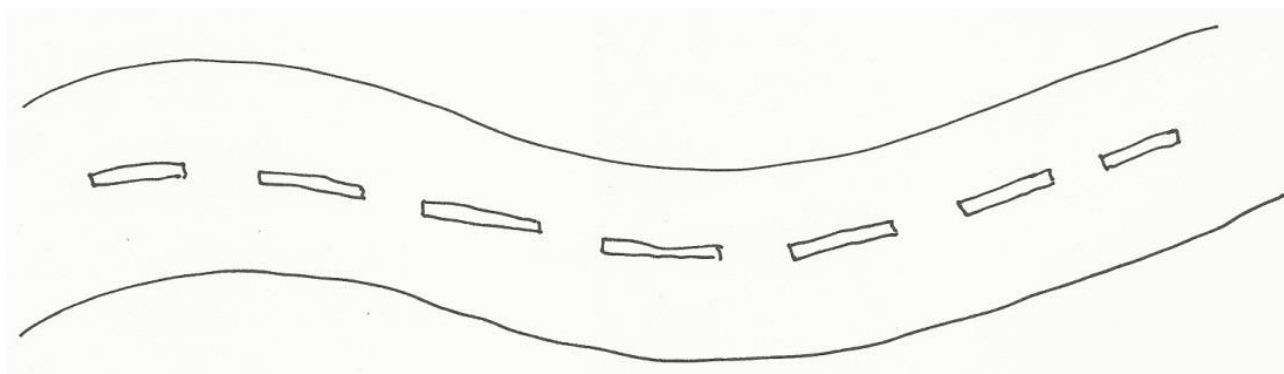


- Decide who I want to deliver my supports
- Decide who I want to manage my plan (me, the NDIA, the service provider, or a combination of all 3)



Activity: The 4 steps


































Draw what you remember about the pathway to the NDIS, and the 4 steps





Activity: Myth busters quiz

For each of these statements, circle which answer you think is right. (The answers are on the video, and also at the back of the workbook)

| STATEMENT |  True, |  false |  or depends |
|---|---|--|---|
| You are eligible for the NDIS if you are from Hong Kong on holidays in Australia for 2 weeks? |  |  |  |
| You can make contact for the NDIS by going to the office |  |  |  |
| You can take a support person with you when you meet with a planner |  |  |  |
| You can get money to go to the movies through the NDIS |  |  |  |
| The NDIS decides what you want without asking you |  |  |  |
| You need to have a plan for your supports from the NDIA |  |  |  |
| You can choose what service provider you want through the NDIS |  |  |  |
| A service provider can tell you that you must stay with them |  |  |  |
| You have a sore back are you eligible for NDIS |  |  |  |
| The NDIS is about having choice and control |  |  |  |



Part 4: EXPLORING THE LIFE DOMAINS

Social Participation

**Making friends and
getting about in my
community**



Living Arrangements

**Where I want
to live and with
whom**

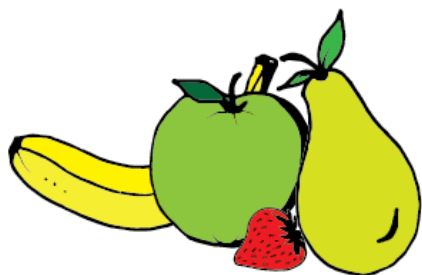


Independence

**Doing things
day to day and
learning new
things**

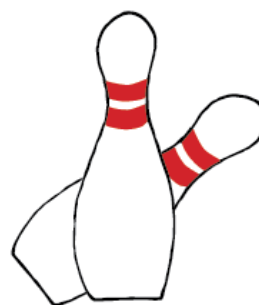


**My
Life**



**My health and
well-being**

Health & Wellbeing



**What I want
to do during
the day**

Employment & Education



Activity: The Life Domains

Think about all the things you do know in each life domain, write or draw the activities and things you do beside each one.

Social Participation: Making friends and getting about in my community.



Living arrangements: where I live and with whom.



Independence: Doing things day to day and learning new things.



Employment and Education: What I want to do during the day?

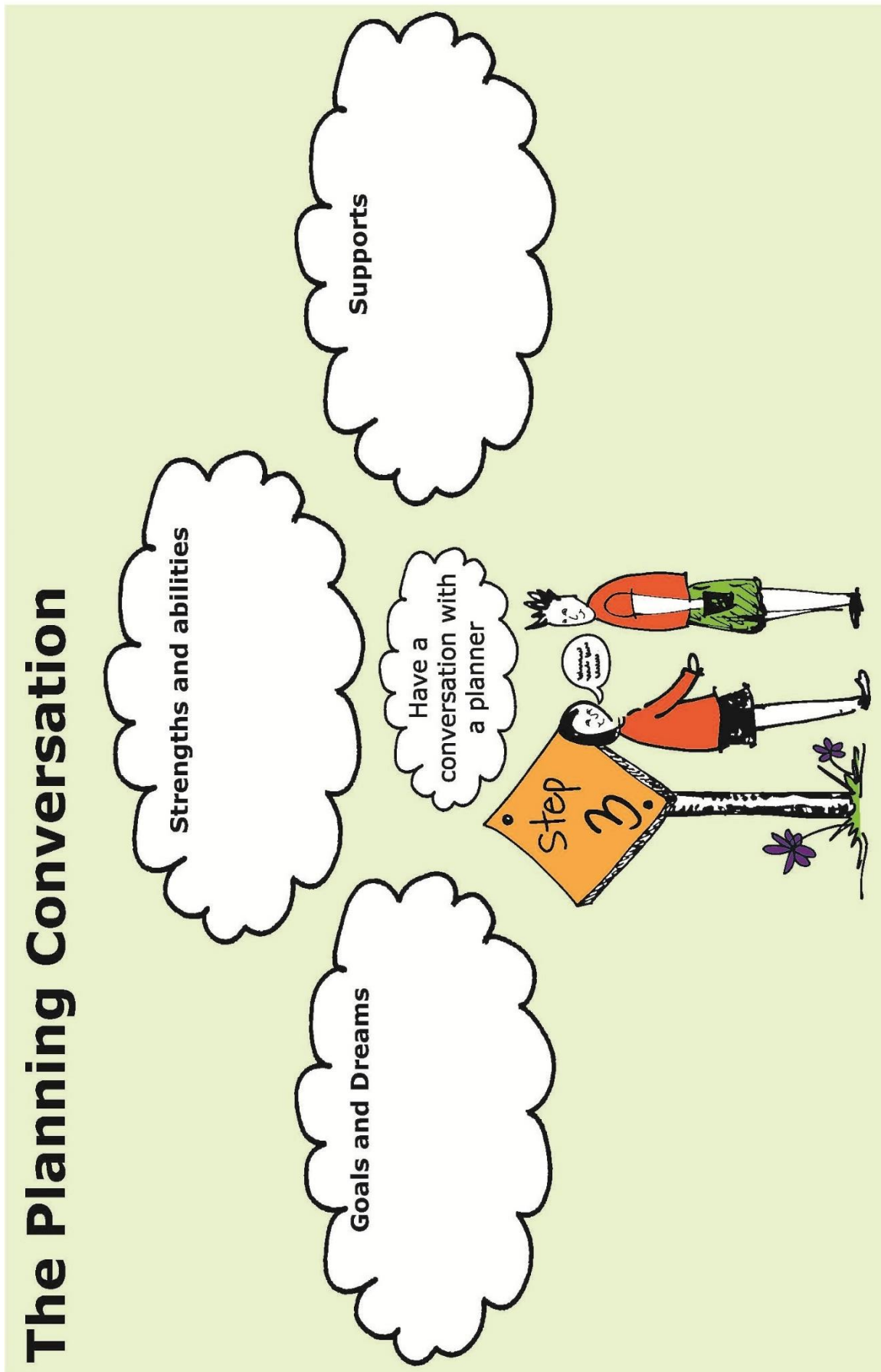


Health and Well-being: what I do to stay healthy and well.





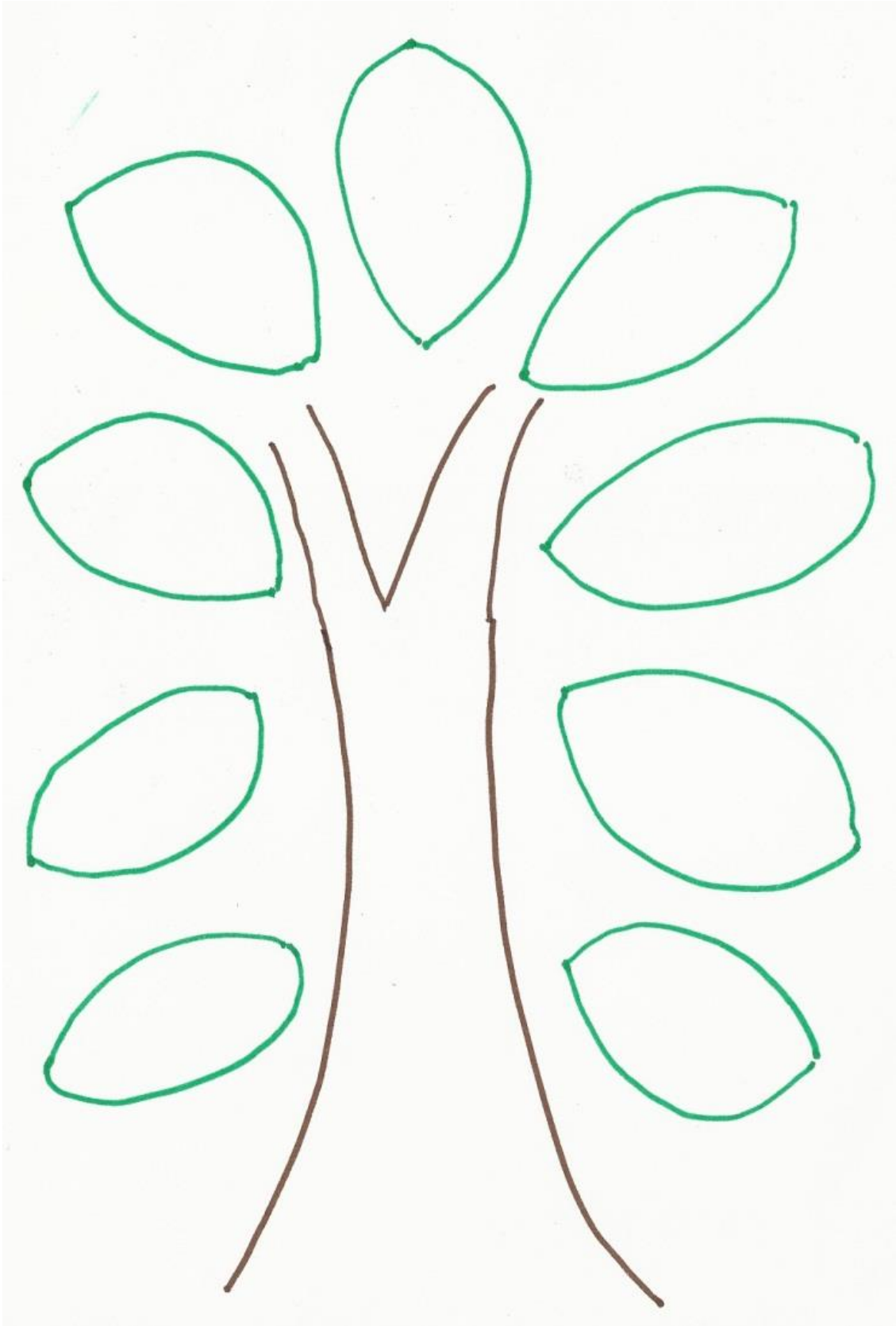
Part 5: THE PLANNING CONVERSATION





Activity: Your wishing tree

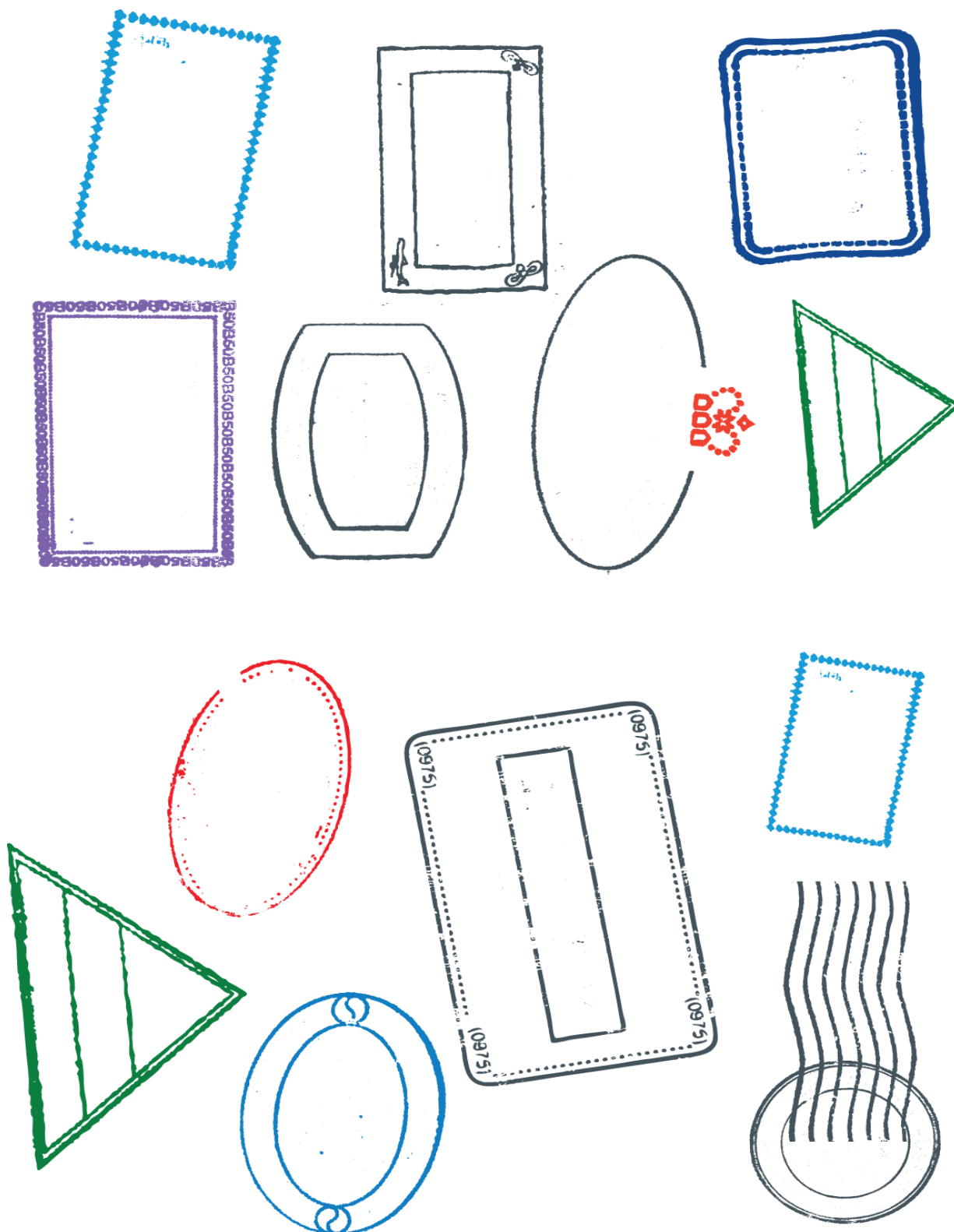
Write down, draw or glue some pictures of your future wishes in the leaves on the tree





Activity: Your strengths passport

This is your strengths passport. Think about what you are good at. What are your strengths and talents? If someone is supporting you – they might help you with some ideas. You can write or draw in the stamps or cut out pictures about each of your strengths and the things you are good at.



Part 6: REASONABLE AND NECESSARY



Activity: Reasonable & Necessary Game

The NDIS will only pay for things that are considered reasonable and necessary. Put a circle around your answer (choose yes or no) for each of the statements below. What is or not paid for by the NDIS?

(Answers are on the video and at the back of this workbook)

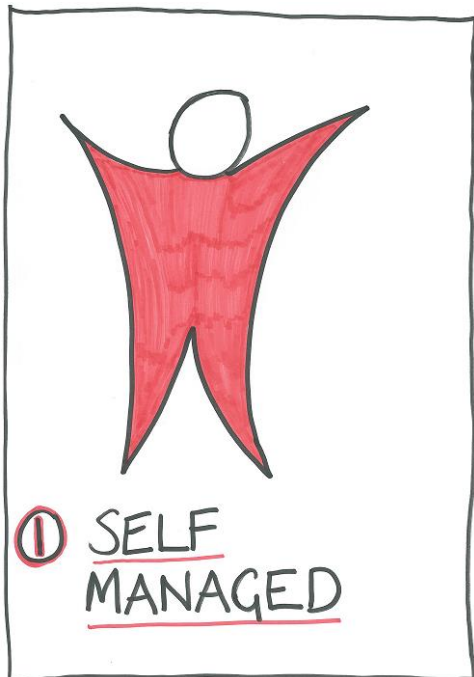
| IS IT REASONABLE & NECESSARY? | ANSWER | | |
|---|--------|----|---|
| Pay for support workers to help with my personal care while I go on a holiday. | ✓ | or | ✗ |
| Pay for holiday accommodation while I am on holidays | ✓ | or | ✗ |
| To be able to get someone to come in to help me learn skills in cooking my own meal. | ✓ | or | ✗ |
| Pay for light and easy meals every day | ✓ | or | ✗ |
| Pay for my support workers to help me move out of home to live with some of my friends. | ✓ | or | ✗ |
| Pay for my rent to move out of family home into my own house | ✓ | or | ✗ |
| For a worker to teach me how to catch the train to TAFE | ✓ | or | ✗ |
| Buy my train tickets every day | ✓ | or | ✗ |
| Pay for the food and vet costs for my guide dog | ✓ | or | ✗ |
| Buy a puppy cause I want to have a pet dog | ✓ | or | ✗ |
| Support to attend movies | ✓ | or | ✗ |
| Pay for movie tickets | ✓ | or | ✗ |
| Taxi fares to help me get to my PCYC exercise group each week | ✓ | or | ✗ |
| A taxi to the Gold Coast from Brisbane to buy my milk | ✓ | or | ✗ |

Part 7: MANAGING MY PLAN



Activity: How would I manage my plan?














Which option would you choose to manage your plan? Please circle which one. Talk to you support person about why you would choose this?





Myth busters quiz answers

From Part 3, page 13

| STATEMENT |   or  True, false or depends |
|---|--|
| You are eligible for the NDIS if you are from Hong Kong on holidays in Australia for 2 weeks? |  |
| You can make contact for the NDIS by going to the office |  |
| You can take a support person with you when you meet with a planner |  |
| You can get money to go to the movies through the NDIS <i>(You won't get money for your movie tickets, but if you need support to go to the movies, then you may get money for your support person to go with you)</i> |  |
| The NDIS decides what you want without asking you |  |
| You need to have a plan for your supports from the NDIA |  |
| You can choose what service provider you want through the NDIS |  |
| A service provider can tell you that you must stay with them |  |
| You have a sore back are you eligible for NDIS <i>(If it is a permanent disability, the answer is yes. If it is not, the answer is no)</i> |  |
| The NDIS is about having choice and control |  |



Reasonable & Necessary game answers

From Part 6, page 17

| IS IT REASONABLE & NECESSARY? | ANSWER |
|---|--------|
| Pay for support workers to help with my personal care while I go on a holiday. | ✓ |
| Pay for holiday accommodation while I am on holidays | ✗ |
| To be able to get someone to come in to help me learn skills in cooking my own meal. | ✓ |
| Pay for light and easy meals every day | ✗ |
| Pay for my support workers to help me move out of home to live with some of my friends. | ✓ |
| Pay for my rent to move out of family home into my own house | ✗ |
| For a worker to teach me how to catch the train to TAFE | ✓ |
| Buy my train tickets every day | ✗ |
| Pay for the food and vet costs for my guide dog | ✓ |
| Buy a puppy cause I want to have a pet dog | ✗ |
| Support to attend movies | ✓ |
| Pay for movie tickets | ✗ |
| Taxi fares to help me get to my PCYC exercise group each week | ✓ |
| A taxi to the Gold Coast from Brisbane to buy my milk | ✗ |

CONGRATULATIONS!

You have finished the Plan ahead workshop. Great job.

Don't forget to click on the link on the last video, or [click this link here](#) to add your details. We'll send you a certificate!

What is Queenslanders with Disability Network (QDN)?

QDN is an organisation run by and for people with all types of disability, to give them a voice.

Membership is free for people with disabilities, and supporters can also join for free. You can join online at www.qdn.org.au

Find out more



www.qdn.org.au



call QDN on **3252 8566**, or **1300 363 783** for callers outside of Brisbane (for the cost of a local call from a landline)



email qdn@qdn.org.au

Thank you

Thank you to all of the people who helped make this online workshop:

Our presenters:

- Sam Matheson
- Kane Wojcicki

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- Damian Caniglia

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- Michelle Walker

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- James Harvey
- Mel Geltch

Thanks to the Ready to go team, our Advisory Group members, and the staff and Board at QDN.

A big thank you to all of the participants and supporters of the *Plan ahead* workshops across Queensland, who have helped improve this workshop.

