# **MY LEARNING PASSPORT**

# **Plan ahead workbook**

A Queenslanders with Disability Network (QDN) project.

An NDIS Participant Readiness activity funded by the Department of Communities, Child Safety and Disability Services.

## 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 **My Learning Passport** videos, which you can find on the QDN website at [www.qdn.org.au](http://www.qdn.org.au)/readytogo
* You can work through the 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.

# 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 or listening to the Part 1 video, with the help of your support person, please answer these questions the best you can.

* **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.

What are 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 a planner. We call this person a **support person**. It is important to remember that the questions the 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**

## Activity: Big and small choices

What are the different things that you choose?  
  
It might be big choices like where you like 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?

Think of as many people who help you make choices, as you can.

## 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?

# Part 3 PATHWAY TO THE NDIS

## Step 1: Make contact

You can:

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

## Step 2: Check your eligibility

(Or do I qualify?)

* 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?

## Step 3: Have a planning conversation

* 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?)

## Step 4: 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

What do you remember about the pathway to the NDIS, and the 4 steps?

## Activity: Myth busters quiz

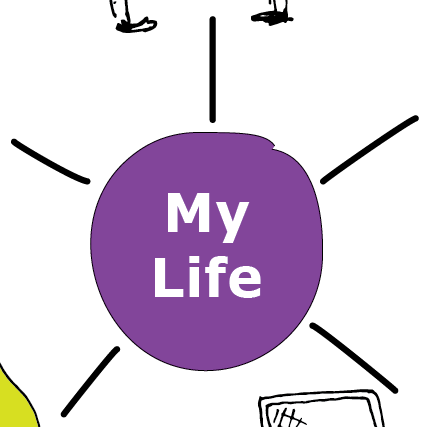
For each of these statements, choose which answer you think is right:

True, false, or depends. (The answers are on the video, and also at the back of the workbook)

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

# Part 4: EXPLORING THE LIFE DOMAINS

## My life

* **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.

## Activity: The Life Domains

Think about all the things you do know in each life domain.

# Part 5: THE PLANNING CONVERSATION

This is Step 3 on the pathway to the NDIS

There are 3 parts to the conversation to talk about

* Your goals and dreams
* Your strengths and talents
* And the supports you need

## Activity: Your wishing tree

What are some of your future wishes? Think about them as leaves on a tree.

## Activity: Your strengths passport

Think about what you are good at. What are   
your strengths and talents? What are you good at? What nice things do other people say about you?

If someone is supporting you – they might help you with some ideas.

# Part 6: REASONABLE AND NECESSARY

## Activity: Reasonable & Necessary Game

The NDIS will only pay for things that are considered reasonable and necessary. Answer **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. | Yes or no? |
| Pay for holiday accommodation while I am on holidays | Yes or no? |
| To be able to get someone to come in to help me learn skills in cooking my own meal. | Yes or no? |
| Pay for light and easy meals every day | Yes or no? |
| Pay for my support workers to help me move out of home to live with some of my friends. | Yes or no? |
| Pay for my rent to move out of family home into my own house | Yes or no? |
| For a worker to teach me how to catch the train to TAFE | Yes or no? |
| Buy my train tickets every day | Yes or no? |
| Pay for the food and vet costs for my guide dog | Yes or no? |
| Buy a puppy cause I want to have a pet dog | Yes or no? |
| Support to attend movies | Yes or no? |
| Pay for movie tickets | Yes or no? |
| Taxi fares to help me get to my PCYC exercise group each week | Yes or no? |
| A taxi to the Gold Coast from Brisbane to buy my milk | Yes or no? |

# Part 7: MANAGING MY PLAN

## Activity: How would I manage my plan?

Which of these 4 options would you choose to manage your plan? Talk to you support person about why you would choose this?

1. Self-managed
2. A Registered Plan Management Provider
3. The NDIA (or the Agency)
4. A combination of all 3

## Myth busters quiz answers

From Part 3, page 13

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

## 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. | Yes |
| Pay for holiday accommodation while I am on holidays | No |
| To be able to get someone to come in to help me learn skills in cooking my own meal. | Yes |
| Pay for light and easy meals every day | No |
| Pay for my support workers to help me move out of home to live with some of my friends. | Yes |
| Pay for my rent to move out of family home into my own house | No |
| For a worker to teach me how to catch the train to TAFE | Yes |
| Buy my train tickets every day | No |
| Pay for the food and vet costs for my guide dog | Yes |
| Buy a puppy cause I want to have a pet dog | No |
| Support to attend movies | Yes |
| Pay for movie tickets | No |
| Taxi fares to help me get to my PCYC exercise group each week | Yes |
| A taxi to the Gold Coast from Brisbane to buy my milk | No |

# 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](https://docs.google.com/forms/d/1VsQtBW4k1XzyGzp5c5Kwd3jLcgi3qhPMz_KKIbv1weA/viewform?usp=send_form) 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](http://www.qdn.org.au)

## Find out more

Visit the website: www.qdn.org.au

Call: **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

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