

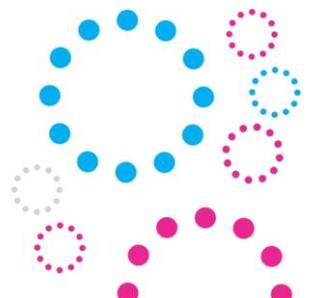
## NDIS Sample Plan – John

This is a sample NDIS plan that can be used to help you plan how to make the most out of your own child's plan. The structure and format of this document is similar to a real NDIS plan, however, please note that this is an **example only and your plan (or your child's plan) will be different.**

For the purpose of showing how an NDIS plan relates to the individual, we have created a fictional case study of 'John'.

The example NDIS plan begins on the next page.

Example Only



22 June 2020

Dear John,

### **Your NDIS Plan has been approved**

I am pleased to let you know that your National Disability Insurance Scheme (NDIS) plan has been approved. I have attached a copy of the plan to this letter, which starts on 22 June 2020.

As a reminder, for a support to be funded it needs to be deemed reasonable and necessary and linked to an outcome in your plan. Funding is approved for a support if it:

- is related to the participant's disability
- represents value for money
- is likely to be effective and beneficial to the participant, and
- takes into account informal supports given to participants by families, carers, networks and the community.

Funds in your core budget are flexible, which means you can choose how to spend this funding to meet your support needs. Please remember that funding is received through the NDIS must be used for your support needs. Rebates or reimbursements from another government department or private health insurance agency cannot be claimed for things that have been purchased using NDIS funding.

### **How we developed your plan**

As you may know, the NDIS is designed around participants having a say in what they want their plan to achieve. In approving the plan, I have considered the information supplied to the National Disability Insurance Agency (NDIA) and the information provided during your planning conversations. I am pleased to say that a new plan has been approved. You can find your new plan attached.

### **Next Steps**

You should now advise your support providers that you have a new NDIS plan, as well as any changes to the supports they are providing for you. Your NDIS team member can help you with this.

If you disagree with this decision, you can make a request for the decision to be reviewed. You will find details about how to do this below.

Yours sincerely

Delegate of the Chief Executive Officer  
National Disability Insurance Agency

## What if my circumstances change?

Please remember that as a participant in the NDIS it is important to tell us about any event or change in circumstances that may affect your plan. This includes, but is not limited to, compensation that has been received, or that you are applying for. This may also include a significant change in your care arrangements or perhaps starting school or looking for work.

If your circumstances change at any time and your plan no longer meets your needs, please discuss this with the person who is supporting your plan implementation or contact the NDIA in any of the ways listed below.

## How to request for your plan approval decision to be reviewed

If you disagree with the decision about your plan approval you can request for the decision to be reviewed within 3 months of receiving this notice.

When asking for a review, you should explain why you think the decision is incorrect. The staff member who conducts the review will not have been involved in the plan approval and may want to talk to you directly to understand your concerns.

The request for a review can be made by contacting the NDIA in one of the ways outlined below.

Following the review, if you disagree with the decision you can seek further review by making an application to the Administrative Appeals Tribunal.

## How to contact the NDIS

Please remember if you phone us that we need to know we're talking to the right person so we'll ask for details only you, or a person authorised on your behalf, would know:

- In person: Visit an NDIA office
- Phone us: call 18000 800 110
- TTY user: call 11800 555 677 and ask for 1800 800 110
- Email: [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

Thank you and the NDIA looks forward to working with you on implementing your NDIS plan.

# My profile

## Information about me

This is personal information about me and I can choose to share this information with my service providers.

**Date of Birth:** 01/01/2008

**Preferred contact details – telephone:** 0411 111 111

## About me

I am a 12 year old boy who lives in regional South Australia. I was diagnosed with Fetal Alcohol Spectrum Disorder (FASD) a few years ago. I was adopted by my foster parents, Anne and Robert, when I was 4 years old. I have lived with Anne and Robert since I was 2 years old. I am home schooled by my foster parents because the school I was at before did not know how to support be properly and I found it hard to get along with the other kids.

I am very artistic and creative. I am very good at drawing and painting, but I also like doing artwork on computers, including graphic design. I enjoy using technology but sometimes I use it too much if my Mum and Dad do not help me to monitor my usage. Another hobby is reading all sorts of books. I like going to the library every week where I can spend lots of time reading through blurbs on the back of books and choosing which books to get.

I am assisted by support workers who help give my parents a break from looking after me (respite). I like the support workers and its good to get to know them but sometimes they do not know how to look after me like my parents do. I also see a paediatrician and a counsellor which helps me as part of equine therapy. I really enjoy spending time with the horses in equine therapy because I learn how to calm myself down. This is helpful because sometimes I can become angry and find it hard to manage my emotions.

## My family and friends

My foster parents Anne and Robert

## My services and community involvement

- Librarian – Jill Smith
- Paediatrician – Bob Hall
- Support Worker – Phillipa Burke
- Counsellor – Kate Abbott
- Post Office Staff

# My goals

This is what I want to achieve

## Short-term goal

During this plan I would like to increase my community inclusion.

How I will achieve this goal	How I will be supported
Find out what community and sporting activities are available in my community. Skills to be able to manage my emotions and behaviours of concern.	<ul style="list-style-type: none"> <li>• My parents will support me to practice my self management of my emotions and behaviours.</li> <li>• My Support Coordinator will support me to connect to services which can help with social inclusion.</li> </ul>

## Short-term goal

During this plan I would like to improve my behaviour regulation.

How I will achieve this goal	How I will be supported
Learn how best to manage my emotions which lead to my behaviours if uncontrolled. Be able to control my behaviours when my anxiety increases.	<ul style="list-style-type: none"> <li>• My parents will support me to recognise my emotions and apply contingencies to regulate.</li> <li>• My Support Coordinator will support me to connect to services or providers.</li> </ul>

## Medium or long-term goal

I want to improve my physical and mental health and wellbeing which will help me to cope with lifelong challenges of FASD.

How I will achieve this goal	How I will be supported
Learn how to maintain my physical and mental wellbeing to cope with life challenges. Find out what skills I need to maintain and enhance my physical and mental health wellbeing.	<ul style="list-style-type: none"> <li>• My Support Coordinator will support me to connect with service providers who can help with improving my physical and mental health wellbeing.</li> <li>• My parents will provide support for me to practice strategies for me to improve my physical and mental wellbeing.</li> </ul>

### Medium or long-term goal

I want to continue developing my graphic design website and continue to increase my skills using computer programs and apps.

#### How I will achieve this goal

Find out where I can complete website development and program courses.

#### How I will be supported

- My family will support me to explore opportunities to learn skills and engage in learning opportunities.

Example Only

# Funded supports information

My funded supports can help me achieve my goals

## Managing my NDIS funding

There are 3 different ways my plan funding can be managed:

- **Self-managed:** I will claim funding from my NDIS plan to pay providers myself or my plan nominee or child representative may do this on my behalf. Providers will invoice me directly for supports I have agreed they will provide.
- **Plan-managed:** My plan management provider will make claims and pay providers on my behalf for supports I have agreed they will provide.
- **NDIA-managed:** Providers will claim payment directly from my NDIS plan based on active service bookings. Where supports are NDIA-managed, I can only use an NDIS registered provider.

My funding may be managed in one or more of these ways and is listed with my funding on the following pages.

### Stated Supports

Where a support is listed as 'stated' in my plan, I must purchase this support as described in my plan. I cannot 'swap' supports for other supports.

### In-Kind Supports

Where a support is listed as 'in-kind' in my plan, I must continue with my existing service provider as they have been pre-paid to deliver this service. However, if I have a concern about using my in-kind provider, I can raise my concerns with my NDIS contact.

### Quote Required

Where a support is listed as 'quote required' additional information such as quotes and/or specialist reports will be required. Once the quote is approved, the funding will be made available in my plan.

# Total funded supports

## \$48,336.18

For 22 June 2020 to 21 June 2021

### Core Supports

Core supports help with my everyday activities, my current disability related needs and to work towards my goals. The Core Supports budget is the most flexible, and in most case cases, funding can be used access the support categories (however, this may not include transport).

### Goal/s my Core Supports funding can help me achieve:

- During this plan I would like to increase my community inclusion.
- During this plan I would like to improve my behaviour regulation.
- I want to improve my physical and mental health and wellbeing which will help me to cope with the lifelong challenges of FASD.
- I want to continue developing my graphic design website and continue to increase my skills using computer programs and apps.

Core Supports	Budget
Individual assistance to support you to attend and participate in community, social and recreational activities of your choice.	
<b>My Core Supports funding will be:</b>	
<ul style="list-style-type: none"> <li>• \$25,789.32 Plan-managed</li> </ul>	
<b>Total Core Supports</b>	<b>\$25,789.32</b>

# Funded supports continued

## Capacity Building Supports

My Capacity Building supports are intended to build my independence and reduce my need for the same level of support into the future. My progress and outcomes from these supports will be shared at each plan review.

Unlike my Core Supports budget, my Capacity Building Supports budget cannot be moved from one support category to another. Funding can only be used to purchase approved individual supports that fall within that Capacity Building category.

### Goal/s my Capacity Building Supports funding can help me achieve:

- During this plan I would like to increase my community inclusion.
- During this plan I would like to improve my behaviour regulation.
- I want to improve my physical and mental health and wellbeing which will help me to cope with the lifelong challenges of FASD.
- I want to continue developing my graphic design website and continue to increase my skills using computer programs and apps.

### My Capacity Building funding can be spent in the following ways:

Capacity Building Supports	Budget
<b>Improved Life Choices (CB Choice &amp; Control)</b> STATED SUPPORTS: Financial intermediary set up costs and monthly processing fees for your plan manager to manage your plan.	\$1,450.74
<b>My Stated Supports funding will be:</b> <ul style="list-style-type: none"> <li>• \$250.52 NDIA-managed Plan Management and Financial Capacity Building – Set Up Costs</li> <li>• \$1,200.22 NDIA-managed Plan Management – Financial Administration</li> </ul>	
<b>Improved Daily Living (CB Daily Activity)</b> Funding for an allied health professional or therapist to assess and provide support in assisting you to meet your goals of skill development and improving your daily routines: <ul style="list-style-type: none"> <li>• 10 hours for a Functional Capacity Assessment.</li> </ul> No therapy or skills development hours funded until future plans following provision of Assessment Reports for a Delegate's consideration of recommendations.	\$1,850.80

**Capacity Building Supports**

**Budget**

**My Improved Daily Living funding will be:**

\$1,850.80 Plan-managed

**Improved Relationships (CB Relationships)**

**\$15,825.12**

Level 1 Behaviour Support Intervention Package to include 45 hours of specialist behaviour intervention support, 20 hours of behaviour management plan and training in behaviour managed strategies and 40 hours in individual social skills development. A report detailing outcomes achieved is to be provided to the NDIA by the Behavioural Supports Therapist before this plan is due for review.

**My Stated Supports funding will be:**

- \$9,645.32 Plan-managed Specialist Behavioural Intervention Support
- \$3,859.40 Plan-managed Behaviour Management Plan incl. Training in Behaviour Management Strategies.
- \$2,320.40 Plan-managed Individual Social Skills Development

**Support Coordination**

**\$3,420.20**

STATED SUPPORT: Support coordination to assist you to achieve the goals in this plan through providing assistance to choose and coordinate providers, develop service agreements, manage the funding in this plan, use the participant portal, find and link with appropriate services, organisations and activities in the community, resolve queries or concerns that may arise and develop goals for future plans.

**My Stated Supports funding will be:**

- \$3,420.20 NDIA-managed Level 2: Coordination of Supports

**Total Capacity Building Supports**

**\$22,546.86**

## Find out more

### Who to contact if I need information or help with my plan

**My NDIS contact:**

Jillian House  
National Disability Insurance Agency  
Ph: 1800 800 110  
Email: [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)

**My next plan review due date:**

21 June 2021

A NDIA representative will contact me about my plan review before my plan review date.

**Booklet 3 – Understanding your NDIS plan**

I can refer to Booklet 3 to help me understand my NDIS plan and how to use funding, arrange supports and services and work toward my goals. It will also help me review my goals and prepare for my plan to be reviewed. If I do not have a copy, I can ask my NDIS contact or visit the NDIS website.

**Important changes**

If something important changes or is going to change (e.g. I move house, start work or school, if I get or may get compensation relating to an injury, or I my goals change) I will notify my NDIS contact.

**For general enquiries, contact the NDIA****Call NDIS**

1800 800 110

**If I use a TTY**

1800 555 677 and ask for 1800 800 110

**If I use Speak and Listen**

1800 555 727 and ask for 1800 800 110

**If I use the National Relay Service**

[www.relayservice.gov.au](http://www.relayservice.gov.au) and ask for 1800 800 110

**If I need help with English**

TIS 131 450