

NDIS Sample Plan – Amy

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 that of a real NDIS plan, however, please note that this is a sample only and your plan (or your child's plan) will contain different information.

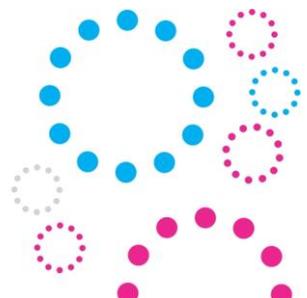
For the purpose of showing how an NDIS plan relates to the individual, we have created a fictional case study of 'Amy'.

The sample NDIS plan begins on the next page.

Sample Only

NDIS Sample Plan 1 – Aboriginal Adult Woman DRAFT 1 Version 1

Last Updated 12/06/2020



12 June 2020

Dear Amy,

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 12 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

Daniella B
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
- Speak and Listen (speech-to-speech relay) user: call 1800 555 727 and ask for 1800 800 110
- Email: 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: 11/06/1990

Preferred contact details – telephone: 0400 000 000

About me

I am a 30 year old Aboriginal woman who lives in Queensland, Australia. I was diagnosed with Fetal Alcohol Spectrum Disorder (FASD) as a child. I was adopted by my foster parents, Mary and Bill, when I was 12 years old. I lived with Mary and Bill until I was 21 years of age. At 21 years of age I moved out of home into a unit which is owned by my foster parents. I pay for my own utility bills and general expenses. I receive a small amount of money each week but most of my finances are managed for me.

I stay with my foster parents every few weekends, which I enjoy. I have a four-year-old daughter and I love her very much. My daughter lives full-time with my foster parents (her grandparents) and I see her every few weekends or on family holidays.

I am assisted by support workers to do my shopping and errands. I need support to take my blood pressure medication because I can forget when to take them, which means I can get in trouble with my doctor. I can become bored very easily and so I use my phone a lot, which means I go to bed late and sleep in. I am easily influenced by others and its difficult for me to form genuine relationships. I have just completed a six-week stay in a residential rehabilitation to treat my alcohol dependency.

My family and friends

My foster parents Mary and Bill

My services and community involvement

- Office of the Public Advocate – Jill Smith
- Finances managed by the Public Trustee
- Indigenous Support Service – Queensland Indigenous Organisation, Bob Hall
- General Practitioner – Dr Phillip Burke
- Neuropsychologist – Kate Abbott

Sample Only

My goals

This is what I want to achieve

Short-term goal

I would like to have adequate access to regular supports so I can live alcohol-free.

How I will achieve this goal	How I will be supported
I will receive support from Allied Health Professionals and therapists to reach my therapy goals by attending regular therapy sessions.	<ul style="list-style-type: none">I will be supported by my therapists, care workers and my parents.

Short-term goal

I would like to learn how to develop and maintain my relationships with loved ones and the people who are my role models which help me be the best person I can be.

How I will achieve this goal	How I will be supported
I will receive support from Allied Health Professionals and therapists to reach my therapy goals by attending regular therapy sessions.	<ul style="list-style-type: none">I will be supported by my therapists, care workers and my parents.

Medium or long-term goal

I would like to explore work opportunities which could include a home base employment enterprise, so that I can participate in a job which provides me with the support required and develop my artistic strengths and interests.

How I will achieve this goal	How I will be supported
I will see an increase in my functional capacity with support from my key workers and family to link into opportunities.	<ul style="list-style-type: none">With support from my key workers and family.

Medium or long-term goal

I would like to improve my social participation via access to recreational and social groups so I can improve my independence, health and wellbeing.

How I will achieve this goal	How I will be supported
I will be able to communicate and connect appropriately in all circumstances.	<ul style="list-style-type: none">I will be supported by my therapists, parents and support workers.

Medium or long-term goal

I would like to feel safe in my own home and surrounding environment at all times so I can feel less anxious and make better choices for myself.

How I will achieve this goal

Through the support of my Support Coordinator and therapists.

How I will be supported

- I will be supported by my therapists and my parents.

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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 \$100,365.34

For 12 June 2020 to 11 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:

- I would like to have adequate access to regular supports so I can live alcohol free.
- I would like to learn how to develop and maintain my relationships with loved one and the people who are my role models which help me be the best person I can be.
- I would like to improve my social participation via access to recreational and social group so I can improve my independence, health and wellbeing.
- I would like to feel safe in my own home and surrounding environment at all times so I can feel less anxious and make better choices for myself.

Core Supports	Budget
Core supports to assist with daily activities and community participation. Funding may be used flexibly across the following three core sub-categories (Consumables, Assistance with Daily Living and Assistance with Social and Community Access). \$400.00 is included for the purchase of Basic (Level 1) and Standard (Level 2) assistive technology, to support me to achieve my goals and outcomes.	\$87,553.00
My Core Supports funding will be: <ul style="list-style-type: none">• \$87,553.00 Plan-managed	
Transport	\$2,020.00
My transport funding will be: paid as fortnightly instalments into my nominated bank account.	
Total Core Supports	\$89,573.00

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:

- I would like to have adequate access to regular supports so I can live alcohol free.
- I would like to learn how to develop and maintain my relationships with loved one and the people who are my role models which help me be the best person I can be.
- I would like to explore work opportunities which could include a home base employment enterprise, so that I can participate in a job which provides me with the support required and develop my artistic strengths and interests.
- I would like to feel safe in my own home and surrounding environment at all times so I can feel less anxious and make better choices for myself.

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

Capacity Building Supports	Budget
Improved Life Choices (CB Choice & Control)	\$1,401.29
Plan Management and Financial Capacity Building – Set Up Costs	
Plan Management – Financial Administration	
My Stated Supports funding will be:	
• \$200.00 NDIA-managed Plan Management and Financial Capacity Building – Set Up Costs	\$200.00
• \$1,200.90 NDIA-managed Plan Management – Financial Administration	\$1,200.90

Improved Daily Living (CB Daily Activity)

Support to assist me to achieve my goals. Daily activity includes support for individual assessment/therapy/training, group therapy, career training and individual skills development.

My Improved Daily Living funding will be:	\$10,654.00
• \$10,654.00 Plan-managed	

Capacity Building Supports	Budget
<p>Improved Relationships (CB Relationships) Level 1 Behaviour Support Intervention Package to include 20 hours of specialist behaviour intervention support and 15 hours of behaviour management plan, training in behaviour managed strategies. A report detailing outcomes achieved is to be provided to the NDIA by the Behavioural Supports Therapist before this plan is due for review.</p> <p>My Stated Supports funding will be:</p> <ul style="list-style-type: none"> • \$3,657.00 NDIA-managed Specialist Behavioural Intervention Support • \$3,555.34 NDIA-managed Behaviour Management Plan incl. Training in Behaviour Management Strategies. 	\$7,212.34
<p>Support Coordination 44 hours of Support coordination to support me to connect to, engage with and coordinate my chosen service providers.</p> <p>My Stated Supports funding will be:</p> <ul style="list-style-type: none"> • \$3,580.00 Plan-managed Level 2: Coordination of Supports 	\$3,580.00
Total Capacity Building Supports	\$10,792.34

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

My next plan review due date:

11 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 and ask for 1800 800 110

If I need help with English

TIS 131 450