

## Reviewing your plan and goals

### A Factsheet for Parents and Carers (No. 11)

#### **What is a plan review?**

You will be advised when your child's plan expires (your first plan usually lasts for 12 months) once it is approved. You will be contacted before your child's plan ends to discuss a review. In this review, a discussion will take place regarding the extent to which goals have been achieved and how beneficial supports and services have been.

The review of your child's plan will be conducted face-to-face or over the phone, depending on what you prefer. You can include a family member, friend, advocate or another person during the plan review. It is helpful to have a support person who is knowledgeable about FASD in attendance.

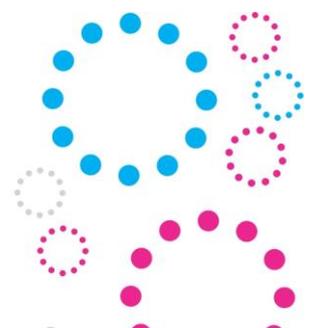
You may need to bring new assessments or reports to your child's plan review meeting, as these can show how the supports and services are helping them achieve their goals. These reports can also make recommendations for supports and services your child might need in the future.

#### **Plan reviews for children under seven years old**

For children who are under seven years old, plans may not last 12 months, or they may last longer. The timing of the review meeting will depend on your child's needs.

The review meeting will take place with your child's Early Childhood Early Intervention (ECEI) Coordinator and will involve a discussion about their ECEI supports and whether these have been effective in supporting your child. If a FASD assessment or diagnosis report has been completed and is available, it would be helpful to have this with you at your review meeting.

Before your child turns seven years old, your ECEI Coordinator will consider what your child might need in the future and if they are eligible to transfer to an NDIS plan. For individuals with FASD, this is likely to be the case given that FASD is a lifelong disability. If your child's ECEI Coordinator does not understand this, please contact [NOFASD](#).



## **Preparing for your plan review**

Reviewing your child's plan is an opportunity to check that their supports and services are helping to achieve their goals. It is important that the NDIS plan and funding continue to work well and are adjusted as your child's life and goals change.

Some things to think about before your child's review meeting include:

- What worked well?
- What did not work well?
- Has your child achieved their goals or made progress toward achieving them?
- Which goals need to continue, and which goals need to change?
- Who can help your child to achieve their goals?
- Will your child need ECEI or NDIS support in the future?
- Would you like to change how all or some of your plan funding is managed?

To find out more information, you can access the following resources:

- Read the [Family Advocacy NDIS Review Guide](#),
- NDIS website (<https://www.ndis.gov.au/>)
- Visit a local NDIS provider in your area (<https://www.ndis.gov.au/contact/locations>)

## **Where can I find out more information about FASD?**

NOFASD Australia is the National Peak Body for parents, carers and individuals impacted by Fetal Alcohol Spectrum Disorder (FASD). Founded in 1999 and funded by the Commonwealth Department of Health, we provide the essential bridge linking those with lived experience with researchers and clinicians.

NOFASD Australia provide a helpline for people impacted by FASD and those wanting information on how to support individuals with FASD. We also maintain an up-to-date comprehensive website with curated resources and links.

If you would like additional information about FASD or to read more about FASD and the NDIS, please visit the [NOFASD Australia website](#).

Sources:

How to review a planning decision: <https://www.ndis.gov.au/participants/how-review-planning-decision>

Understanding the NDIS Booklet 3: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>

