

Your planning meeting

A Factsheet for Parents and Carers (No. 6)

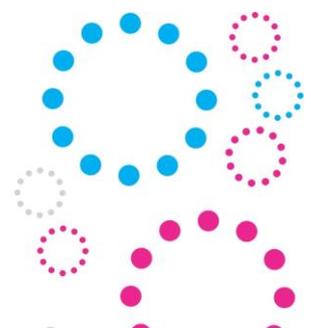
What happens during a planning meeting?

During your NDIS planning meeting, your ECEI or LAC Coordinator will talk about your child's goals.

How can I get the most out of my planning meeting?

Here are some ways that you and your child can get the most out of your planning meeting:

- **Prepare beforehand:** Reading these factsheets, completing the NDIS planning booklet and thinking about what your child's goals are, can help make your planning meeting effective and efficient. See NOFASD's *Factsheet 5 – Preparing for Your Planning Meeting* for more information.
- **Think about what supports your child needs:** There will be some therapies that you have in place already (or would like to put in place) which may be new to your Planner. Having as much information about these types of therapies, and how it will help your child, will assist you with your planning meeting. If you are not sure what therapies will help, visit the [NOFASD website](#) for some suggestions.
- **Decide on who is going to the meeting:** It is important to consider who you would like to come to your planning meeting. You might like to take a support person with you, or someone who can act as an advocate on your behalf. You also need to consider if you would like your child to attend the meeting or not. If you do not have a support person but would like one, this can be arranged through your ECEI or LAC Planner.
- **Provide information about FASD:** You will need to provide your Planner with a basic understanding of FASD and how it impacts your child. You can help to educate your planner about FASD by looking at a range of NOFAD resources available through our website (you can access resources [here](#)). If your child has a FASD diagnosis, we can provide you with a letter of support outlining some of the impacts of FASD. To access this letter, please [contact us](#).



- **Take all relevant reports and assessments:** These documents are important to take to your planning meeting. Assessments from clinicians and allied health professionals will provide a direction for recommended strategies or therapies and ultimately enhance the effectiveness of your child's NDIS plan. Even if your Planner does not ask for these documents, you should still take them along.
- **Take your bank account details:** As well as your MyGov login and password details, as this may be needed.
- **Communicate your child's story:** It is important to be clear about how your child has been impacted by FASD. Remember, the Coordinator has not lived your life, so you need to tell them what it is like to walk in your shoes. It can be useful to describe in detail an ordinary day with your child, and the strategies that you use to help them cope. Think about what you do for your child that makes things easier.
- **Ask questions:** If you are not sure of something, ask. If you are not happy with the answer to one of your questions, it is okay to ask further questions. If you are told that a particular therapy or strategy is not available or cannot be included in your plan, or you are faced with obstacles or barriers, ask the planner, 'how can we make this work?'. This can be a powerful question to ask.

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](https://www.nofasd.org.au).

Source: Understanding the NDIS Booklet 2: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>

