

NDIS PLANNING

FUTURE PLANNING



GOLD COAST
**RECREATION
& SPORT INC**

My daily routine at the moment

What are important routines in your life at the moment?

	Morning	Midday	Afternoon	Night
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My equipment

This is the equipment I use and how often I use it:

Aid, equipment or modification	How often you use it
<i>Example:</i> <i>Manual Wheelchair</i>	<i>Example:</i> <i>Daily</i>

Is there any equipment, aides or modifications you don't use at the moment that you need?

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My Supports

What type of supports do you receive now and how often do you get these supports?

Type of support	How much support do you get and how often do you get it?	What service currently provides your support?
<i>EXAMPLE: Assistance with daily personal activities</i>	<i>3 hours per week</i>	<i>House with No Steps</i>
Assistance with daily personal activities		
Centre based group activities		
Transition supports		
Supported employment		
Employment		
Community activities group		
Supported living in a shared arrangement		
Individual flexible supports – in home or community		
Case management or Support Coordination		

Type of support	How much support do you get and how often do you get it?	What service currently provides your support?
Therapies		
Behaviour support		
Respite		
Other, specify: Click here to enter text.		
Other, specify: Click here to enter text.		
Other, specify: Click here to enter text.		

What's working and what's not working in my life right now

Activity	What's Working	What's not working	How I would like things to change
Daily living			
Relationships			
Living arrangements and home			

Activity	What's Working	What's not working	How I would like things to change
Social and community participation			
Work			
Lifelong learning			
Health and wellbeing			
Choice and control			

What my routine might look like in the future

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				