

NDIS PLANNING

# GOAL SETTING



GOLD COAST  
**RECREATION  
& SPORT INC**





<p>DAILY LIVING</p>	<p>Improve skills of daily living.</p> <p><i>For example:</i></p> <p><i>In home support for showering and dressing; cooking programs; learn to use the washing machine; learn to catch the bus/tram to GCRS.</i></p>	<ul style="list-style-type: none"> <li>Improved living skills (cooking, cleaning, money handling, budgeting, banking, travel training, showering, toileting, personal hygiene, grooming, brushing teeth, eating, feeding etc)</li> </ul>	<p>Building my skills in order to continue living at home and contributing towards my household.</p> <p>Build capability for future independence.</p>	<ul style="list-style-type: none"> <li>Support to access social and recreational programs.</li> <li>In home support to help with my needs.</li> <li>Support to go on a holiday with my friends.</li> <li>Assistance to learn the skills to spend time away from home and my family.</li> </ul>	<p>Services that help me stay connected to my family.</p> <p>Sustaining supports of my family/carers so that they can care for me.</p> <p>Maximise quality family time.</p> <p>Support that will assist me to become a more active and inclusive part of my community.</p>
<p>DAILY LIVING</p>	<p>Improve specific skills to increase independence.</p> <p><i>For example:</i></p> <p><i>OT assessment for modified equipment at home; social skills programs; communication devices.</i></p>	<ul style="list-style-type: none"> <li>Further develop social skills, communication skills.</li> <li>Increase independence.</li> <li>Improved community access through travel training.</li> </ul>	<p>Improve my level of ability to do things by myself, by helping me to improve my physical functioning, social and independence skills.</p>	<ul style="list-style-type: none"> <li>Support to access therapy services (physio, OT, speech therapy)</li> <li>Dietician, social work and counselling.</li> <li>Support to access skills building services (eg travel training)</li> <li>Assistive technology and aids</li> </ul>	<p>Helping me to improve my physical functioning, social and independence skills.</p>
<p>DAILY LIVING</p>	<p>Increase independence OR move towards independent living.</p> <p><i>For example:</i></p> <p><i>GCRS camps and trips; overnight stays at home with a support worker; weekends away; support at home while carer attends a course.</i></p>	<ul style="list-style-type: none"> <li>Improved living skills (cooking, cleaning, money handling, budgeting, banking, travel training, showering, toileting, personal hygiene, grooming, brushing teeth, eating, feeding etc)</li> </ul>	<p>Improve my skills so that I can do as much as possible without assistance.</p> <p>To be able to cope with the demands of independence with confidence.</p> <p>To contribute to the household and have responsibility for tasks.</p>	<ul style="list-style-type: none"> <li>Support to improve skills such as personal care, eating, money handling, cooking, personal safety, road safety and awareness, travel training etc.</li> <li>Occupational therapy</li> <li>Physiotherapy</li> <li>Aids and equipment to support independence</li> <li>Support to spend time away from home</li> <li>Support to spend time on my own at home</li> </ul>	

---



---



---



---



---



---

