NDIS PLANNING

SETING:



GOLD COAST
RECREATION
& SPORT INC

NDIS Life Domain	My Goal	The outcome of my goal is to:	What will my goal achieve?	What may help me to achieve this goal?	Is my goal reasonable and necessary?
					NDIS Value proposition
SOCIAL AND COMMUNITY PARTICIPATION	Increase social and community participation For example: Access community programs – GCRS, Bowling league, numeracy and literacy.	 Improved communication expanded social network, make friends access mainstream recreational programs improved social skills improved communication increased resilience increased confidence improved emotional regulation 	Improve my skills and ability to participate in, and contribute to my community. To make new friends.	 Support to access social/recreational activities and programs Support to access the community Assistance to access mainstream programs Speech therapy Psychology/counselling. 	Meet other people and contribute to my community through community participation/finding work/volunteering opportunities and being a part of the activities that happen in my community. By getting the skills I need, being connected to opportunities and getting help while I'm in the community.

For every goal you will need to detail:

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What type of support do I need? 1:1 or 1:2 or 1:3 If you need/want 1:1 support you have to ASK FOR IT to ensure it's accounted for in your budget.
When will I need this support? During the week; evenings, Saturdays or Sundays. If you'd like some weekend support you have to detail this to ensure it's accounted for in your
budget.
How often will I need the support? Some support might be weekly, some might be monthly (eg Discos or going to the footy/concert), some might be twice a year. Detail this also.



recreation and activities.	mainstream programs. Support to join a club.	Services aimed at supporting healthy diets and healthy lifestyles and personal care will contribute to good life.
participation the best possible Ph	and from activities as I am unable to travel on my own. Assistance to access mainstream programs.	



DAILY LIVING	Improve skills of daily living. For example: In home support for showering and dressing; cooking programs; learn to use the washing machine; learn to catch the bus/tram to GCRS.	• Improved living skills (cooking, cleaning, money handling, budgeting, banking, travel training, showering, toileting, personal hygiene, grooming, brushing teeth, eating, feeding etc)	Building my skills in order to continue living at home and contributing towards my household. Build capability for future independence.	 Support to access social and recreational programs. In home support to help with my needs. Support to go on a holiday with my friends. Assistance to learn the skills to spend time away from home and my family. 	Services that help me stay connected to my family. Sustaining supports of my family/carers so that they can care for me. Maximise quality family time. Support that will assist me to become a more active and
DAILY LIVING	Improve specific skills to increase independence. For example: OT assessment for modified equipment at home; social skills programs; communication devices.	 Further develop social skills, communication skills. Increase independence. Improved community access through travel training. 	Improve my level of ability to do things by myself, by helping me to improve my physical functioning, social and independence skills.	 Support to access therapy services (physio, OT, speech therapy) Dietician, social work and counselling. Support to access skills building services (eg travel training) Assistive technology and aids 	inclusive part of my community. Helping me to improve my physical functioning, social and independence skills.
DAILY LIVING	Increase independence OR move towards independent living. For example: GCRS camps and trips; overnight stays at home with a support worker; weekends away; support at home while carer attends a course.	Improved living skills (cooking, cleaning, money handling, budgeting, banking, travel training, showering, toileting, personal hygiene, grooming, brushing teeth, eating, feeding etc)	Improve my skills so that I can do as much as possible without assistance. To be able to cope with the demands of independence with confidence. To contribute to the household and have responsibility for tasks.	 Support to improve skills such as personal care, eating, money handling, cooking, personal safety, road safety and awareness, travel training etc. Occupational therapy Physiotherapy Aids and equipment to support independence Support to spend time away from home Support to spend time on my own at home 	



CHOICE AND CONTROL	making, choice and control. For example: GCRS plan management; support to commence lifelong planning; numeracy and literacy courses.	decision making activities. Develop skills in making choices. Improved communication. Improve planning skills.	make decisions and have choice and control over my services. Connect with people/services that can help, support and advocate for me.	 Assistance to manage my NDIS plan. Support coordination. Assistance to develop a lifelong vision and plan for unexpected events and changes in family circumstances. Crisis management and case management. Assistance to improve reading and writing. 	activities that help me to build the skills and knowledge on how to live my life the way I want to live it. Services and platforms that help me find the support I need to achieve my goals and live independently, and to manage my NDIS money.
·	n Management services and it's import d help Coordinating everything you wil			at can support you	
i you tillik you ii lieet	d help coordinating everything you wil	Theed to ask for that and th	ien mid a suitable provider the	at can support you.	

Improved capacity to

Information and community

Assistance to manage my

Improved capacity for decision • Participate in more