

Sample NDIS Plan template

** Please note, the content and format of the NDIS plan changes from time to time and these changes are not always well communicated publicly. This sample template is based on a plan viewed by Carers NSW staff in October 2015 and may not reflect the most up to date format. While de-identified, responses are based on a real approved NDIS plan.

Jean's NDIS Plan

Name: Jean Sample

NDIS Number: 123456789

Plan starts: 1 January 2050

Plan will be reviewed by: 1 January 2051

NDIS will contact me about my plan review before this plan ends.

If I have any questions or my circumstances change, I need to contact:

Business Support Officer: John Example – (02) 1111 2222

Planner: Mary Template – (02) 3333 4444

The contact details for my local NDIS office are:

Address: 1 Example St, Suburbia, NSW, 2222

Phone: (02) 5555 6666

Email: suburbia@ndis.gov.au

I will tell the NDIS when something important changes (or is going to change) like moving house, starting work or school, or when my goals change.

Part 1: About me

This part of my Participant Statement is about me, my daily life, and the people in my life.

Where I live and the people I live with

Jean currently lives with her father Joe and sister Janene (20) in the family home in Suburbia. Her father works three days a week and her sister is currently taking time off study so that she can assist her father with caring for Jean before and after her Day Program. Jean is dependent on her father and sister for all activities of daily living.

People in my life who support me

Jean lives with her father Joe and sister Janene (20). Her grandmother lives nearby and spends time with her on the weekends. Her sister is studying at university.

My daily life

Jean attends a Day Program from Monday to Wednesday, 9am to 3pm and spends Thursdays with her father and Fridays with her sister. She goes for a walk with her grandmother on Saturday mornings. She is dependent on her father for all self care and domestic activities. She needs support to access the community and requires constant supervision for safety. She has a history of absconding if not adequately supervised. She has no functional language, no interpersonal skills and insists on routines. Her sister is currently taking time off university to assist with caring for her before and after her Day program on the days her father works (Monday to Wednesday).

Part 2: My Goals

This part of my Participant Statement lists my goals and things I want to work towards during this plan

My First Goal is: To safely access a variety of daily activities

During this plan I want: NDIS to fund her Day Program 3 days a week. NDIS to fund behavioural assessment and intervention to ensure her safety and provide advice re strategies to avoid absconding from Day Program and other activities. NDIS to fund OT for assessment and intervention re sensory issues such as noise. Her father and sister to continue outings on Thursdays and Fridays.

My Second Goal is: To expand interests / skills / physical activity

During this plan I want: NDIS to fund support worker for one on one assistance to access community and participate in social activities. NDIS to fund transport allowance for independence in travelling.

My Third Goal is: To extend life skills

During this plan I want: NDIS to fund support worker for instruction and specific training for her to increase independence in daily living skills such as cooking and gardening.

My Fourth Goal is: Improve communication and social skills and decrease frustration and distress.

During this plan I want: NDIS to fund speech therapy assessment, intervention and aids to enable improved communication.

My Fifth Goal is: To live at home

During this plan I want: NDIS to fund support worker to provide assistance with personal care three days a week. NDIS to fund skill building for her to increase independence in daily living skills. NDIS to fund respite to sustain informal supports.

Part 3: My Supports

These are the supports that will help me to work toward my goals.

Family and friends

This is what the NDIS call 'informal' supports

Who will provide the support?	Type of support
Father and sister	Assistance with all activities of daily living, social interaction, accessing the community, decision making and managing finances.

Services and community groups

These supports might include things like health or mental health services, schools or education services, community groups, sporting or hobby clubs or other government services. This is what the NDIS call 'community and mainstream' supports.

Who will provide the support?	Type of support
GP	Monitoring epilepsy / health conditions.

NDIS reasonable and necessary support budgets

I can choose how I spend the amount in each budget listed below by checking the NDIS price list and the matching supports on the NDIS website participant page ndis.gov.au/participants.

Where a support is listed in my plan as 'stated' I must purchase this support as it is described in the plan. I cannot swap 'stated' supports for any other supports listed in the price list.

Transport to access daily activities

Budget: \$ 2,651

Reference number: 0002

How will the supports be paid: NDIS will deposit funds in my nominated bank account each fortnight.

This support budget can only be used from: 1 January 2050 to 1 January 2051

Purpose of support: Transport allowance – currently attending Day Program.

Assistance with daily life at home in the community, education and at work

Budget: \$ 75,335

Reference number: 0001

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 8 February 2050 to 1 January 2051

Purpose of support: Three hours a week assistance to access the community as attending Day Program, nine hours a week personal care, fourteen days a year in home respite due to risk of absconding and sleeping difficulties, group program 30 hours a week, two hours a week yard maintenance to sustain informal supports.

Improved daily living skills

Budget: \$3,115

Reference number: 0004

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 9 February 2050 to 1 January 2051

Purpose of support: 20 hours a year for occupational therapy and speech therapy assessment and intervention.

Increased social and community participation **Budget: \$2,318**

Reference number: 0009

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 9 February 2050 to 1 January 2051

Purpose of support: 52 hours a year of capacity building to increase skills in food preparation and gardening.

Improved relationships **Budget: \$3,583**

Reference number: 0011

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 9 February 2050 to 1 January 2051

Purpose of support: Behaviour management plan, training in behaviour management strategies.

Improved life choices **Budget: \$6,571**

Reference number: 0014

How will the supports be paid: NDIS will pay my plan manager directly for these supports

This support budget can only be used from: 9 February 2050 to 1 January 2051

Purpose of support: Financial and Service Intermediary set up costs, Financial and Service intermediary Activities, Coordination of Supports – Level 2 – two hours a week for the first 12 weeks and then one hour a week (64 hours)

TOTAL NDIS PLAN AMOUNT **\$93,573**