

# CONSUMER & FAMILY CARER NETWORK



As the NDIS rollout continues, we are learning more about the opportunities and outcomes for young people in residential aged care (RAC).

If you're still waiting to get into the NDIS, there's plenty of preparation that you can do – and the Summer Foundation are busy preparing resources to help.

If you're currently funded by your state-based disability system you will be automatically transitioned across to the NDIS when it becomes available in your region. But if you're not currently receiving disability funding, you will need to call the NDIS and request an Access Request Form – there is more information about the process in this newsletter.

If your current housing arrangements are inappropriate, the NDIS also provides an opportunity to explore what alternatives are open to you. Be sure to make 'explore more appropriate housing' one of the two goals in your NDIS plan; the NDIS will then provide you with an Exploring Housing Options Package (EHOP).

The Summer Foundation has published three sample NDIS plans with pre-planning templates to help you to prepare for your planning meeting. We are also currently finalising a suite of resources to help NDIS participants to understand the EHOP and make the most of their EHOP funding.

Hearing about your experience of the NDIS provides vital information for our resource development, so please keep me in the loop by emailing me at [penny.paul@summerfoundation.org.au](mailto:penny.paul@summerfoundation.org.au) or phoning 9894 7006.

Warm regards,

*Penny Paul*

Penny Paul  
Information and Connections Coordinator

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## NDIS RESOURCES

The rollout of the NDIS will provide opportunities for many young people with disability to improve the quality of their lives. For younger people living in nursing homes, it may provide a pathway back into community-based housing.

Unfortunately, connecting to the NDIS and getting the best outcomes from it is proving a real challenge for many people. Anyone currently connected with state-based disability services should be automatically enrolled in the NDIS, but many younger people in residential aged care don't fall into this category. These people will need to make an access request to become NDIS participants – for information how to do this, see the following article.

To make the process of connecting to the NDIS easier, the Summer Foundation is preparing a suite of resources. We've recently released a collection of Sample NDIS Plans, together with some background information and a template to assist people as they prepare their own plans.

Following the sample plans will be a series of guides that explain the Exploring Housing Options Package (EHOP), Specialist Disability Accommodation (SDA) payments and how to prepare a Housing Plan, as well as helpful information on NDIS assessments, how to choose your EHOP Support Coordinator and understanding SDA housing design categories.

To access these resources as they're released, keep an eye on our website [www.summerfoundation.org.au/ndis/ndis-resources](http://www.summerfoundation.org.au/ndis/ndis-resources), connect with us on Facebook [facebook.com/SummerFoundationLtd](https://www.facebook.com/SummerFoundationLtd) or sign up to receive our emails: [www.summerfoundation.org.au/news-information-sign-up](http://www.summerfoundation.org.au/news-information-sign-up)



## REQUESTING ACCESS TO THE NDIS

If you don't currently receive state-based disability funding, you will need to fill in an 'Access Request Form' to enter the NDIS. You can apply to enter the NDIS up to six months prior to the scheme rolling out in your area. To begin the process, call 1800 800 110 and ask to speak to the National Access Team. They will ask you a series of questions about your age, where you live and your disability to check your general eligibility before sending out an Access Request Form.

A sample of the Access Request Form is available here: [www.summerfoundation.org.au/access\\_request\\_form\\_sample](http://www.summerfoundation.org.au/access_request_form_sample)

To see when the NDIS will be available in your area, visit [ndis.gov.au/about-us/our-sites](http://ndis.gov.au/about-us/our-sites) and click on your state for details.

To ensure you enter the NDIS smoothly, gather together any assessments that you have about your disability to submit with Part F of the Access Request Form, which asks for information about your disability.

If you live in residential aged care (RAC) and a health professional completes Part F of the form for you, it's important that they don't write about your disability in terms of the RAC environment, but in relation to your ability to live independently and participate in the community.

If you live in RAC, it can help to have the RAC facility listed as a 'carer' in Part E of the form (in addition to your representative/guardian), so that the NDIS can get more information about your supports from the facility if they need to. If a family member wants to be present at the NDIS planning meeting, this should also be stated in Part E of the form.



## NDIS CONNECTIONS PROJECT IS WRAPPING UP

After three years, our 'NDIS Connections' project is formally wrapping up at the end of June 2017. The project directly supported over 300 younger people in nursing homes to register as NDIS participants – and supported nursing home staff, advocates and family members as they worked to connect other young people in nursing homes with the NDIS.

Our heartfelt thanks go to the team who have delivered the NDIS Connections project (pictured above): Natalie Butler, Joanna Stewart, Rebecca Pockney and Melody Carbarns, as well as the teams from our two partner organisations, ADACAS and Brightwater.

As the NDIS rolls out across Australia, an enormous amount of one-on-one support will be required to assist young people living in nursing homes to effectively access the NDIS. So we are now working with government and the NDIA to streamline and fast-track the NDIS connection process for young people in nursing homes. We are also focussing on ways that we can enable nursing home staff, advocates and family members to do the connecting work – providing them with resources, consultation, mentoring and training about the NDIS connection process.

Materials to help you navigate the NDIS connection process, including our NDIS Practice Guide, are available here:

[www.summerfoundation.org.au/ndis/ndis-resources](http://www.summerfoundation.org.au/ndis/ndis-resources)

## IN THE MEDIA

Ageing Agenda

PRO  
AUSTRALIA  
ONE

NEWS

FINANCIAL REVIEW

Check out our recent media coverage at:

[www.summerfoundation.org.au/media](http://www.summerfoundation.org.au/media)

## SUPPORT FOR FAMILIES & CARERS

Families very often play a vital role in the lives of people with a disability. The NDIS is designed to provide participants with reasonable and necessary supports so that all members of a caring family can live an ordinary life. An information sheet, created by the NDIS, gives a great overview of the ways in which the NDIS is intended to support families and carers: [www.ndis.gov.au/html/sites/default/files/Supporting-families-carers.pdf](http://www.ndis.gov.au/html/sites/default/files/Supporting-families-carers.pdf)

So many of the ways in which families and carers support people with a disability often go unnoticed – even by the families and carers themselves. To help carers adequately describe the supports they provide, Carers Australia have created a Carer Checklist, so that they too can be supported through the NDIS to live an ordinary life. For example, a family member who is providing full-time care may have the goal of re-entering the workforce. This person should talk to the NDIS planner about their goal and request supports for their family member to make this possible.

The Checklist can be found at: [www.carersaustralia.com.au/storage/carers-checklist-new-writable-sept-2016.pdf](http://www.carersaustralia.com.au/storage/carers-checklist-new-writable-sept-2016.pdf)

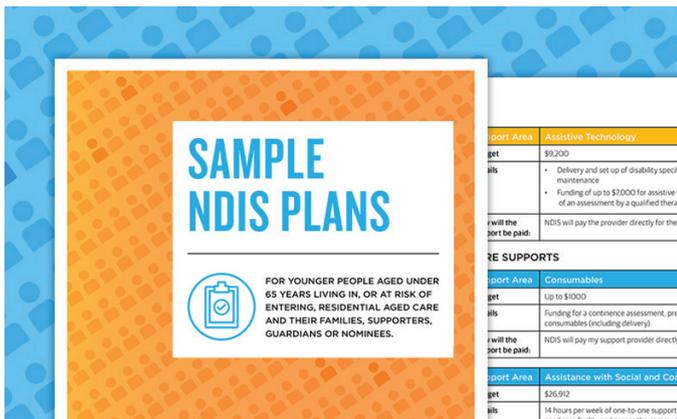
## SPECIALIST DISABILITY ACCOMMODATION UPDATE

An important reform under the NDIS is that housing and support will be considered separately, meaning that NDIS participants don't need to rely on one provider to meet both their housing and support needs.

The National Disability Insurance Agency – who administer the NDIS – will not own or operate any housing, but will provide around 6% of participants with a housing subsidy called a Specialist Disability Accommodation (SDA) payment.

The development of new specialist disability accommodation, like the projects being developed by Summer Housing, take time. With the shortage of accessible housing options, many NDIS participants wanting to leave residential aged care (RAC) are being directed to search for vacancies in existing group homes. This may or may not be a satisfactory solution for you.

If you are currently living in RAC and want to live in the community, but are being directed to accept a vacancy in an existing group home, please contact Penny Paul at the Summer Foundation to discuss your options – phone 03 9894 7006.



## SAMPLE NDIS PLANS

We have recently released three sample NDIS plans, for use by young people in nursing homes as they prepare their own NDIS plans:

- Plan 1: Supporting a younger person with complex disability to live in the community
- Plan 2: Exploring options to move out of residential aged care
- Plan 3: Living a more fulfilled life residential aged care

The sample NDIS plans are available on our website:

🌐 [www.summerfoundation.org.au/resources/sample-ndis-plans/](http://www.summerfoundation.org.au/resources/sample-ndis-plans/)

These sample plans are designed to alert young people in nursing homes to the types of goals they may want in their plan and the supports that might be considered reasonable and necessary to achieve those goals.

Sometimes, NDIS plans only include the support category and a budget. This lack of detail makes them difficult for young people and their support coordinators to interpret and implement. We are urging people to make use of the NDIS Pricing & Payment guide (available here: [www.ndis.gov.au/providers/pricing-and-payment](http://www.ndis.gov.au/providers/pricing-and-payment)) to include a greater level of detail in their plans.

We have included a template with our sample plans. The template is designed to help people to prepare for their planning meeting, as well as to record the details of their planning meeting to assist with plan implementation.



## SHANE'S STORY

After living in a nursing home for three years, moving to a new apartment in the Hunter Housing Demonstration Project has been a big change for Shane.

He has been getting used to having his own space and spending his days as he chooses. Adjusting to his new home and renewed freedom, Shane has noticed some big changes: his speech has improved and he has regained confidence.

More importantly, the move has helped Shane reclaim his role as a Dad.

As a proud father of two children, aged 7 and 10, Shane loves just being able to do the usual 'Dad stuff' again – hearing about what they've been doing at school, going to watch them play soccer and having them stay with him overnight.

“ IT FEELS UNREAL JUST KNOWING THEY'RE HERE. IT FEELS LIKE HOME. ”

SAVE THE DATE

The Summer Foundation's  
**ANNUAL PUBLIC FORUM**  
 will be held on  
**Thursday 19 October 2017**  
 at The Arena, NAB Docklands,  
 Melbourne