



ABOUT MY HEALTH

BEING PREPARED FOR NDIS PLANNING



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4. ABOUT MY HEALTH – BEING PREPARED FOR NDIS PLANNING

This part of the toolkit is a pre-planning worksheet for people with complex health and support needs. You can use it to jot down notes and details that will remind you about what health and support needs you want to discuss during NDIS planning. It's not 'one size fits all'. Use the sections that are relevant to you, and skip those that aren't.

The worksheet is to encourage you to think broadly about all aspects of living. It takes you through:

- Diagnoses and health conditions
- Self-care
- Mobility and transfers
- Health and wellbeing
- House and home
- Domestic business
- Work, education and finance
- Community
- Transport
- Things I love doing

Prompting questions under each of these headings help you to identify what support you have now, and what improvements might enable you to participate more fully in life. When you're thinking about what could be better, think about things like money and cost, convenience and the time things take, whether friends and family can balance supporting you and other commitments, or your personal preferences. Perhaps you would like more variety, or prefer particular support staff over others?

The **blue** sections are for you to fill out. The **pink** sections are for your health practitioner to assist with, where possible. They are designed to enable you to:

- Start thinking about how funding and provision of your supports might best be shared between NDIS and health services
- Have these thoughts in writing to work through when you meet with the NDIS planner

Note: Information for health practitioners about Health and NDIS funding responsibilities and how they work together to provide supports can be found in NDIS and Health: Working Together (Section 1). summerfoundation.org.au/ndis-and-health-working-together

Diagnoses and health conditions

FOR YOU TO FILL IN	
What are my diagnoses and health needs?	

1. DYSPHAGIA OR CHOKING?

What I'm managing well now	What concerns me? What would enable me to manage better?

2. SEIZURES?

What I'm managing well now	What concerns me? What would enable me to manage better?

3. ALLERGIC REACTIONS?

What I'm managing well now	What concerns me? What would enable me to manage better?

Your Goals
Which of my goals do these supports relate to? 1, 2, 3 ... all of them? (look back at the planning template in part 3 of this toolkit)

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

1. DYSPHAGIA OR CHOKING? (CONTINUED)

Supports that health services could provide to assist?	Supports that disability services could provide (NDIS) to assist?	Supports from other sources e.g. family, friends
Your Goals:		(See above)

2. SEIZURES? (CONTINUED)

Supports that health services could provide to assist?	Supports that disability services could provide (NDIS) to assist?	Supports from other sources e.g. family, friends
Your Goals:		(See above)

3. ALLERGIC REACTIONS? (CONTINUED)

Supports that health services could provide to assist?	Supports that disability services could provide (NDIS) to assist?	Supports from other sources e.g. family, friends
Your Goals:		(See above)

Diagnoses and health conditions

FOR YOU TO FILL IN

4. PRESSURE INJURIES?

What I'm managing well now	What concerns me? What would enable me to manage better?
▶	▶

5. OTHER

What I'm managing well now	What concerns me? What would enable me to manage better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

4. PRESSURE INJURIES? (CONTINUED)

Supports that health services could provide to assist?	Supports that disability services could provide (NDIS) to assist?	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. OTHER (CONTINUED)

Supports that health services could provide to assist?	Supports that disability services could provide (NDIS) to assist?	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. COMMUNICATION

What's going well?	What concerns me? What could be better?
▶	▶

2. EATING AND DRINKING

What's going well?	What concerns me? What could be better?
▶	▶

3. GETTING DRESSED

What's going well?	What concerns me? What could be better?
▶	▶

4. SHOWERING

What's going well?	What concerns me? What could be better?
▶	▶

5. GROOMING (E.G. TEETH-CLEANING, HAIR, SHAVING)

What's going well?	What concerns me? What could be better?
▶	▶

1. COMMUNICATION (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. EATING AND DRINKING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. GETTING DRESSED (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. SHOWERING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. GROOMING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Self-care (continued)

FOR YOU TO FILL IN

6. SKIN CARE

What's going well?	What concerns me? What could be better?
▶	▶

7. TOILETING AND CONTINENCE - BLADDER

What's going well?	What concerns me? What could be better?
▶	▶

8. TOILETING AND CONTINENCE - BOWEL

What's going well?	What concerns me? What could be better?
▶	▶

9. MANAGING MENSTRUATION

What's going well?	What concerns me? What could be better?
▶	▶

10. MANAGING MEDICATIONS

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

6. SKIN CARE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

7. TOILETING AND CONTINENCE - BLADDER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

8. TOILETING AND CONTINENCE - BOWEL (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

9. MANAGING MENSTRUATION (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

10. MANAGING MEDICATIONS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Self-care (continued)

FOR YOU TO FILL IN

11. CONTINENCE WHEN OUT IN THE COMMUNITY

What's going well?	What concerns me? What could be better?
▶	▶

12. EQUIPMENT AND SUPPLIES

What's going well?	What concerns me? What could be better?
▶	▶

13. CARE SERVICES E.G. WOUND DRESSING, CATHETER CHANGES

What's going well?	What concerns me? What could be better?
▶	▶

14. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

11. CONTINENCE WHEN OUT IN THE COMMUNITY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

12. EQUIPMENT AND SUPPLIES (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

13. CARE SERVICES (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

14. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Mobility and transfers

FOR YOU TO FILL IN

1. MOBILITY AROUND HOME

What's going well?	What concerns me? What could be better?
▶	▶

2. MOBILITY OUT IN THE COMMUNITY

What's going well?	What concerns me? What could be better?
▶	▶

3. STAIRS - UP AND DOWN

What's going well?	What concerns me? What could be better?
▶	▶

4. IN BED

What's going well?	What concerns me? What could be better?
▶	▶

5. BED TRANSFERS - IN AND OUT

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

1. MOBILITY AROUND HOME (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. MOBILITY OUT IN THE COMMUNITY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. STAIRS - UP AND DOWN (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. IN BED (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. BED TRANSFERS - IN AND OUT (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Mobility and transfers (continued)

FOR YOU TO FILL IN

6. TOILET TRANSFERS - IN AND OUT

What's going well?	What concerns me? What could be better?
▶	▶

7. CHAIR TRANSFERS - IN AND OUT

What's going well?	What concerns me? What could be better?
▶	▶

8. CAR TRANSFERS - IN AND OUT

What's going well?	What concerns me? What could be better?
▶	▶

9. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

6. TOILET TRANSFERS - IN AND OUT (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

7. CHAIR TRANSFERS - IN AND OUT (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

8. CAR TRANSFERS - IN AND OUT (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

9. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. EXERCISE

What's going well?	What concerns me? What could be better?
▶	▶

2. NUTRITION

What's going well?	What concerns me? What could be better?
▶	▶

3. SLEEP

What's going well?	What concerns me? What could be better?
▶	▶

4. POSITIONING AND POSTURE

What's going well?	What concerns me? What could be better?
▶	▶

5. FRIENDSHIPS AND SOCIAL CONNECTIONS

What's going well?	What concerns me? What could be better?
▶	▶

1. EXERCISE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. NUTRITION (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. SLEEP (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. POSITIONING AND POSTURE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. FRIENDSHIPS AND SOCIAL CONNECTIONS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

6. SEXUAL HEALTH

What's going well?	What concerns me? What could be better?
▶	▶

7. RELATIONSHIPS AND INTIMACY

What's going well?	What concerns me? What could be better?
▶	▶

8. FAITH AND SPIRITUALITY

What's going well?	What concerns me? What could be better?
▶	▶

9. PETS

What's going well?	What concerns me? What could be better?
▶	▶

10. FATIGUE

What's going well?	What concerns me? What could be better?
▶	▶

6. SEXUAL HEALTH (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

7. RELATIONSHIPS AND INTIMACY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

8. FAITH AND SPIRITUALITY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

9. PETS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

10. FATIGUE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Health and well-being (continued)

FOR YOU TO FILL IN

11. BREATHING

What's going well?	What concerns me? What could be better?
▶	▶

12. PAIN

What's going well?	What concerns me? What could be better?
▶	▶

13. MANAGING MUSCLES AND JOINTS

What's going well?	What concerns me? What could be better?
▶	▶

14. UNDERSTANDING COMPLICATIONS RELATED TO MY DISABILITY AND HEALTH

What's going well?	What concerns me? What could be better?
▶	▶

15. EMOTIONS AND BEHAVIOUR

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

11. BREATHING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

12. PAIN (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

13. MANAGING MUSCLES AND JOINTS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

14. UNDERSTANDING COMPLICATIONS - DISABILITY & HEALTH (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

15. EMOTIONS AND BEHAVIOUR (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

16. UNDERSTANDING AND INTERPRETING INFORMATION

What's going well?	What concerns me? What could be better?
▶	▶

17. ORGANISING THINGS FOR MYSELF E.G. APPOINTMENTS; RESEARCHING & ORGANISING SERVICES

What's going well?	What concerns me? What could be better?
▶	▶

18. STANDING UP FOR MYSELF & NEGOTIATING PERSONAL AFFAIRS

What's going well?	What concerns me? What could be better?
▶	▶

19. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

16. UNDERSTANDING AND INTERPRETING INFORMATION (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

17. ORGANISING THINGS FOR MYSELF (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

18. STANDING UP FOR MYSELF & NEGOTIATING PERSONAL AFFAIRS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

19. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. LIVING SPACES

What's going well?	What concerns me? What could be better?
▶	▶

2. BATHROOM

What's going well?	What concerns me? What could be better?
▶	▶

3. TOILET

What's going well?	What concerns me? What could be better?
▶	▶

4. BEDROOM (AND BED)

What's going well?	What concerns me? What could be better?
▶	▶

5. OUTSIDE SPACES AND GARDEN

What's going well?	What concerns me? What could be better?
▶	▶

1. LIVING SPACES (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. BATHROOM (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. TOILET (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. BEDROOM (AND BED) (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. OUTSIDE SPACES AND GARDEN (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

House and home (continued)

FOR YOU TO FILL IN

6. KITCHEN

What's going well?	What concerns me? What could be better?
▶	▶

7. EASE OF MOVEMENT E.G. DOORS, HALLS, STAIRS

What's going well?	What concerns me? What could be better?
▶	▶

8. LAUNDRY

What's going well?	What concerns me? What could be better?
▶	▶

9. TELEPHONE

What's going well?	What concerns me? What could be better?
▶	▶

10. LIGHTING AND POWER POINTS

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

6. KITCHEN (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

7. EASE OF MOVEMENT E.G. DOORS, HALLS, STAIRS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

8. LAUNDRY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

9. TELEPHONE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

10. LIGHTING AND POWER POINTS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

House and home (continued)

FOR YOU TO FILL IN

11. COMPUTERS AND ELECTRONICS

What's going well?	What concerns me? What could be better?
▶	▶

12. STORAGE

What's going well?	What concerns me? What could be better?
▶	▶

13. COMFORT E.G. HEATING, COOLING, EFFICIENCY

What's going well?	What concerns me? What could be better?
▶	▶

14. ACCESS TO PRIVATE SPACE

What's going well?	What concerns me? What could be better?
▶	▶

15. SECURITY OF TENURE

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

11. COMPUTERS AND ELECTRONICS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

12. STORAGE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

13. COMFORT (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

14. ACCESS TO PRIVATE SPACE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

15. SECURITY OF TENURE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

16. HOUSING COSTS AND HOW THEY'RE COVERED

What's going well?	What concerns me? What could be better?
▶	▶

17. SAFETY

What's going well?	What concerns me? What could be better?
▶	▶

18. EMERGENCY PLANNING

What's going well?	What concerns me? What could be better?
▶	▶

19. NEIGHBOURHOOD

What's going well?	What concerns me? What could be better?
▶	▶

16. HOUSING COSTS AND HOW THEY'RE COVERED (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

17. SAFETY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

18. EMERGENCY PLANNING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

19. NEIGHBOURHOOD (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

House and home (continued)

FOR YOU TO FILL IN

20. PROXIMITY TO PLACES I NEED OR WANT TO GO TO

What's going well?	What concerns me? What could be better?
▶	▶

21. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

20. PROXIMITY TO PLACES I NEED OR WANT TO GO TO (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

21. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. MANAGING FINANCES

What's going well?	What concerns me? What could be better?
▶	▶

2. CAREER AND STUDY

What's going well?	What concerns me? What could be better?
▶	▶

3. PAID WORK

What's going well?	What concerns me? What could be better?
▶	▶

4. VOLUNTEERING

What's going well?	What concerns me? What could be better?
▶	▶

5. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

1. MANAGING FINANCES (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. CAREER AND STUDY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. PAID WORK (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. VOLUNTEERING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. PREPARING FOOD

What's going well?	What concerns me? What could be better?
▶	▶

2. DAILY HOUSEWORK

What's going well?	What concerns me? What could be better?
▶	▶

3. MAJOR CLEANING E.G. WINDOWS, WALLS, CURTAINS

What's going well?	What concerns me? What could be better?
▶	▶

4. HOUSE AND GARDEN MAINTENANCE

What's going well?	What concerns me? What could be better?
▶	▶

5. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

1. PREPARING FOOD (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. DAILY HOUSEWORK (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. MAJOR CLEANING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. HOUSE AND GARDEN MAINTENANCE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. REGULAR COMMITMENTS – Well-trodden paths e.g. collecting mail, buying the paper, going to same café

What's going well?	What concerns me? What could be better?
▶	▶

2. SHOPPING

What's going well?	What concerns me? What could be better?
▶	▶

3. NEIGHBOURHOOD

What's going well?	What concerns me? What could be better?
▶	▶

4. SENSE OF BELONGING

What's going well?	What concerns me? What could be better?
▶	▶

5. COMMUNITY GROUPS OR SERVICES

What's going well?	What concerns me? What could be better?
▶	▶

1. REGULAR COMMITMENTS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. SHOPPING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. NEIGHBOURHOOD (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. SENSE OF BELONGING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. COMMUNITY GROUPS OR SERVICES (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

6. SOCIAL MEDIA, GAMING, ONLINE CONNECTION

What's going well?	What concerns me? What could be better?
▶	▶

7. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

6. SOCIAL MEDIA, GAMING, ONLINE CONNECTION (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

7. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

1. CAR (DRIVING, BEING A PASSENGER)

What's going well?	What concerns me? What could be better?
▶	▶

2. TAXI

What's going well?	What concerns me? What could be better?
▶	▶

3. PUBLIC TRANSPORT

What's going well?	What concerns me? What could be better?
▶	▶

4. BIKE

What's going well?	What concerns me? What could be better?
▶	▶

5. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

1. CAR (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. TAXI (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. PUBLIC TRANSPORT (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. BIKE (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Things I love doing

FOR YOU TO FILL IN

1. MAKING THINGS

What's going well?	What concerns me? What could be better?
▶	▶

2. CULTURAL ACTIVITIES E.G. FESTIVALS, THEATRE, CINEMA, GALLERIES

What's going well?	What concerns me? What could be better?
▶	▶

3. SPORT OR OUTDOOR ACTIVITY

What's going well?	What concerns me? What could be better?
▶	▶

4. ONLINE OR GAMING

What's going well?	What concerns me? What could be better?
▶	▶

5. READING

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

1. MAKING THINGS (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

2. CULTURAL ACTIVITIES (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

3. SPORT OR OUTDOOR ACTIVITY (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

4. ONLINE OR GAMING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

5. READING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

Things I love doing (continued)

FOR YOU TO FILL IN

6. PERFORMANCE (DANCE, MUSIC, SINGING ...)

What's going well?	What concerns me? What could be better?
▶	▶

7. GARDENING

What's going well?	What concerns me? What could be better?
▶	▶

8. OTHER

What's going well?	What concerns me? What could be better?
▶	▶

FOR HEALTH PRACTITIONER TO FILL IN

FOR YOU TO FILL IN

6. PERFORMANCE (DANCE, MUSIC, SINGING ...) (CONTINUED)

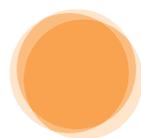
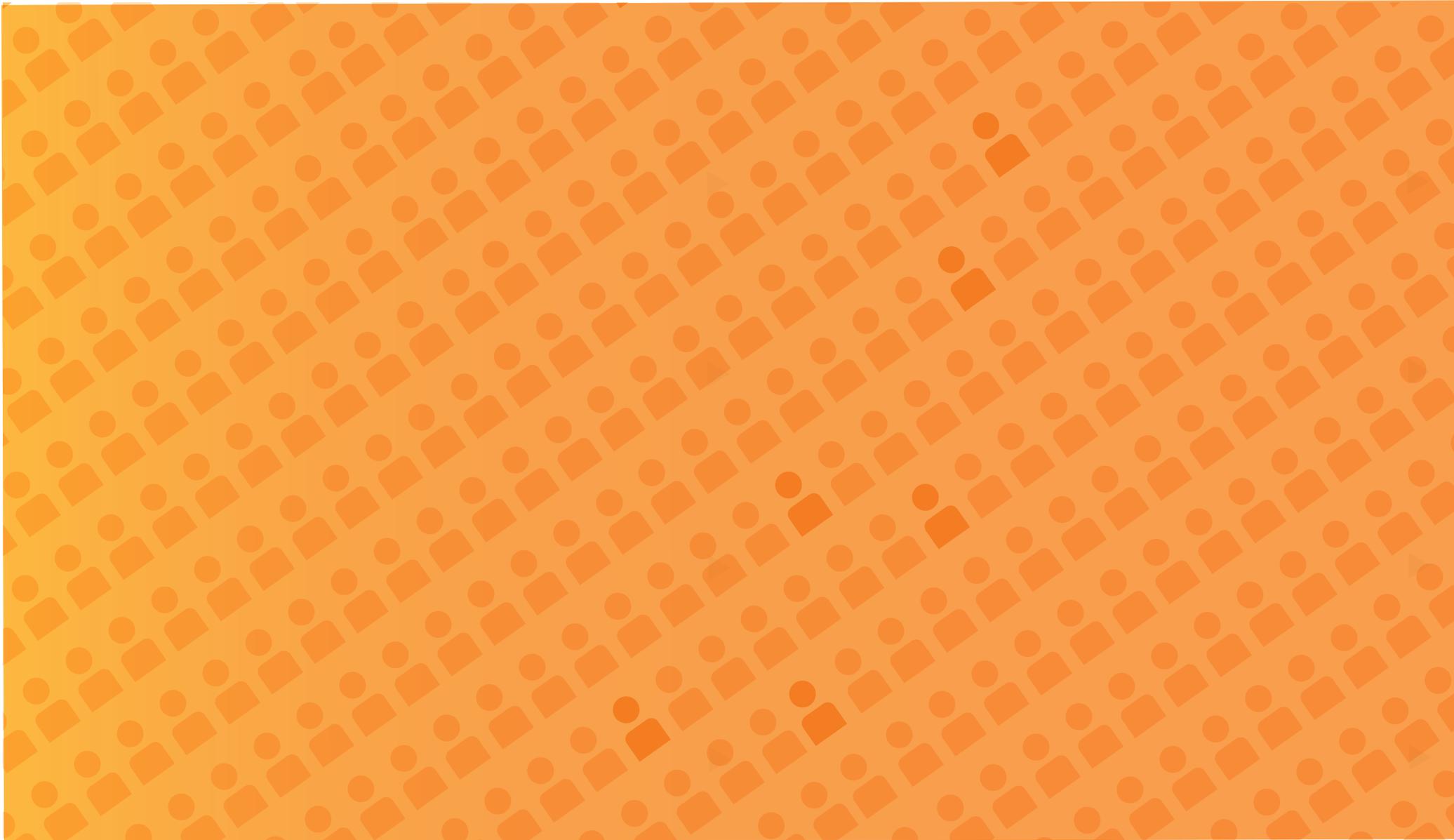
Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

7. GARDENING (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:

8. OTHER (CONTINUED)

Supports that health services could provide	Supports that disability services could provide (NDIS)	Supports from other sources e.g. family, friends
▶	▶	Your Goals:



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