

Mapping My World

My Journey, My Way

HELLO
MY NAME IS

Date: ___ / ___ / 20 ___

REAL
POSSIBILITIES

ENDEAVOUR
FOUNDATION
Opportunities for people with a disability

Getting ready for your National Disability Insurance Scheme (NDIS) planning meeting

Why do I need this booklet?

- ④ To help prepare for your NDIS planning meeting
- ④ To help you think about how you'd like to live your life – now and in the future
- ④ To encourage you to speak up about what you need and want to have life

Contents

Completed

Yes No

- | | | |
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1. Who I am

My personal details

Name

Date of birth

Country of birth

Where I live

My phone number
(or best contact phone number)

My email address

NDIS number (if known)

Medicare number (if known)

Carer/Support person #1

Name

Relationship to you

Telephone number

Email address

Postal address

Carer/Support person #2

Name

Relationship to you

Telephone number

Email address

Postal address

Important things about me

This is about the important information people need to know to get to know you.

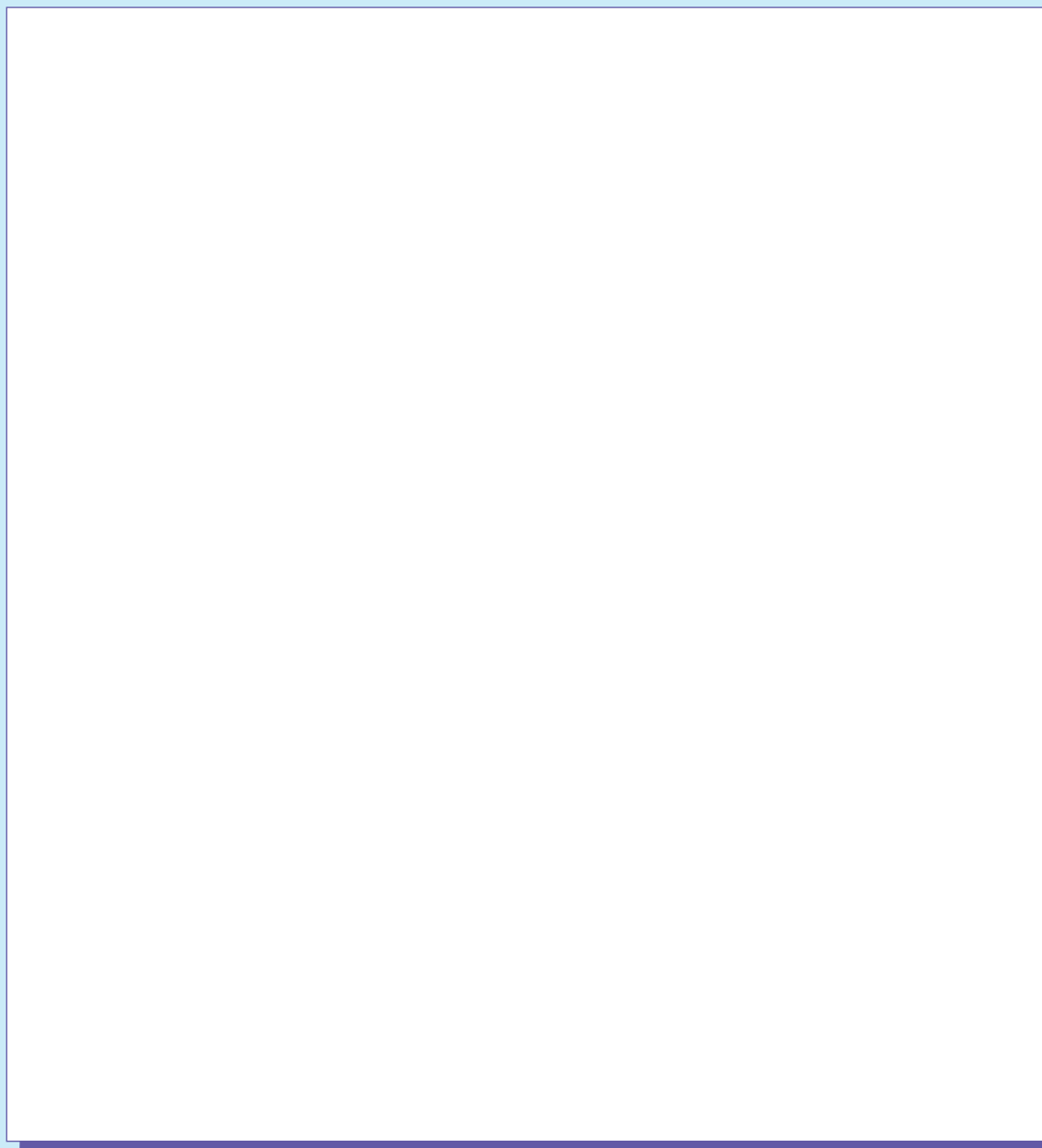
Think about:

- ⊗ What I am good at
- ⊗ What I enjoy
- ⊗ What I like, dislike
- ⊗ Important people in my life
- ⊗ Culture, religion, beliefs
- ⊗ Pets



How to support me well?

Think about how you would like to be treated by the people who help you.



2. How I communicate and make decisions

How do I want to be involved in decisions about me?

Who makes the final decisions?

How I communicate?

e.g. verbally, sign language, COMPIC, photographs

Communications tools or aids I would like you to use with me?

e.g. speak slowly, listen carefully, iPad with Proloquo2Go

3. My health and wellbeing

My primary disability is:



My secondary disability is:



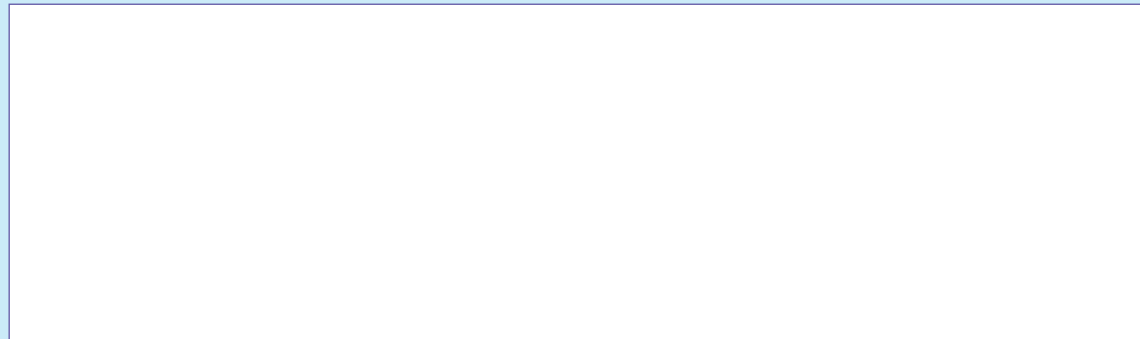
My health and wellbeing

My health concerns are:

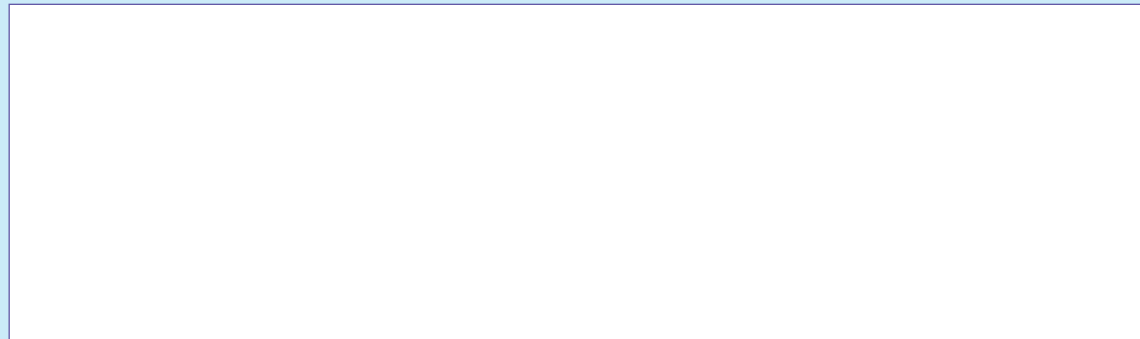
e.g. I have blood pressure and diabetes



What is going well with my health?



What is not going well with my health?

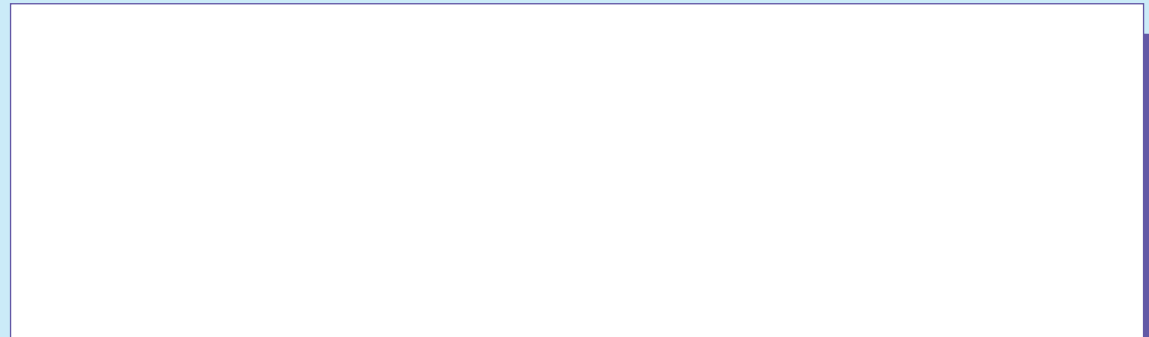


4. My home

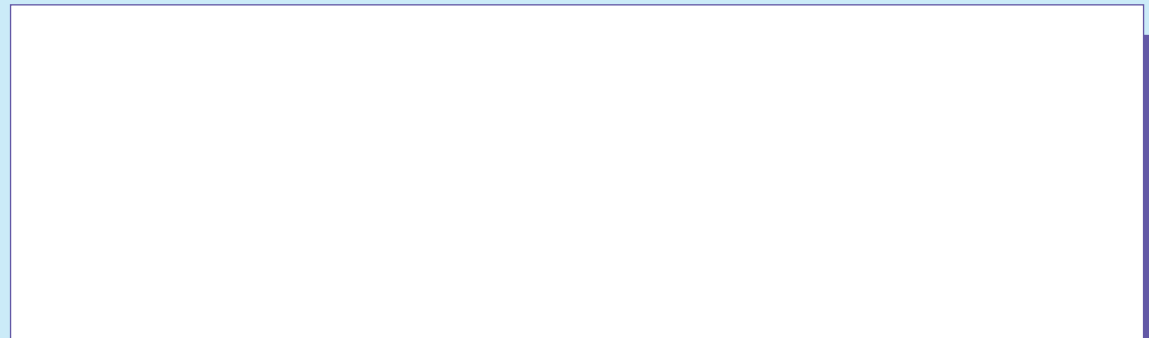
What type of home I live in?
(house, unit, share house, supported accommodation)



The people I usually live with?



Who helps me at home?



My home

What do they help me with?

Has my home been modified for my disability?
(For example: iPad, activity chart, wheel chair, scooter, chair lift)

5. My daily life

What are all of the things you do in a normal week?

Think about:

- ⤵ The things you do everyday
- ⤵ The things you really enjoy and are interested in
- ⤵ Health and wellbeing
- ⤵ Learning
- ⤵ Work
- ⤵ Social and community activities

Remember to include any programs you attend, your hobbies and interests!

Also think about what is working well and what is not working well.

My daily life

Monday

What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

Evening

My daily life

Tuesday

What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

Evening

My daily life

Wednesday What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

Evening

My daily life

Thursday

What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

Evening

My daily life

Friday

What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

Evening

My daily life

Saturday

What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

Evening

My daily life

Sunday

What I do now

Working well
(Add a ✓)

Not working well
(Add a ✗)

Morning

Afternoon

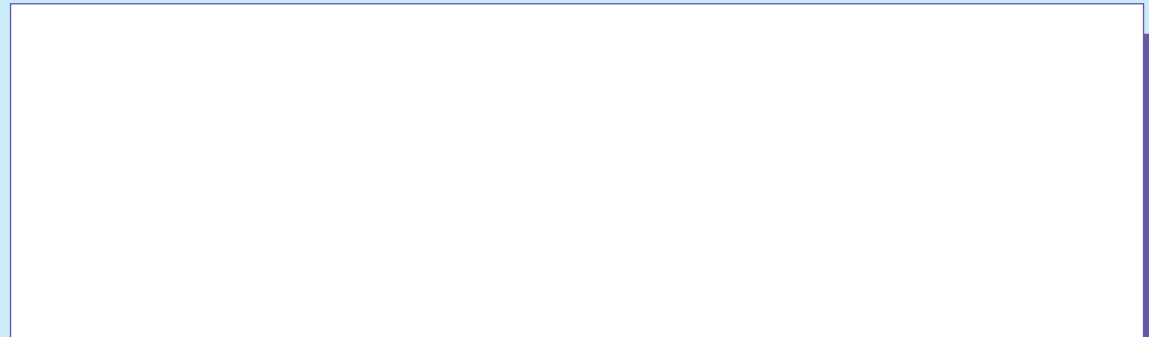
Evening

My daily life

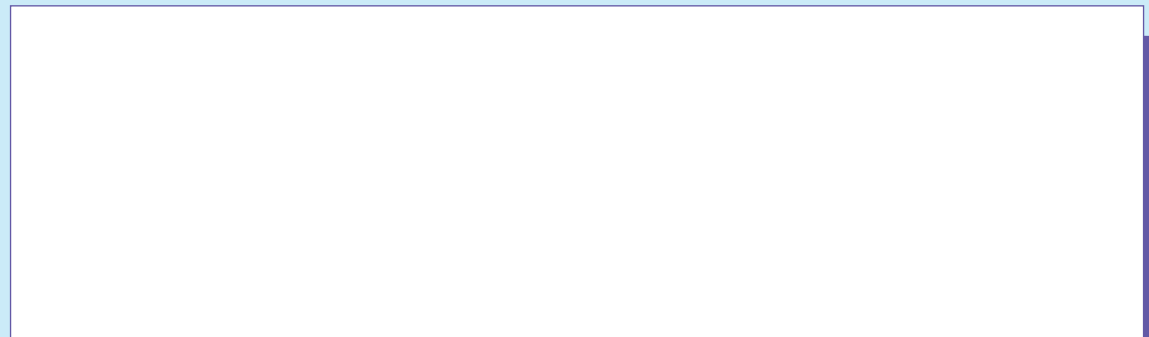
Things I do sometimes:

A large, empty rectangular box with a thin black border, intended for writing about things the user does sometimes.

Things I like but haven't done for a while:

A large, empty rectangular box with a thin black border, intended for writing about things the user likes but hasn't done for a while.

Comments about my daily life

A large, empty rectangular box with a thin black border, intended for writing comments about the user's daily life.

6. My supports

Think about the help and support you get now and what support you need to have a good life. Support can be from family, friends, work mates, managers or paid support workers.

Types of support

Daily living

Think about things like:

- ⌚ How I communicate
- ⌚ Meals/Food I eat
- ⌚ Bathing/showering/
going to the toilet
- ⌚ Bedtime routine
- ⌚ Getting out and about
- ⌚ Home cleaning and
maintenance
- ⌚ Electricity and water

Who supports me

Support I get

How often

Support I want

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My supports

Types of support

Managing my money

Think about things like:

- ⌚ Budgets
- ⌚ Paying bills

Transport

Think about things like:

- ⌚ Getting out and about
- ⌚ Going to lessons
- ⌚ Going to work
- ⌚ Going to a GP or therapist

Health and wellbeing

Think about things like:

- ⌚ Keeping fit and healthy
- ⌚ Eating well
- ⌚ Taking medicine
- ⌚ Safety
- ⌚ Therapy supports like a GP, psychologist, podiatrist

Who supports me

Support I get

How often

Support I want

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My supports

Types of support

Learning

Who supports me

Support I get

How often

Support I want

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Work

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Social activities

Think about all the things you do when you are not at home, at work or learning.

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My supports

Types of support

Behaviour support

Who supports me

Support I get

How often

Support I want

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Respite

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Holiday

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Other

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Other

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7. My equipment, aids or modification support

Think about the equipment, aids or home modifications you currently use.

What	For	When	How often
[Example: An iPad]	[Example: As a speech aid]	[Example: Whenever I want to communicate]	[Example: Every day]
[Example: An activity chart]	[Example: To help me understand what I am doing each day]	[Example: Whenever I want to know what activities are planned for me]	[Example: Every day]

Think about the equipment, aids or home modifications you need, but don't have:

What

For

When

How often

8. My Goals

Think about:

- ④ What could work better in your daily life?
- ④ What are the things you would most like to change?
- ④ What are the things you would like to do with less help from others?
- ④ Are there new things you would like to try?

Here is a list to help you think about goals you may have in different areas of your life:

- ④ Daily life
- ④ Where I live
- ④ Relationships
- ④ Health and wellbeing
- ④ Learning
- ④ Work
- ④ Social and community activities
- ④ Choice and control over my life

My short term dreams and goals: next 12 months

Which two goals are the most important to you in the next 12 months?

Your goals

[Example: I want to do more things on my own. It would be nice to walk to the shops on my own and do my own shopping]

People who can help me with this goal

[Example: My neighbour and my carer from Endeavour Foundation]

My long term dreams and goals: the future

Think about what you want your life to be like in the future. What five goals would you like to achieve in the next five years?

Your goals

[Example: I want to move out of my parents' home and into a share house]

People who can help me with this goal

[Example: My local supported accommodation provider]

9. Managing my NDIS plan

How do I want my NDIS funding to be managed?

	Yes	No
Ⓧ Manage my own funds or get my carer to do it	<input type="checkbox"/>	<input type="checkbox"/>
Ⓧ Get a professional to do it (Plan management)	<input type="checkbox"/>	<input type="checkbox"/>
Ⓧ Let the NDIA do it	<input type="checkbox"/>	<input type="checkbox"/>
Ⓧ Request automated payments for transport funding Transport funding can be automatically deposited into your personal bank account weekly, fortnightly or monthly.	<input type="checkbox"/>	<input type="checkbox"/>
Ⓧ A combination of these options	<input type="checkbox"/>	<input type="checkbox"/>

Do I need a support co-ordinator?

A Support Coordinator is someone who works with you to find the right services and supports in your local community. There are three types of support co-ordination. Think about which type you think you need and what you need it for.

Type

I need this

Yes	No
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Support connection

Short-term assistance to source providers to meet your needs and participate independently in your NDIA plan.

<input type="checkbox"/>	<input type="checkbox"/>
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Coordination of supports

Capacity building to connect and coordinate your supports from a range of sources throughout your plan.

<input type="checkbox"/>	<input type="checkbox"/>
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Specialist support coordination

Specialist supports for more complex situations.

<input type="checkbox"/>	<input type="checkbox"/>
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10. What to take to my NDIS planning meeting

1. A filled out 'Mapping my World' booklet

If you only do one piece of NDIS planning - make it this!

2. Proof of your disability for NDIS

To get the NDIS you need proof of your disability and the support you need

You must have:

- ④ A copy of your pension card
- ④ A letter from your Doctor
- ④ A letter from work

Other proof that is good to have:

- ④ A letter or report from a psychologist
- ④ Other medical reports
- ④ School reports
- ④ Other proof you have a disability

3. A list of questions

To make sure you don't forget anything, take a list of questions you want to ask your NDIS planner.

Here are 5 questions to get you started.

- ④ How will my plan be sent to me?
- ④ How do I contact you if I need to check on anything?
- ④ Will I be able to review the plan before it is finalised?
- ④ What if something is missing from my plan?
Who do I call, what do I do?
- ④ What is a Support Coordinator and will I be funded for this?

4. Someone to support you

You can have a support person (or people) go to your planning meeting with you. You don't have to – it's totally up to you.

We recommend the person you take is all of these things:

- ④ Someone who knows you very well
- ④ Someone who has a pretty good understanding of the NDIS
- ④ Someone who is a good communicator

11. My notes

Use this space to make notes of things like:

- ④ Questions you would like to ask your NDIS planner
- ④ Important documents you need to take with you to your planning meeting



A representative of the National Disability Insurance Agency will contact you to arrange your planning meeting when the NDIS is being rolled out in your area. They can also be contacted on 1800 800 110.

For more information about the NDIS please contact us:

 endeavour.com.au

 1800 112 112

 Find us on Facebook/EndeavourFoundation

 @endeavourf

This booklet has been developed by Endeavour Foundation to help put you at the centre of the decisions about your life in the NDIS planning process.

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References:

1. Thompson, J.S., Kilbane, J., & Sanderson, H. (2007). Person Centred Practice for Professionals Retrieved from <http://UQL.ebib.com.au/patron/FullRecord.aspx?p=332732>
2. The Learning Community for Person Centred Practices (2015). Chapter 1_Person Centred Thinking Tool 1 – Appreciation. Retrieved from http://learningcommunity.us/documents/Chapter2_PersonCentredThinkingTool_2_Relationships.pdf
3. Helen Sanderson Associates. (2015). One-page profiles. Retrieved from <http://www.helensandersonassociates.co.uk/person-centred-practice/care-support-planning/>