



# COMMUNITY ACCESS AND SERVICES SA

## ***MY*** PRE-PLANNING BOOKLET

**For NDIS funding**

<b><i>MY</i> Name:</b>	
<b>Today's Date:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b><i>MY</i> representative:</b>	

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# ABOUT THIS BOOKLET

## What is this booklet for?

The booklet is a guide to help you think about how you would like to live your life in the future. It also includes information about your life at the moment, what is important to you, the supports you have in place and your social and economic participation.

## Why should I use this booklet?

It helps you understand your goals and how others can help you to achieve them.

You may like to take this along to planning meetings with NDIS.

If you have more information you would like to provide, you can attach extra pages or any documents you think may be relevant.

This pre-planning booklet is a good start for more detailed information about supports that might help you in the future.

## How do I use this booklet?

Community Access and Services SA can provide you with assistance to complete the booklet.

You might also ask for assistance or include a carer, family member or close friend.

You do not have to complete the booklet all at once. You can go back and change answers if you need to.

You can choose to leave questions unanswered if they do not apply to your needs at the moment.

# MYSELF

## Who I am as a result of my life experiences

### My one page profile

If you already have a one page profile, you can attach it here. If you do not have a one page profile, answer the questions below and let's get started!

What is important to me	What people like about me	How best to support me

# What you need to know for me to stay safe and well

What must people supporting you know to help you stay safe and well?

Health	Safety	Behaviour Support	I have the following plans that help me stay safe and well eg
			<ul style="list-style-type: none"><li><input type="checkbox"/> Nutrition</li><li><input type="checkbox"/> Mental Health</li><li><input type="checkbox"/> Behaviour Support</li><li><input type="checkbox"/> Other</li></ul> <p>Comments:</p>

## Important people in my life

Who are the people who play an important role in your life?

	Family	Friends and non-paid relationships	Education and Work	Paid Supports
<b>Who am I close to?</b> <i>People in my life that I cherish, it would be hard to think of life without them</i>				
<b>Who else is in my life?</b> <i>People in my life I enjoy spending time with</i>				

## My support network

How do the important people in your life support you?

Important Person / Support *	Relationship to me	How they help me	How often they help me	Contact Details including phone, address, email

\* Include formal guardians, carers, person responsible, or nominated representative

# My Health

What my best possible health looks like

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Things I do for my health that are important for me:

To have my best possible health, I need support for:

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# MY RIGHTS

The rights that are most important to me are:

My rights	Ways that I exercise this right at the moment	Ways that I would like to exercise this right	What skills and resources do I need to fully exercise this right?
<p><i>Example-</i>            To make decisions about my life; To have privacy; To voice my opinion; To offer feedback; Other rights important to you?</p>	<p><i>I choose which services I access and decide day to day things I would like to do</i></p>	<p><i>I have a financial guardian who supports me make decisions about how I spend my money- I would like more control over my money</i></p>	<p><i>Staff need to support me to speak to my family/carer/guardian about what I need to demonstrate in order to take control of my finances then support me with a plan to work toward achieving this</i></p>

# MY WORLD

Where I work, live, socialise, belong or connect

Where and whom I live with

Describe your current living arrangements	
I live in (type of home):	
Who I live with:	
To make things easier at home I need:	

## Everyday living

I am really good at or enjoy:

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What I do now			Things I would like to try that I am not doing yet
Work	Social/Community	Education	

# My daily routine at the moment

What are important routines in your life at the moment?

	Morning	Midday	Afternoon	Night
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				





## What's working and what's not working in my life right now

Activity	What's Working	What's not working	How I would like things to change
Daily Living			
Relationships			
Living arrangements and home			
Social and community participation			
Work			
Lifelong Learning			
Health and Wellbeing			
Choice and Control			

# MY DREAMS

## How I want my life (and self and world) to be.

What are the things you most want to change or achieve in your life **in the next few years?**

On the next page write these down under the heading that best describes the area it relates to.

**You don't have to write down a goal under every heading – just the ones that are most important to you:**

- Work
- Daily living
- Social and Community participation
- Choice and control
- Home
- Health and wellbeing
- Learning
- Relationships

## What I want to achieve this year

Thinking about your goals, what do you want to achieve this year? This could be the first step towards achieving a goal listed above.

## How I will achieve it

This could include the strategies that you or your family or friends could undertake to help you make your plan work for you.

## What supports I have to help me

This includes your family and friends and other informal supports and disability supports you may have that can help you to implement your plan.

## What is stopping me from achieving my objective?

What barriers resulting from your disability are stopping you from achieving your objective?





## What my routine might look like in the future

	Morning	Midday	Afternoon	Night
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Progress tracker - optional

How are you going with reaching your goals?

You can use this page to celebrate your achievements along the way! You can also add photos, pictures, even record a video!

Timeline	What has happened?	How did I celebrate?
In the first three months...		
In the first 6 months...		
For the whole year...		