

## NDIS & Me Steps to Plan

### Life Stages – Adult

#### What is usually in an NDIS plan for this life stage?

NDIS plans for adults usually focus on goals that relate to developing and maintaining independence skills, including living away from the family home, finding and keeping employment, being more involved in community activities, staying healthy and fit, and maintaining social skills, friendships and other relationships. The NDIS replaces any other therapy and equipment sources you may have had previously.

Parents can also include a goal to help increase their knowledge, skills and capacity to support their son or daughter at this stage of life.

So, it's important to think about things like:

- physical and communication skills and the help you need;
- skills to be more independent at home, such as self-care and daily living skills such as cleaning and preparing meals and budgeting;
- skills to be more independent in the community such as doing your shopping and using public transport;
- how to stay fit and healthy;
- whether you need aids and equipment or home modifications related to your disability;
- where you want to live, and who you want to live with;
- work – what you want to do and the help you will need to find and keep a job;
- further education – what courses you might like to do and skills you need;
- what kinds of community activities you want to be involved in, such as sport, the arts, community volunteering, what skills and support you might need;
- your social life and relationships, and what skills and help you might need to develop new friendships and relationships and help you keep your good relationships, including with your family

#### What goals can we include in the plan?

You will link your goals to your age, what you are doing in your life and what you want to do. You should be thinking about the skills and support you need at home, at work, community activities, sports, and your interests. You should think about some long term goals for the year and some shorter term goals that can be achieved during the year.

Examples of goals could include:

- (name) to keep developing her communication skills
- (name) to do his household chores
- (name) to learn to prepare some meals
- (name) to get more confident in using a phone
- (name) to learn about relationships and sexuality
- (name) to use public transport
- (name) to find and keep a job, do some work experience, do some regular volunteer work
- (name) to go to Down Syndrome WA Aim High club to develop social, communication, and independence skills
- (name) to go to a range of recreation, sport and community activities and develop community connections and skills
- (name) to be supported to maintain relationships with her family/go to family events

The supports to work towards these goals may include therapy services, aids and equipment, Apps and courses, and include support and mentoring to develop independence skills, and get to and be included in community activities. NDIS won't fund fees for activities which everyone must pay, but if you need for example, specialised coaching because of your disability, the NDIS may help with the cost if it is more than regular classes or coaching. NDIS won't usually cover gym fees but may, depending on how it is related to a your disability. NDIS may also cover consulting with an exercise physiologist, dietician, or psychologist. Support workers can help with skills development, at home or in community settings, and/or be mentors and role models in community and social situations, as well as helping you get around.

Parents may want to learn how to help you meet your goals, or may want to learn other information and skills related to supporting you. They can include a goal in your plan under 'Training for parents', such as:

- Attending Down Syndrome WA workshops for parents of adults with Down syndrome
- Attending other workshops and buying resources
- The whole family attending Down Syndrome WA Family Camps or events – to learn skills and develop support networks

The NDIS will fund in-home assistance and support at this stage of life.

## Notes