



NDIS & Me Steps to Plan

Life Stages – Baby and Early Childhood

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

NDIS plans for babies and young children up to school age usually focus on goals that relate to the child's age, development and on preparing for their formal education. This support is often called Early Childhood Intervention. You can also include goals to help you increase your knowledge, skills and capacity as a parent to support your child's development. The NDIS replaces Better Start and other therapy and equipment sources you may have had previously.

So, for your child, you will be thinking about their current stage of development when it comes to:

- gross motor (getting around);
- fine motor (using their hands);
- feeding themselves;
- communication (speech or other forms of communication);
- toilet training; and maybe
- behavioural support

You'll be thinking about things such as:

- the support they need in day care;
- taking part in playgroup or developmental groups
- getting skills to help them in kindy, pre-school and school; and
- choosing educational settings

What goals can we include in the plan?

You will link your child's goals to their age and stage of development (what you want them to do next), thinking about some long term goals for the year and perhaps some shorter term goals that can be achieved during the year.

Examples of goals could include:

- Helping (name) to communicate his needs
- Helping (name) to develop a sleeping routine
- Helping (name)'s ability to feed herself with a spoon/use cutlery
- Improving (name)'s ability to get around by himself
- Helping (name) to learn how to take turns
- (name) communicating when she needs to go to the toilet
- (name) going to a developmental playgroup to learn age appropriate skills
- (name) being able to dress himself

The supports to work towards these goals will mainly be therapy services, equipment or 'consumables' (such as nappies if your child is still in them beyond the typical age), or taking part in a developmental group. Therapy services and equipment will need to be assessed and recommended by a therapist. The NDIS will pay for this assessment and report.

Some of the things that families have requested include:

- car seats or high chairs with extra support to maintain posture;
- toy library membership to borrow equipment;
- allowance for small items of equipment not needing a quote.

For yourself, you may want to learn how to help your child meet their goals, or you may want to learn other information and skills related to caring for your child. You can include a goal in your child's plan under 'Training for parents', such as:

- Attending the Down Syndrome WA Early Childhood workshops
- Attending the Down Syndrome WA getting Ready for School workshop
- Attending a Key Word Sign course

Notes