



NDIS & Me Steps to Plan

Life Stages – High School

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

NDIS plans for children in this age group usually focus on goals that relate to the development of independence skills, being more involved in community activities, developing social skills and friendships and preparing for life after school. You can also include a goal to help you increase your knowledge, skills and capacity as a parent to support your child's development at this stage of life.

The NDIS replaces any other therapy and equipment sources you may have had previously. It doesn't cover supports, resources and equipment that are the responsibility of the school and/or education department to provide. For example, the NDIS won't provide funds for Education Assistants, modifying curriculum or modifications to the school environment. But NDIS will fund some supports to help inclusion and participation, transition between schools and aids and equipment used both at home and at school.

So, for your high school aged child, you will be thinking about things like:

- their current motor and communication skills;
- their level of skills in self-care and daily living skills such as keeping their own space tidy and making a simple meal;
- how to stay fit and healthy;
- whether your child needs aids and equipment related to their disability;
- what help your child may need regarding preparing for life after school – including employment preparation skills, managing their money, travelling independently, further education;
- what kinds of community activities they want to be involved in, and what skills they need to work on; and
- what help your child needs with social skills to develop friendships and to learn about relationships and sexuality.

What goals could we include in the plan?

You will link the goals to your child's age and stage of development, thinking about the skills they need at home, school, in their community activities, sports, as well as their interests and preparing for life after school. 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 learn to prepare a simple meal to share with the family

- (name) to learn how to use a phone
- (name) to learn about relationships and sexuality
- (name) learning to use public transport
- (name) thinking about employment, doing some work experience, preparing a resume
- (name) to go to Down Syndrome WA teens 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

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 all families must pay, but if your high school aged child needs, for example, specialised coaching because of their disability, the NDIS may contribute to 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 person's 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 your young person get around.

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 Down Syndrome WA workshops for parents of children in high school
- 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 may fund in-home assistance and support at this stage, as typical peers would be more independent of their parents at home.

Notes