



## **NDIS & Me Steps to Plan**

### **Life Stages – Primary School**

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

NDIS plans for primary school age children usually focus on goals that relate to the child's development, as well as beginning to include goals that relate to them making social connections. You can also include goals to help you increase your knowledge, skills and capacity as a parent to support your child's development and inclusion.

The NDIS replaces 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 supports to help choose the right school, with school readiness, with supports to help inclusion and participation at school, transition between schools and aids and equipment used both at home and at school.

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

- their current stage of development when it comes to gross and fine motor skills, communication, eating, and maybe toileting;
- whether your child needs aids and equipment related to their disability;
- what help you and your child may need regarding preparing for transitioning to high school, or moving to a different school;
- whether your child needs help to make friends;
- what kinds of activities your child may like to be involved in, outside school hours; and
- whether your child needs specialist support at day care and school holiday programs.

#### **What goals could we include?**

You will link their goals to your child's age and stage of development, thinking about the skills they need at school, home and at play, as well as their 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:

- Helping (name) to increase the number of words he uses/make sentences
- Helping (name) to be more independent going to the toilet at school
- Improving (name)'s ball skills

- (name) going to a fortnightly DSWA kids club to develop social, communication and living skills
- Helping (name) to be included in age appropriate day care/after school/holiday program activities
- Funding for Apps to help (name) communicate
- (name) to go to weekly Cub/Scout groups/dance classes
- (name) to become confident in the pool and develop swimming skills
- (name) to develop friendships

The supports to work towards these goals can include therapy services, aids and equipment such as developmental and communication apps or, for some children, mobility devices, or 'consumables' (such as nappies if your child is still in them beyond the typical age). They can include support to get to and be included in activities such as sports, Scouts, or out of school and holiday programs. They won't fund fees for activities which all families must pay for their children, but if your child needs, for example, specialised sports or swimming coaching because of their disability, the NDIS may contribute to the cost if it is more than regular classes or coaching.

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 school aged children
- 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 is unlikely to fund in-home assistance at this stage because typical children of this age would also usually have the care and support of a parent at home; however, in some circumstances they may.

## Notes