



Down Syndrome  
Western Australia



## Step 7.

# Help to put my plan into action



This step helps you think about help to find services and make sure they give you the right support.



Sometimes it can be hard to know where to begin when you have a new plan, or new goals.



You might want some help to get started or help all the time.

It could be advice to help you put your plan into action yourself.



Or it could be someone to do this for you.

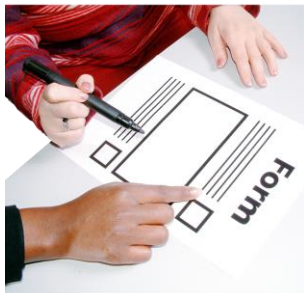


At your planning meeting, you can talk to the NDIS about the help you will need to put your plan into action.



Help to put your plan into action could be things like:

- finding the right services and supports
- helping you understand information about services
- doing paperwork, such as filling in forms
- Keeping in touch with your service providers and making sure they are helping you to reach your goals and treating you properly
- helping you if you have problems



What kind of help do you need to look after your plan?

Would you be able to do it yourself, or need a little help or a lot of help?

