

How To Master Your Next Planning Meeting



Planning meeting time? Your Local Area Coordinator (LAC) or NDIA staff member is likely to ask questions about your current support services, daily living activities, and your goals.

To prepare for your planning meeting look at our guide below or sign up to the First2Care app, which will prompt you through the same steps in one easy-to-use platform solution.

What's important to you?

Your NDIS Plan is about you. It should reflect who you are, what you value, and the life you want to achieve. Sharing your experiences and interests can help determine a plan that's right for you.

Think about what you need to feel your best.

- What are some things that you like and are good at?
- What are some things that you need to stay safe and well?
- Are there things that make you unhappy, anxious or stressed?

What are your support needs?

You'll be asked to describe how you manage everyday activities. This helps your planner understand what your abilities are and what equipment, accommodation, or help you need to take care of yourself or your home.

- Do you need any equipment, aids or consumables (e.g. bed protectors, incontinence pads)?
- Do you need assistance with transport or vehicle modifications?
- Are there any home modifications that you need?
- Are there areas in your life where you feel unsafe or where you might need extra help?

Who are your current supporters?

You'll also be asked about the support you currently receive. This includes paid support like, health services, and assistance with work and social activities, as well as unpaid support from family, friends and your local community.

If possible, bring quotes from your service providers to your planning meeting to help guide your budget.

Think about who the important people are in your life and how much support they provide.

- Do you get help from a support person to participate in your daily activities?
- Who are your current service providers (e.g. speech therapists, occupational therapists, doctors, teachers)?
- Are there any changes you'd like to make to the type or amount of support you currently receive?

What are your goals?

Goals are things you want to achieve with the support from the NDIS and other supports and services. Focus on your current and future needs.

Your goals might involve:

- Learning and education
- Finding and keeping a job
- Becoming more active in your community
- Improving your housing options and living

arrangements

- Improving your health and wellbeing
- Improving relationships and making friends
- Becoming more independent
- Increasing control and choice in your life

Think about what you enjoy about your life right now, and if there is anything you would change.

- What are your interests or the things you love doing?
- What currently works well and what doesn't?
- Are there new things that you would like to try?
- What are your dreams and is there anything preventing you from having the life you want?



NDIS Plan Management Your Way

How will you manage your plan?

At your planning meeting, you'll need to specify how your NDIS funds and supports will be managed.

Funding can be managed by:

- You or your nominee (such as a parent or family member)
- The NDIA
- A registered plan management provider (like First2Care)

Who is First2Care?



First2Care is an experienced NDIS Plan Management provider, registered Nationally.

We keep our clients informed at every stage of the process with real time updates of their budgeted expenses within the First2Care App.

Plan Management with First2Care

First2Care is an experienced NDIS Plan Management provider. With First2Care, NDIS participants will have access to a personal bookkeeping team and professional advisors who provide tailored, meaningful financial services at no extra cost to the participant. With First2Care managing your plan, you're free to achieve your goals and enjoy life. Visit our website, access our free First2Care software platform or speak to one of our Plan Managers today on 1300 322 273.

We'd love to be a part of your support team.