

Samaritans NDIS pre-planning tool





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1. About me

My Name:		My age:	
My address:			
	State:	Postcode:	
Who I live with:			
The best way to contact me: P:			
E:			



2. About my relationships

Who are the important people in your life?

This might include:

- Friends
- Family
- Support workers
- People from your work, school or day program

Name	Relationship (family/paid supports/friends)



3. About my supports

Who currently provides you with support?

This might include:

- Your family
- Your friends
- Health Services
- Teachers aid
- Public Guardian

How they help me	How often they help me
	How they help me



4. What does your week look like?

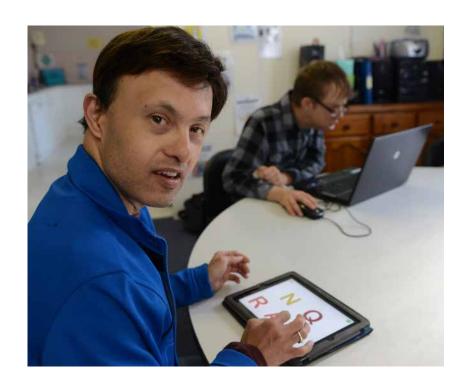
Day	What I do	What help I need
Example	Go to school and go swimming after school	Help with getting ready for school, support worker to go with me to swimming lessons
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



5. What equipment do you currently use or think you might need?

This might include a wheelchair or orthoses.

Equipment	



6. What are your goals for the next 12 months?

Goal	
Example: To develop my speech	



7. What are your long term goals?

Goal
Example: To gain independent living skills



8. How much help will you need to put your plan in to action?

Who might be able to help you with it?

	Example: 'I will need help to source service providers, my mum can help me' or 'I will need a low of help, I don't have anyone to help me'.
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