



Samaritans

*Compassion Integrity Justice*



# 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

Support/Person Name	How they help me	How often they help me



## 4. What does your week look like?

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







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

Goal
<i>Example: To develop my speech</i>



## 7. What are your long term goals?

Goal
<i>Example: To gain independent living skills</i>



## 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 lot of help, I don't have anyone to help me'.*

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**Samaritans**

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