

## Ten NDIS Tips from the Mito Community

- 1) Even if the NDIS hasn't started rolling out in your area yet, you can start preparing for your meeting by asking your therapists and specialists to provide you with reports or letters, and by getting quotes for any home modifications or equipment you need
- 2) Keep a diary for one to two weeks to document all of your support needs prior to your planning meeting
- 3) Think about what your goals are. For example, you may have been advised to have exercise therapy which can be linked to a goal of maintaining your functionality. Examples of goals include social goals, functional goals, living arrangements, community participation and respite
- 4) If you already have equipment such as a wheelchair, ask the manufacturer about maintenance costs so these can be included in your plan
- 5) Ask for everything you need but expect that you may not get everything approved in your first plan. Know what your priorities are
- 6) You have the right to request a face to face planning meeting. A face to face meeting means the planner can meet you or the person you are caring for and may help them better understand your situation and needs. This can take place in your home or an NDIS office. You can also have your planning meeting over the phone
- 7) Take a support person such as a support worker or a family friend to your planning meeting for emotional support and to help you explain your support needs
- 8) Ask the planner to confirm what they have written down, to make sure their notes accurately reflect what you have said
- 9) Ask for a review if your package doesn't meet your needs
- 10) Keep persisting through the NDIS paperwork – the funding and support we received was worth it

For further information about the NDIS and links to resources, [click here](#).