

What is the participant statement?

Your '*Participant statement of goals and aspirations*' is your description of how you would like to live your life in the future. It also includes information about your life, what is important to you, the supports you have in place, and your social and economic participation. Your National Disability Insurance Agency planner will discuss this information with you during your planning and assessment conversation.

Your participant statement will become part of your NDIS plan. You can change or add to your participant statement over time.

Who should use this template?

You can use this template if you are an adult or older child/adolescent and you are able to prepare your own statement or prepare it with assistance. A different template is available for parents of young participants.

Why should I use this template?

This template can help you think about what needs to be in your plan. If you have more information you would like to provide, you can attach extra pages or any documents you think may be relevant.

You do not have to use this form.

If you need some help to prepare your information contact us on **1800 800 110**.

- If you are a TTY user — phone 1800 555 677 then ask for 1800 800 110.
- If you are a Speak and Listen (speech-to-speech relay) user — phone 1800 555 727 then ask for 1800 800 110.
- If you are an internet relay user — visit the National Relay Service website and ask for 1800 800 110.

Or you can send an email to enquiries@ndis.gov.au. For more information go to ndis.gov.au

Participant's name

First name:	Last name:
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Your NDIS number

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Name(s) of person(s) assisting with or preparing this statement on behalf of the participant

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Your relationship to participant (e.g. parent, relative, carer, guardian, nominee)

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Daily life

Describe your day to day life

For example, what activities do you participate in such as education, work or social activities? What are the things in your life that are working well for you? What are the things you would like to change or improve? What are the things that you enjoy or that you are good at?

Living arrangements

Describe your current living arrangements

For example, who do you usually live with, what sort of accommodation do you live in? Is there anything you would change about your living arrangements to make things easier for you?

Relationships and supports

Your current relationships and supports from other people

For example, the family and friends you see regularly, the people who play an important role in your life and how they help you.

Your current supports

Please complete the table below to indicate the amount of each type of support you are receiving at the moment. Include all the disability supports you currently get regardless of how they are funded, any mainstream or community supports you access as well as support provided by family and friends. Do not include supports you do not receive but would like to have. Your service provider may be able to help you.

Type of support	How much support do you and how often do you get it?	What service currently provides your support?
<i>EXAMPLE:</i> Assistance with daily personal activities	<i>3 hours per week</i>	<i>Supports4U</i>
Assistance with daily personal activities		
Day program or community access		
Transition program		
Supported employment		
Employment		
Participation in community, social and civic activities (like a sport or community activity)		
Assistance in shared or group living eg supported accommodation		
Case management or coordination		
Therapeutic support		
Behaviour support program		
Respite		

Type of support	How much support do you and how often do you get it?	What service currently provides your support?
Other, specify		
Other, specify		
Other, specify		

Please provide details of any aids, equipment or modifications which you currently use as a result of your disability, and tell us how often you use them.

Type of aid, equipment, modification	How often is the aid, equipment or modification used? (Eg: daily, weekly, fortnightly, monthly or annually)
<i>Example Manual wheelchair</i>	<i>Daily</i>

My goals

What are the things you most want to change or achieve in your life in the next few years? Write these down under the heading that best describes the area it relates to. You don't have to write down a goal under every heading – just the ones that are most important to you:

- Employment
- Education
- Social participation
- Independence
- Living arrangements
- Health and wellbeing

What I want to achieve in my plan (my plan objectives)

Thinking about your goals, what do you want to achieve during your plan? This could be the first step towards achieving a goal listed above. Only write down what you want to achieve under the headings above where you have a goal.

How I will achieve it

This could include the strategies that you or your family or friends could undertake to help you make your plan work for you.

What supports I have to help me

This includes your family and friends and other informal supports and disability supports you may have that can help you to implement your plan.

What is stopping me from achieving my objective?

What barriers resulting from your disability are stopping you from achieving your objective?

My employment related goal is:

What I want to achieve during this plan <i>(my plan objectives)</i>	How will I achieve this objective? <i>(strategies)</i>	Supports I have that will help me achieve this objective <i>(including informal supports, mainstream and community supports, and disability services)</i>	What is stopping me from achieving this objective?

My education related goal is:

What I want to achieve during this plan <i>(my plan objectives)</i>	How will I achieve this objective? <i>(strategies)</i>	Supports I have that will help me achieve this objective <i>(including informal supports, mainstream and community supports, and disability services)</i>	What is stopping me from achieving this objective?

My social participation related goal is:

What I want to achieve during this plan <i>(my plan objectives)</i>	How will I achieve this objective? <i>(strategies)</i>	Supports I have that will help me achieve this objective <i>(including informal supports, mainstream and community supports, and disability services)</i>	What is stopping me from achieving this objective?

My independence related goal is:

What I want to achieve during this plan <i>(my plan objectives)</i>	How will I achieve this objective? <i>(strategies)</i>	Supports I have that will help me achieve this objective <i>(including informal supports, mainstream and community supports, and disability services)</i>	What is stopping me from achieving this objective?

My living arrangement related goal is:

What I want to achieve during this plan <i>(my plan objectives)</i>	How will I achieve this objective? <i>(strategies)</i>	Supports I have that will help me achieve this objective <i>(including informal supports, mainstream and community supports, and disability services)</i>	What is stopping me from achieving this objective?

My health and well-being related goal is:

What I want to achieve during this plan <i>(my plan objectives)</i>	How will I achieve this objective? <i>(strategies)</i>	Supports I have that will help me achieve this objective <i>(including informal supports, mainstream and community supports, and disability services)</i>	What is stopping me from achieving this objective?