



HCO

Hills Community Options

“Maximise your
opportunities through
your planning meeting”

**NDIS
PRE-PLANNING
GUIDE**

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Welcome to your HCO NDIS Pre-Planning Guide

About the NDIS

The National Disability Insurance Scheme (NDIS) provides a new model to fund supports and services for people living with a disability. NDIS Participants (eligible people with a disability) will be provided funding for the supports they need and a choice of where and how to use the funding. HCO can assist you to navigate your way through your NDIS journey.



Pre-Planning and This Guide

Pre-planning for the NDIS gives you an opportunity to have a think about the things you would like your NDIS Planner to know either about you or the person you are supporting in the planning process. It enables you to identify your goals, look at your current supports and also recognise new supports you may need to enable you to achieve your goals. You can use pre-planning to express who and what is important to you and things that are significant in your life.

Work through this guide at your own pace and fill in as much information as possible in conjunction with any other reports you have. This will ensure your NDIS Planner gets all the relevant information required so your plan provides the best possible outcome for you or the person you are supporting. Do not hesitate to contact us at HCO if you need any help, information or support.

Personal Details

NAME	
DATE OF BIRTH	
DATE GUIDE COMPLETED	

Any current administrative arrangements and/or orders in place:

- Guardianship (SACAT) Order Administration Order
 Other

Please Detail:

.....

.....

Current financial management details:

- Public Trustee Self Managed
 Other

Please Detail:

.....

.....

Person, people or organisations in my life who help me make important decisions:

.....

.....

.....

Name of person who helped you fill in your guide (if applicable):

.....

The People In My Life

List all the important people in your life
(Only fill in as many as you need to)

Person's Name:

How they support me:

Relationship to me:

How often they support me:

Person's Name:

How they support me:

Relationship to me:

How often they support me:

Person's Name:

How they support me:

Relationship to me:

How often they support me:

Person's Name:

How they support me:

Relationship to me:

How often they support me:

Person's Name:

How they support me:

Relationship to me:

How often they support me:

My Community Activity

Where I socialise, where I work, all the things I like doing

My community and social activities:

.....

.....

.....

.....

My work and/or education:

.....

.....

.....

.....

What I enjoy doing most:

.....

.....

.....

.....

My current supports to participate in community, social, work and education:

.....

.....

.....

.....

My Home

Where I live, who I live with and my living arrangements

My home:

.....

.....

.....

.....

Who I live with:

.....

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.....

.....

My current supports at home:

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.....

.....

.....

Anything I would like to change or add to my current home or living arrangements:

.....

.....

.....

.....

My Day/Week

What your day to day life looks like

DAY

MON

TUE

WED

Morning			
Afternoon			
Night			

Other less regular activities *e.g. once a month or once a year:*

.....

.....

.....

.....

My Day/Week

What your day to day life looks like

THU

FRI

SAT

SUN

Things I like to do in my spare time:

.....

.....

.....

.....

My Support

What support you currently have

Activity

Type of Support

The activities I require support to do?	The type of support I receive? e.g. from a family member or paid support.

My Support

What support you currently have

Who From

How Often

Comment

Who do I receive support from?	How often I receive my support?	Is this enough support or what else do I need?

Goals

The NDIS is about providing you with the support that is reasonable and necessary to achieve your goals in life.

Take time to think about the goals you have and the things you would like to achieve.

These goals can be big or small, short term or long term, they can be something new or something you are already doing that you would like to improve or do more of.

Use the simple grid below to think about each goal, what steps and support you may need to help you achieve your goal.

An example might be: *I want to work or I want to work in a different job*
I want to learn photography

Where I live

Goal:

What I would like to achieve:

Things that get in the way:

Support I think I need:

Work and Education

Goal:

What I would like to achieve:

Things that get in the way:

Support I think I need:

Social and Community Participation

Goal:

What I would like to achieve:

Things that get in the way:

Support I think I need:

Independence

Goal:

What I would like to achieve:

Thing that get in the way:

Support I think I need:

Health and Wellbeing

Goal:

What I would like to achieve:

Things that get in the way:

Support I think I need:

HCO Contact Details



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