

# Tabitha Stevens - NDIS plan

**NDIS number:** 4343434343

**My NDIS contact:** Jo S

**Local Area Coordinator (LAC)**

**ABC Partner**

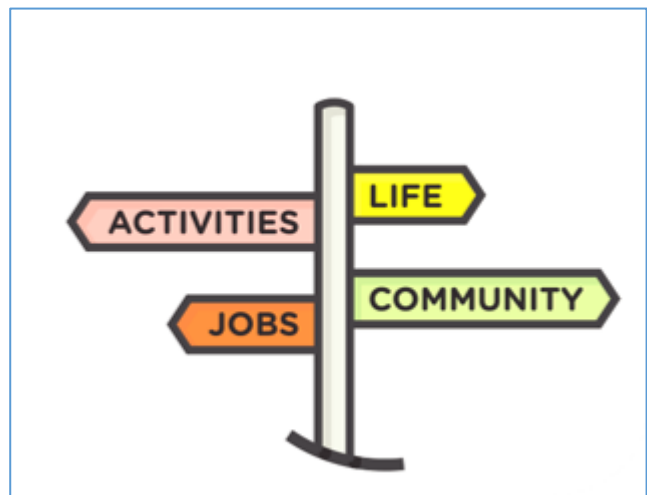
**Phone:** 03 1234 5678

**Email:** [help@abc.org.au](mailto:help@abc.org.au)

**NDIS plan start date:** 14 November 2018

**NDIS plan review due date:** 13 November 2020

A National Disability Insurance Agency (NDIA) representative will contact me about my plan review before my plan review due date.



# Tabitha's profile

## What I want people to know about me

### Date of birth

19 June 1991

### Current contact details

52 Smith Street,  
Melbourne 3000, VIC  
(03) 1234 5678

### About me

I live with my Mum (Samantha), Dad (Darrin), younger brother (Jack) and younger sister (Lily) in our family home in the Western Suburbs of Melbourne. I like spending time with my pets including the family cat (Missy) and Guinea Pig (Joe). I have a big role in looking after them and have to feed them in the morning and clean them out sometimes. My Mum and Dad encourage me to learn new things and help me with the things I find difficult like going to the shops to buy things for dinner, cooking, managing my money and remembering all the things I need to do to get ready for the day.

I enjoy craft and spending time with my friends. We like to go the movies, markets or out for dinner. I would like to go on a holiday with them one day. The most important things in my life are my family, pets, friends and being able to spend my weekends doing things that I enjoy.

Every morning during the week I wake at around 7am and my mum supports me by making sure I am ready to leave the house and catch the bus to program at 8:30am. Sometimes I help Dad prepare the family meal before relaxing on my computer. I really like using the computer and people tell me I am good at it.

On weekends I enjoy taking the bus to the local markets with my friends. Sometimes my friends and I go to new markets and I use a taxi as I don't know these areas. One day I would like to be able to travel a bit further by myself.

## **My family and friends**

- My family are very supportive and help me everyday. I spend a lot of time with my 2 siblings and my Mum and Dad are always happy to help me with things that I need.
- I have a small group of friends that I enjoy spending time with who I try and see most weekends.

## **My services and community involvement**

- My LAC will support me to connect to a local Pilates group.  
Pilates Group is at the Smith St Community centre.
- I am healthy but if I am unwell I visit my local GP clinic.

# Tabitha's goals

This is what I want to achieve

## Short-term goal

During this plan I would like to learn how to manage my own money so that I can pay for things myself and save money so that I can go on holiday with my friends.

How I will achieve this goal	How I will be supported
Be able to understand if I am getting the right change when I go shopping.	My LAC will support me to connect to providers who can help me to develop my money handling skills in the community.
Take control of my money bit by bit starting with paying for my own clothes when I go shopping.	<ul style="list-style-type: none"><li>• Mum will support me by slowly giving me more control of my money and being there if I need her.</li><li>• My LAC will support me to connect to services or providers who can help me to develop my money handling skills in the community.</li></ul>
Develop a budget that I can follow that will allow me to save money.	<ul style="list-style-type: none"><li>• My LAC will support me to connect to providers who can help me with my budgeting skills.</li></ul>

## Medium or long-term goal

I would like to find work that is part time and where I can use my computer skills.

How I will achieve this goal	How I will be supported
Find out what skills I need to get a job and how many hours a week I am able to work.	<ul style="list-style-type: none"><li>• I can access Centrelink support to determine my job capacity and mainstream eligibility to DES.</li><li>• My LAC will support me to connect to services for employment supports.</li></ul>
Learn how to look for work and start applying for jobs.	<ul style="list-style-type: none"><li>• My LAC will support me to connect to a service which can help me to develop my job searching skills.</li></ul>
Learn how to take care of myself so I don't need support to do this at work.	<ul style="list-style-type: none"><li>• My LAC will support me to connect to a provider who can help me to improve my self-care skills.</li><li>• My parents will support me to practice my self-care skills at home.</li></ul>
Be able to control the way I respond to stress and unexpected circumstances.	<ul style="list-style-type: none"><li>• My LAC will support me to connect to a service or provider who can help me to self-manage my behaviour responses.</li><li>• My parents will support me to practice self-management of my behaviour responses in the home.</li></ul>

# Tabitha's funded supports

## My funded supports can help me achieve my goals

### Managing my NDIS funding

There are 3 different ways my plan funding can be managed:

- **Self-managed:** I will claim funding from my NDIS plan to pay providers myself or my plan nominee or child representative may do this on my behalf. Providers will invoice me directly for supports I have agreed they will provide.
- **Plan-managed:** My plan management provider will make claims and pay providers on my behalf for supports I have agreed they will provide.
- **NDIA-managed:** Providers will claim payment directly from my NDIS plan based on active service bookings. Where supports are NDIA-managed, I can only use an NDIS registered provider.

My funding may be managed in one or more of these ways and will be included in the breakdown of my funding on the following pages.

### Stated supports

Where a support is listed as 'stated' in my plan, I must purchase this support as described in my plan. I cannot swap 'stated' supports for any other supports.

### In-kind supports

Where a support is listed as 'in-kind' in my plan, I must continue with my existing service provider as they have been pre-paid to deliver this service. However, if I have a concern about using my in-kind provider I can raise my concerns with my NDIS contact.

### Quote required

Where a support is listed as 'quote required' additional information such as quotes and/or specialist reports will be required. Once the quote is approved, the funding will be made available in my plan.

Please note, where in-kind, compensation or specialised accommodation supports are included in my funded supports, these may not be included in the breakdown of how my funds are managed, for example: NDIA- managed, Self-managed, Plan-managed. If needed, my NDIS contact can provide me with more information about these funded supports.

# Total funded supports \$95,014.37

For 14 November 2018 – 13 November 2020

## Core Supports

Core supports help with my everyday activities, my current disability related needs and to work towards my goals.

**My Core Supports funding can be used flexibly across the following sub categories:**

- **Assistance with Daily Life (Daily Activities)**  
For example, support with self-care, household cleaning and/or yard maintenance.
- **Consumables**  
For example, continence products or low cost, low risk equipment to improve independence and/or mobility.
- **Assistance with Social and Community Participation**  
For example, a person to support you to participate in social and community activities.
- **Transport**  
For example, helps you to travel to work or other places that will help you achieve the goals in your plan. There may be instances where you do not have flexibility in your transport funding (your NDIS Contact can explain how you can use this funding).

**Goal/s my Core Supports funding can help me achieve:**

- I would like to find work that is part time and where I can use my computer skills
- During this plan I would like to learn how to manage my own money so that I can pay for things myself and save money so that I can go on a holiday with my friends.

Core Supports	Budget
<p>I can use my core support funding flexibly to help with my everyday activities, my current disability related needs and to work towards my goals.</p> <p><b>My Core Supports funding will be:</b></p> <ul style="list-style-type: none"><li>• \$10,000.00 Self-managed</li><li>• \$10,000.00 NDIA-managed</li></ul>	<p><b>\$70,000.00</b></p>

Core Supports	Budget
<p><b>Stated support:</b> Cross Billing Payments for Residential Aged Care Subsidies And Supplements</p> <p><b>My \$50,000.00 stated support will be:</b> NDIA-managed</p>	
<p><b>Transport</b></p> <p>Includes support to get to work or travel to participate in social and community activities.</p> <p><b>My Transport funding will be:</b> paid as fortnightly instalments into my nominated bank account.</p>	<p><b>\$2,472.00</b></p>
<p><b>Total Core Supports</b></p>	<p><b>\$72,472.00</b></p>



# Funded supports continued

## Capacity Building Supports

My Capacity Building supports are intended to build my independence and reduce my need for the same level of support into the future. My progress and outcomes from these supports will be shared at each plan review.

Unlike my Core Supports budget, my Capacity Building Supports budget cannot be moved from one support category to another. Funding can only be used to purchase approved individual supports that fall within that Capacity Building category.

### Goal/s my Capacity Building Supports funding can help me achieve:

- I would like to find work that is part time and where I can use my computer skills.
- During this plan I would like to learn how to manage my own money so that I can pay for things myself and save money so that I can go on holiday with my friends.

### My Capacity Building funding can be spent in the following ways:

Capacity Building Supports	Budget
<p><b>Improved life choices (CB Choice and Control)</b></p> <p><b>Stated support:</b> Plan management and financial capacity building - set up costs.</p> <p><b>My \$222.85 stated support funding will be:</b> NDIA managed.</p> <p><b>Stated support:</b> Plan management - financial administration.</p> <p><b>My \$2404.32 stated support funding will be:</b> NDIA managed.</p> <p>Support to set up, develop and process monthly statements (administrative functions only).</p>	<p><b>\$2627.17</b></p>
<p><b>Improved Daily Living (CB Daily Activity)</b></p> <p>Support to build my skills so I can achieve all of my plan goals.</p> <p><b>My Improved Daily Activity funding will be:</b></p>	<p><b>\$5,676.00</b></p>

Capacity Building Supports	Budget
<ul style="list-style-type: none"> <li>\$2,000.00 Self-managed</li> <li>\$3,676.00 NDIA-managed</li> </ul>	
<p><b>Finding and Keeping a Job (CB Employment)</b>  Supports to help me find and keep a job.  <b>Stated support:</b> Support in employment (ADE).  <b>My \$7,733.23 stated support funding will be:</b> NDIA managed.  <b>My Finding and Keeping a Job funding will be:</b></p> <ul style="list-style-type: none"> <li>\$6,505.97 NDIA-managed</li> </ul>	<b>\$14,239.20</b>
<b>Total Capacity Building Supports</b>	<b>\$22,542.37</b>

# Find out more

## Who to contact if I need information or help with my plan

### My NDIS contact:

Jo S  
Local Area Coordinator (LAC)  
ABC Partner  
Ph: 03 1234 5678  
E-mail: [help@abc.org.au](mailto:help@abc.org.au)

### My next plan review due date:

13 November 2020

A National Disability Insurance Agency (NDIA) representative will contact me about my plan review before my plan review date.

### Booklet 3 - Understanding your NDIS plan

I can refer to Booklet 3 to help me understand my NDIS plan and how to use funding, arrange supports and services and work toward my goals. It will also help me review my goals and prepare for my plan to be reviewed. If I do not have a copy, I can ask my NDIS contact or visit the NDIS website.

### Important changes

If something important changes or is going to change (for example, I move house, start work or school, if I get or may get compensation relating to an injury, or if my goals change) I will notify my NDIS contact.

### For general enquiries, contact the NDIA

<b>Call NDIA</b>	1800 800 110
<b>If I use a TTY</b>	1800 555 677 and ask for 1800 800 110
<b>If I use Speak and Listen (speech-to-speech relay)</b>	1800 555 727 and ask for 1800 800 110
<b>If I use the National Relay Service</b>	<a href="http://www.relayservice.gov.au">www.relayservice.gov.au</a> and ask for 1800 800 110
<b>If I need help with English</b>	TIS 131 450

Example Only