

# CHOICES Newsletter

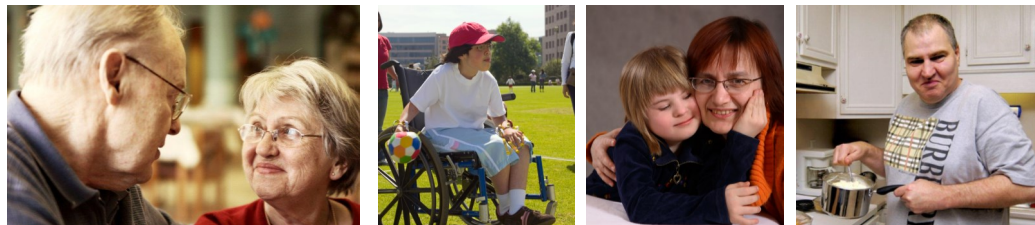
YOUR CHOICES-YOUR WAY

The ACT is now officially an NDIS launch site where people will receive choice and control over what their supports are and what they look like.

Thankyou for your positive feedback about the CHOICES website. You can find further information about our services and information about the NDIS at:

[www.catholiccarechoices.org.au](http://www.catholiccarechoices.org.au)

If you would like to receive this newsletter by email please email us at:  
**CHOICES@catholiccare.cg.org.au**



## Welcome to the August edition of the CHOICES newsletter

July saw the first people meet with their NDIA Planners to discuss what supports they might require under the NDIS. As a result, CatholicCare C & G are now seeing people with approved packages of support walk through our doors to purchase their supports or hear what we have to offer now that we are formally registered with the NDIA to provide the following services:

- ◇ Participation in community, social and civic activities;
- ◇ Household tasks;
- ◇ Assistance in coordinating or managing life stages, transitions and supports;
- ◇ Assistance with travel/transport arrangements;
- ◇ Assistance with daily life tasks in a group or shared living arrangement;
- ◇ Community nursing care for high care needs;
- ◇ Assistance with daily personal activities;
- ◇ Development of daily living and life skills;
- ◇ Therapeutic supports;
- ◇ Assistance to integrate into school or other educational program;
- ◇ Behaviour support;
- ◇ Training for independence in travel and transport;
- ◇ Physical wellbeing activities; and
- ◇ Accommodation/Tenancy assistance

## NDIS - Frequently Asked Questions

### Q: What is the role of the Plan and Support Coordinator?

The planner will first confirm the eligibility of the person for the NDIS. Secondly, they will discuss what are your needs, goals and aspirations. Then the planner will work with you to identify what current and future supports are required to achieve your goals. The plan is owned by you and is based on what is regarded as reasonable and necessary to enable a good life. It could include one-off and/or ongoing funded supports. The planner will confirm what supports will be funded by the NDIA. More detail on the planning process is available online at [www.ndis.gov.au](http://www.ndis.gov.au)

### Q: What aspects of my life and the areas of support I need will the planner need to discuss?

The topics identified by you and the planner may include:

- ◆ Learning and applying knowledge (e.g. understanding and remembering information, learning new things, practising and using new skills and ideas).
- ◆ General tasks and demands (e.g. doing daily tasks, managing daily routine, handling problems, making decisions).
- ◆ Communication (e.g. being understood and understanding other people).
- ◆ Mobility (e.g. getting in or out of bed or a chair and moving around in the home and community).
- ◆ Self-care and special healthcare needs (e.g. showering/bathing, dressing, eating, toileting).
- ◆ Domestic life activities (e.g. preparing meals, cleaning, housekeeping and home maintenance).
- ◆ Interpersonal interactions and relationships (e.g. making and keeping friends and relationships, coping with feelings and emotions).
- ◆ Community, social and civic life (e.g. community activities, recreation and leisure).
- ◆ Education and training.
- ◆ Employment.

If you have not already received a letter from the NDIA you can visit the NDIS website. On the 'Home' page you will find the link to '**My Access Checker**' – an online tool to help people with disability understand whether they may be able to access assistance from the NDIS:

[www.ndis.gov.au](http://www.ndis.gov.au)

Information about the NDIS in the ACT can be found at:

[www.communityservices.act.gov.au/disability\\_act](http://www.communityservices.act.gov.au/disability_act)