

# CHOICES Newsletter


YOUR CHOICES-YOUR WAY

We are pleased to announce that Sarah Hutchinson will be the new manager of Hands On Studio from the 17th Sept.

If you are currently a student at Hands On Studio and will become a participant of the NDIS you will need to notify the NDIA Planner that you want attendance at the studio to be one of your supports.

A letter will be sent to you on how to do this shortly.

If you would like to receive this newsletter by email please email us at:  
[CHOICES@catholiccare.cg.org.au](mailto:CHOICES@catholiccare.cg.org.au)



Every person deserves the chance to reach his or her full potential

## Welcome to the September edition of the CHOICES newsletter

Our vision as an organisation is to work towards a society where the rights, dignity and worth of all individuals are recognised and promoted. Given the significant changes that are occurring not just in the disability sector, but in the aged care, health and education sectors as well, we cannot continue to provide services in the same way.

Person centred thinking is a set of values, skills and tools used in person centred planning and in the personalisation of services for people who want supports. While CatholicCare C & G currently utilises person centred thinking in the way it operates, we recognise that the best way we can work towards our vision is to become a person centred organisation that supports all our clients, their carers, families and of course, our staff.

We are currently looking at ways clients, carers and families can participate in decision making related to how the organisation operates, including the recruitment of staff.

We have already created staff profiles that will help people to participate in choosing who are their support workers or personal assistants.

We will provide you with further information about how you may participate during the coming months.

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

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# NDIS - Frequently Asked Questions

## Q: How will the NDIS fund respite services for carers?

Under the NDIS, it is the person (under 65) with a disability who is funded as a participant. A carer, unless they too have a disability and meet the NDIA's access requirements, cannot be a NDIS participant in their own right. However, the National Disability Insurance Agency (NDIA) recognises the vital role of respite, and aims to support families and carers in their caring role.

The NDIA will achieve this through discussions with participants and their family and carers during the planning process to build an understanding of a participant's situation, including informal supports and how these can be maintained and supported. The NDIA will take account of the carer's circumstances, capacity and future plans relevant to their caring roles, and the sustainability of caring arrangements. The NDIA will work to make informal caring arrangements sustainable.

You will therefore need to identify supports for the participant that may have a direct or indirect benefit for the family and carer when you meet the NDIA Plan and Support Coordinator. These could include funding supports in the participant's plan that enable respite for the carer, such as:

- ◆ personal care for the participant in their home or the community;
- ◆ overnight assistance to stay in a centre or group residence;
- ◆ supports for the participant to enjoy social and community activities without relying solely on family to provide this;
- ◆ assistance with daily living tasks to improve a participant's ability to do things around the home;
- ◆ supporting the participant to use employment services so that they can move to into work; and
- ◆ specific training relating to the caring role that may help improve the family and carer's ability to provide care.

In addition, there may be situations where the NDIA, taking into account what is reasonable to expect families, carers and informal networks to provide, may consider supports that maintain a carer's health and wellbeing. For example, they may fund a carer to participate in a support group or special interest network for a limited period (source NDIS and NDS).

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)**

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