

Developing your first NDIS plan

As you prepare to enter the NDIS you may have some questions about planning – so we've put together some facts about developing your first plan to help you get NDIS Ready.

Everyone who enters the NDIS from 1 July 2016 will receive a first plan

How people will join the NDIS has been agreed by Commonwealth, State and Territory governments.

You can apply to enter the NDIS six months prior to the Scheme rolling out in your area.

Once you've gained access to the NDIS we will work with you to develop your first plan.

Your first plan is your entry point to the NDIS and the start of your relationship with the Scheme.



Your first plan will identify the reasonable and necessary supports you require to meet your immediate needs and start to identify and achieve your goals.

Once completed – your first plan will provide you with individualised funding that you control and choose how to use.

To get ready for the NDIS and your first plan, start thinking about your immediate support needs and what your current and future goals might be.

How do I get my first plan?

Once your access to the NDIS is confirmed, you and/or your nominee will be contacted by a representative of the National Disability Insurance Agency (NDIA) to have a planning conversation.



Most people's first plans will be completed over the phone, through a planning conversation between the participant (and/or their nominee) and an NDIA representative about their existing supports, needs and main goals.

If you are not able to complete your planning conversation over the phone or are not in a position to do so, the NDIS will make alternative planning arrangements.

Everyone will have the same access to supports and services irrespective of how their planning conversation takes place.

Once in the NDIS, your plan will be reviewed every 12 months, including your first plan.

If your circumstances or needs change you can talk to us about having your plan reviewed at any stage.

What if I already receive supports?

If you already receive supports from a State or Territory government disability program, there are agreements in place which may mean you qualify to directly enter the Scheme.



In this event, you will be contacted by an NDIA representative when it is time to transition from your existing program to the Scheme and develop your first plan.

Your existing supports and services will continue until you have an NDIS plan.

The NDIS will use the information about your existing disability supports to begin to develop your first plan. An NDIA representative will then have a conversation with you and/or your nominee to consider any gaps or unmet needs in your current supports and how they link to your goals.

This process ensures a timely and orderly entry to the NDIS where you can gain access to the Scheme and activate your first plan quickly.

It also limits the need for you to 're-tell your story' in developing your first plan.

The NDIS funds reasonable and necessary supports

For a support to be funded it needs to be linked to an outcome you have identified in your plan and it also must:

- Be associated with day-to-day living and activities that increase your social or economic participation
- Be a resource or piece of equipment, such as wheelchair, assistive technology or home and car modifications, to help you live an ordinary life
- Help you build the skills you need to live the life you want, such as opportunities to work, further your education, volunteer or learn something new.



Goals in your plan

You might not yet know what goals you want to set for the future. That's ok, your first plan focuses on what you need right now and gives you some time to think about your longer-term needs and goals.

It's good to start talking to your family, friends and carers about what your goals might look like now and into the future.



What happens next?

Once your first plan is finalised you will be contacted by an NDIA representative to discuss how to put it into action. This contact will happen within seven days of you receiving your plan.


The NDIS will then work with you to implement your plan. This support could be provided by a Local Area Coordinator, a plan support coordinator or another party who will help you to connect with community and mainstream or funded supports.

As a participant, you will be able to contact your NDIA representative at any stage. They will also check in with you to discuss ideas to help you achieve your goals and connect you to community activities and mainstream support.



Your first plan will give you time to think about how the supports you currently receive are working for you and what else you might need to achieve your longer-term goals before your scheduled plan review in 12 months.

More information




www.ndis.gov.au

 1800 800 110
8am to 11pm (local time)
Monday to Friday

For people with hearing or speech loss

 TTY: 1800 555 677
 Speak and Listen: 1800 555 727

For people who need help with English

 TIS: 131 450
 Follow us on Twitter @NDIS
 Find us on Facebook
Facebook/NDISAus

*1800 calls from fixed lines are free.
Calls from mobiles may be charged.