

# My NDIS pathway: things to think about in planning

This should be used with the NDIS document, *My NDIS Pathway*

This list prompts you to think about things that will help you develop your plan with the NDIA.

## Thinking about your life

**What do you want to achieve in your life?** For example:

- Employment – eg finding a job or starting a new job, or changing the hours you work?
- Education – eg starting or finishing training or study?
- Social participation – eg getting involved in social or community activities?
- Independence – getting around your house or community by yourself?
- Living arrangements – eg moving into new living arrangements?
- Health and wellbeing – eg taking up an active recreation activity or sport?

## Your life now

**What are your current living arrangements?** For example:

- What sort of accommodation do you live in?
- Who do you live with?

**Family, friends and other important people in your life?** For example:

- Who plays an important role in your life?

**What are your regular activities?** For example:

- Work?
- Study or training?
- Social and community activities?
- Other things you do in your community or at home?

**What is working well in your life?** For example:

- Things that are working well for you
- Things that you are good at?
- Things that you really like?

**What things would you like to change in your life?** For example:

- Are there new things you want to learn that would enable you to get ready for work or undertake social or community activities?
- What abilities would you like to develop?
- What is not working so well in your life now?

**Thinking about supports**

- What supports do you need because of your disability?
- Are there supports you need to enable you to increase your participation in work, education or social or community activities?
- Does a family member or carer provide you with support for your disability?
- How do they support and work with you?

**Preparing for your planning meeting with the NDIA can be feel overwhelming at times. We are able to meet with you before your planning meeting with the NDIA to assist you with your preparation and answer any questions.**

**If you would like to discuss further, please contact us:**

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