

# Get Ready for the NDIS

## How Blue Care Can Support You

The NDIS will be implemented in your region soon. To get the most out of this exciting new scheme, it is important that you prepare yourself well. At Blue Care, we can support you in several ways to get ready for the NDIS. We can help you understand the NDIS and what it means to you. We can also support you with pre-planning before the NDIS process begins.

### **Our NDIS Pre-planning Booklet**

An important part of the NDIS process is your NDIS plan, which you will develop together with the NDIA. We advise you not to wait until your first meeting with the NDIA to start thinking about your NDIS plan. To start planning, we have created a 'NDIS pre-planning booklet', in which you describe your goals in life, how you'd like to achieve them and what supports you'll need to make your goals happen. It should also include all supports you currently receive.

Your pre-planning booklet can be used as a guide during your first meeting with the NDIA and ensures all the important points are covered off.

A copy of the booklet is available at one of our 'Get Ready for the NDIS' workshops, from a Blue Care service or can be downloaded from [www.bluecare.org.au/disability](http://www.bluecare.org.au/disability)

### **Our 'Get Ready for the NDIS' Workshops**

Blue Care regularly organises 'Get ready for the NDIS' workshops in the regions where the NDIS is about to be implemented. In the workshops you can ask everything you like to know about the NDIS process and we can provide assistance with filling in the pre-planning booklet. The workshops are led by Blue Care's NDIS specialists.

To find out whether a workshop is being organised in your area, please call your local office or look at [www.bluecare.org.au/disability](http://www.bluecare.org.au/disability)

### **One-on-one meetings**

If you are not able to attend one of our workshops or would rather speak with us one-on-one, you can request a meeting to go through the NDIS process and your pre-planning booklet. Of course you are welcome to take anyone you like with you to this meeting.

To request a meeting, please contact your local Blue Care office.

## Our NDIS resources

To help you understand the NDIS and make the most out of this new scheme, we have a number of NDIS resources available for you, such as our Easy English brochure, Frequently Asked Questions brochure and an NDIS Step by Step Guide.

Ask your local Blue Care office for copies or download them at [www.bluecare.org.au/disability](http://www.bluecare.org.au/disability).

## More information

To find out more about how to get ready for the NDIS and the support we can offer, please call your local office or our Contact Centre (1300 77 80 81) or look at [www.bluecare.org.au/disability](http://www.bluecare.org.au/disability)

### Examples of pre-planning questions

What is important to you?

How would your ideal week look?

What are your goals and dreams?

What would support you to achieve your goals?

Would you like to be more independent?

What would you like to achieve in the next five years?



Sharon and her son Jack, one of Blue Care's first NDIS participants in Townsville