

NDIS goal setting for adults with cerebral palsy



Setting goals is a key part of the NDIS planning process and clearly expressed goals can help maximise the outcomes of your NDIS plan. Whether it's increasing your independence, building relationships or improving your physical function, clear goals can help achieve the NDIS funding you need for your supports and services.

Your goals:

- are the things you want to achieve with the support of the NDIS
- should be related to your disability needs and future aspirations
- help the NDIS to better understand your disability and how it affects your life
- influence how funding is allocated in your NDIS plan.



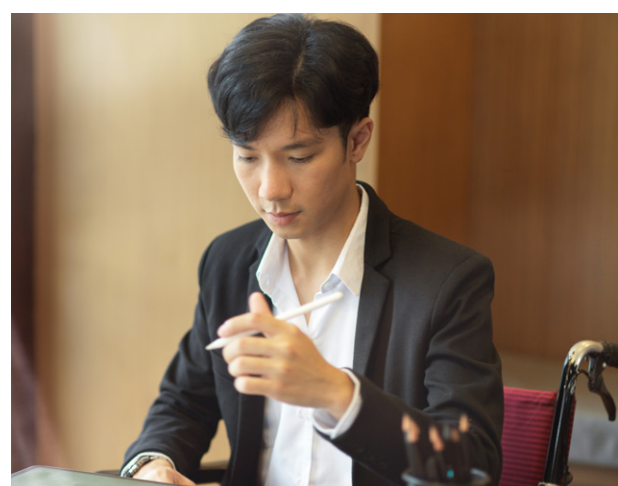
There are **three NDIS support categories** of **core**, **capacity building** and **capital**. We recommend that all NDIS participants understand these categories, what they can fund and how to connect your request for a support to your goals. This will help to prepare you for your NDIS planning meeting or discussion.

Remember that:

An icon showing two hands, one larger than the other, representing core supports.	An icon of a white van, representing capital supports.	An icon of a person silhouette with a star above their head, representing capacity building supports.
<p>core supports help you with everyday activities, your current disability-related needs and how to work towards your goals</p>	<p>capital supports include higher-cost assistive technology devices, equipment and home or vehicle modifications, and funding for one-off purchases you may need.</p>	<p>capacity building supports help build your independence and skills to help you pursue your goals</p>

The following goal-setting examples may help you decide on your own goals. They are described so they align with NDIS principles, by being outcomes focused and intended to build capacity. They are also meant to be flexible, because if they are too specific, this can restrict how you use your funding to achieve them.

This document has been developed in partnership by CP-Achieve a Centre of Research Excellence at Murdoch Children's Research Institute and My CP Guide.



Core supports



Assistance with daily living (Category 1)

Item	What to use it for	Goals
Assistance with daily life	Help with daily activities and personal care, such as for a support worker to help you with completing your daily routine and meal preparation	<ul style="list-style-type: none"> • I want to increase my personal skills and capacity at home and in the community, so I can be as independent as possible.
Help your daily living skills	Help with developing independent living and life skills, such as learning to cook, managing a budget and paying bills	<ul style="list-style-type: none"> • I want to improve my daily living skills to live as safely and independently as possible in my home, now and into the future.
House and yard maintenance	Gardening, mowing, basic maintenance and support to learn to do gardening	<ul style="list-style-type: none"> • I want to maintain and improve my health and wellbeing.
House cleaning and other household activities	In-home support for assistance with doing, or showing you how to do, housework	<ul style="list-style-type: none"> • I would like support to help maintain my household and to prepare meals for myself, my family and for cultural events. I may require someone to undertake meal preparation that matches my dietary or cultural needs.
Assistance with meal preparation and planning	Help with developing skills in meal planning and preparation, and healthy eating	
Dietitian consultation and diet plan development* <i>This support can also be claimed under 'Capacity building – Improved health and wellbeing'</i>	Support with preparing meal plans that are appropriate for your dietary and cultural needs, and cooking skill level	

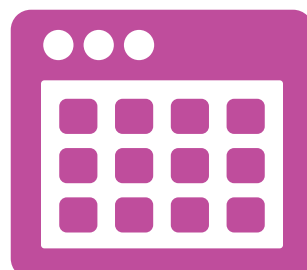


Transport allowance (Category 2)

Item	What to use it for	Goals
Transport allowance (for those unable to use public transport without significant difficulty)	A fortnightly or monthly payment for your transport needs, such as going to appointments, work or social activities	<ul style="list-style-type: none"> • I want to be able to participate economically and socially, and be able to access my workplace and social activities. • I want to be able to access the supports I need outside of my home. • I want to be able to connect with my family, my friends and the community.

Consumables (Category 3)

Item	What to use it for	Goals
Consumables fund the purchase of everyday items to meet disability needs, such as continence products or low-cost assistive technology and equipment (\$1,500 or less) to improve your independence and mobility.	<ul style="list-style-type: none"> • Disability-specific health supports, such as footwear, dietary supplements, wound care, and continence products • Independent living equipment – personal alarms, a dressing stick, show horn, smart lights, specialised can opener, kettle tipper, etc. <i>*Note: may require an occupational therapy assessment first to identify and recommend items</i> • Computer software, mobile phone apps 	<ul style="list-style-type: none"> • I want to manage the symptoms of my CP, stay healthy and maintain my dignity. • I want to be able to access low-cost assistive technology to improve my safety, functioning, independence and wellbeing.
Communication support	Augmentative and alternative communication devices, systems and tools	I want to develop ways I can better communicate with those helping me with daily needs.



Assistance with social and community participation (Category 4)

Item	What to use it for	Goals
Access community social and recreational activities	Support to access community activities, such as shopping and attending appointments	<ul style="list-style-type: none"> • I want opportunities to fully participate in the community like my peers.
Activity based transport	Reimbursement for workers per km for transporting you to activities	<ul style="list-style-type: none"> • I want opportunities to fully participate in the community like my peers, independently of my parents/carers (if applicable). • I want to develop my social and communication skills to make friends and to participate in community and recreational activities.



Capital supports



Assistive technology (Category 5)

Item	What to use it for	
Assistive technology	Devices, equipment or technology related to your disability, to help with performing tasks you are unable to do without assistive technology. This includes wheelchairs, scooters, transfer equipment and mobility aids, including vehicle modifications and orthotics	<ul style="list-style-type: none"> • I would like to be more independent and safely access my community. • I want to participate in social activities and employment.

Home modifications and specialised disability accommodation (Category 6)

Item	What to use it for	Goals
Home modifications	Design, construction and installation of, or changes to, equipment or non-structural components in your home, and installation of fixtures or fittings, such as grab rails and ramps (requires a therapist assessment and NDIA approval, and may require a quote)	I want to live in a home that is safe and accessible.
Specialist disability accommodation (SDA)	Accommodation for participants who require specialist housing solutions to assist with the delivery of supports that cater for their extreme functional impairment and/or very high support needs	I want to move into my own house or share with others and live as independently as possible.



Capacity building supports



Support coordination (Category 7)

Item	What to use it for	Goals
Level 2: Coordination of supports	A support coordinator to help with searching for, organising and managing service providers, and arranging training	<ul style="list-style-type: none"> I want to optimally use my NDIS plan and have support to find the best providers to match my needs and goals.
Capacity building and training in plan and financial management by a support coordinator	Assistance from a support coordinator to learn the skills needed to manage your own NDIS services and supports	<ul style="list-style-type: none"> I want to build my skills and confidence in finding and using my NDIS supports. I want to be supported to connect with community, mainstream and other government services.
Level 3: Specialist support coordination	Support coordination by an allied health qualified person to manage complex situations and support arrangements	<ul style="list-style-type: none"> I want to strengthen my ability to connect with my informal supports.
Psychosocial recovery coaching	Specialised support for people with mental illness in organising services, supports and managing life issues	

Improved living arrangements (Category 8)

Item	What to use it for	Goals
Assistance with housing, including finding and keeping accommodation	<ul style="list-style-type: none"> A tenancy worker to help you find or keep accommodation that is right for you, and to support you in negotiating contracts or communicating with a landlord Support to help you transition to more independent living 	I want to be supported to find accessible and appropriate accommodation, so I can live safely and as independently as possible in my home, now and into the future.



Increased social and community participation (Category 9)

Item	What to use it for	
Skills development and training	Support to volunteer, training to learn to use public transport, literacy and numeracy education courses, and parenting courses (this can include fees for training, but requires a quote and NDIS approval)	<ul style="list-style-type: none"> • I want to increase my skills and capacity at home and in the community, so I can be more independent. • I want to maintain and improve my health and wellbeing. • I want to learn how to use technology that will help me feel better connected. • I want to increase my confidence to try new things so I can go to new places and enjoy new activities.

Finding and keeping a job (Category 10)

Item	What to use it for	
Supports for employment	Support to look for paid employment and keep the job long-term	I want to find and keep a job to expand my social networks, raise my living standards and provide me with financial independence and self-worth.



Improved relationships (Category 11)

Item	What to use it for	
Individual social skills development	Support to develop skills for making and keeping relationships, including family and friendships	<ul style="list-style-type: none"> • I want to develop communication skills, so I can socialise with friends and participate in community activities like volunteering or working. • I want to improve my communication, behaviours and interactions with the people around me. • I want to be able to regulate my emotions so I can make and maintain friendships. • I want to develop my coping skills to manage my sensory needs and anxiety.

Improved health and wellbeing (Category 12)

Item	What to use it for	
Personal training and exercise physiology	Assistance from a personal trainer or exercise physiologist to learn exercises and get fit	<ul style="list-style-type: none"> • I want to maintain and improve my physical health, my mobility and overall wellbeing. • I want to be able to work with trainers that understand my disability and how to adapt exercise programs, equipment and techniques to my needs.
Dietitian consultation and diet plan development* This support can also be claimed under 'Core supports – Assistance with daily living'	Support with preparing meal plans that are appropriate for your dietary and cultural needs, and cooking skill level	I would like support to help maintain my household and to prepare meals for myself, my family and for cultural events.



Improved learning (Category 13)

Item	What to use it for	
<p>Provision of skills training and advice, help with arrangements and orientation to assist with moving from school to further education.</p>	<p>Assistance with accessing further education and employment opportunities, such as:</p> <ul style="list-style-type: none"> • course applications • support through orientation • managing and planning your study workload • student budgeting • specialised transport (if required because of a disability) • setting up student accommodation or living arrangements • transitioning from high school to further education 	<ul style="list-style-type: none"> • I want to participate in study to increase my opportunities for employment. • I want support to help me successfully transition from school to further education.

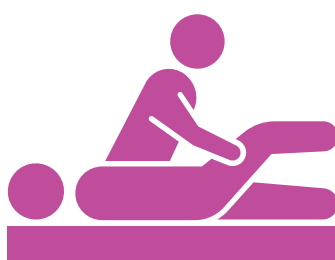
Improved life choices (Category 14)

Item	What to use it for	
<p>Plan management and support to build your financial and organisational skills</p>	<p>A service to pay NDIS invoices and keep track of NDIS plan funding amounts</p>	<ul style="list-style-type: none"> • I want to strengthen my ability to undertake tasks associated with the management of my NDIS supports. • I want to build my financial and organisational skills, and enhance my ability to use my supports.



Improved daily living (Category 15)

Item	What to use it for	
Therapy supports – occupational therapy, speech therapy, physiotherapy, exercise physiology, podiatry (advice about gait and appropriate footwear)	Assessments and individual support by an allied health therapist, or a therapy assistant who is trained by the therapist	<ul style="list-style-type: none"> • I want to have opportunities to improve my ability to communicate and be understood, including accessing communication technology and communication support partners. • I want to improve my mobility, muscle strength and coordination to maintain and improve my physical health and prevent falls. • I want to be more independent when I get dressed. • I want to be able to identify the barriers to accessing the community and to problem solve to overcome them.
Assistance with decision-making, daily planning and budgeting	Skill development for everyday life tasks and decisions	I want to build my financial and organisational skills to help me live independently.
Counselling	Counselling – psychology	<ul style="list-style-type: none"> • I want to strengthen my life skills and build confidence to achieve my goals. • I want to manage my anxiety and improve my interactions with people.
Individual skill development and training, including public transport training	Support to learn to use public transport and taxis independently	<ul style="list-style-type: none"> • I want to access the community safely. • I want to build my confidence to travel independently.
Community engagement assistance	Specialised support – a therapist to help with participating in community activities and groups	I want to build my confidence to participate in community activities.



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October 2023



myCP Guide



This publication has been developed in partnership by CP-Achieve a Centre of Research Excellence at Murdoch Children's Research Institute and Cerebral Palsy Australia for My CP Guide.

Original research in this publication has been funded by the CPSN Futures Fund.

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