

Quarterly Update

from your support coordination team

WELCOME

Well it is hard to believe that a new year has come around again. Let's hope 2021 behaves itself! Our support coordination team of Rebecca, Rachelle, Laura, Dory, Kim and Justin continue to work on improving on what we do and how we communicate and keep participants and families up to date with all things NDIS. With that in mind, the we are launching a quarterly newsletter that we hope you enjoy reading.

The team would also like to take this opportunity to say thank you for your ongoing support and trust in us. As a team we are committed to supporting you to get the most out of your NDIS plan, use your funding and get the supports and services you need. We pride ourselves on having great relationships with service providers and allied health professionals in the local area and being able to negotiate on your behalf to get the supports you need. We look forward to working with you again in 2021.

WHAT IS THE REVIEWABLE PHASE?

Have you heard the words "reviewable phase" used and not sure what they mean? If you have less than three months until the end of your plan, you are in the reviewable phase.

So, what happens in the reviewable phase?

While you are waiting to receive contact from the NDIA to organise your plan review, our team will be carefully compiling reports from your support providers and therapists to develop a detailed support coordination report in preparation for your plan review.

What can you do to prepare for Plan Review?

1. Read over goals in your current plan and have a think if they are still relevant. Do you want to remove or change any goals or add in new goals? Chat through goals with your support coordinator as any adjustments can be included in our report to submit to NDIA for the review
2. Think about the supports and activities you are currently doing. Is there something else you would like to try or need? Do the hours of support – days/times still meet your needs?

These reports provide critical insight into activity during your plan and reflect the progress towards to your NDIS goals. These reports are used when preparing your new plan and the funding that will support you.



SUPPLIER SPOTLIGHT

Searching for consumables?
Check out these NDIS registered providers:

Aleva is an Australian company providing products for incontinence and kid's bedwetting.
www.aleva.com.au

BrightSky provides an extensive range of everyday and "hard-to-find" healthcare products
www.brightsky.com.au

Daniels Surgical & Health Equipment is based in Rockhampton and provides a range of health products and consumables
www.danielssurgical.com.au

Aidacare (Mobility HQ) is an online retailer offering products to help with everyday tasks from mobility, toileting, bathing, dressing, cooking, eating and gardening.
<https://www.mobilityhq.com.au/>

LOW RISK CONSUMABLES – SOME IDEAS

Low cost low risk assistive technology is an option for almost all NDIS participants. What is appropriate for each person will be different. Below are just some of the products that participants have purchased:

- Electric timer toothbrush to know how long to brush teeth for
- Elastic shoelaces for someone with poor fine motor control
- ModiBodi underwear for someone unable to manage pads/tampons
- Time timer watch
- Noise cancelling headphones
- Mattress protectors
- Magnetic charging cable for charging phones, ipad



Did you know that the NDIS has indefinitely extended the use of core funding to access support coordination? This means that participants who were not originally funded for support coordination, or who have spent their dedicated support coordination budget, can still access help to get the most out of funded supports. Support coordination can assist participants to 'optimise' their NDIS plan, by using funding creatively but within the scope of the scheme. So if you have run out of support coordination funds, or know someone who could use the help of a support coordinator, core supports funding is now available to use for this purpose. We think this is a positive development for all!

WHAT DOES IT MEAN TO HAVE FLEXIBILITY IN CORE FUNDUNG?

Funding you receive for core supports can be used flexibly in all the categories in this budget:

In your plan	In the myplace portal	Description
Assistance with Daily Life	Daily Activities	For example, assistance with everyday needs, household cleaning and/or yard maintenance.
Consumables	Consumables	Everyday items you may need. For example, continence products or low-cost assistive technology and equipment to improve your independence and/or mobility.
Assistance with Social & Community Participation	Social, community and civic participation	For example, a support worker to assist you to participate in social and community activities.
Transport	Transport	This is support that helps you travel to work or other places that will help you achieve the goals in your plan. How you can spend your transport funding and how it is paid to you (whether upfront or in regular payments) will be different for each person. Your LAC will explain how you can use this budget.

This means you can use funding from another core category if you run out of funding in one area, as long as your purchases are related to plan goals and fit the rule of reasonable and necessary.

For example:

Eddie has funding in his core budget to help with tasks like getting dressed and cooking meals (his goals relate to being more independent). Eddie has purchased some items to help him prepare meals (special cutting boards, kettle tipper etc) and has been getting some 1:1 support in home. Eddie would like to use his core funding to do a cooking class in a group and reduce his 1:1 support at home.