



**Bedford**

# A list of the most common things people say they wish they knew before going into a Planning discussion.

---

## **1. You can never be too prepared!**

We speak to lots of people and no one has ever said they were too prepared for their planning discussion.

The best outcome and new plan will be achieved if you plan well and before your planning discussion.

The more you know about the NDIS and how it works the better your chances of getting a plan you will be happy with.

It will help to refer to the planning documents you used for your previous plan. If you don't have a copy, ask your Local Area Coordinator to give them to you before your discussion. This tool will assist you in preparing for your NDIS planning meeting, whether it is your first, second or third.

## **2. The Planner is going to ask you heaps of questions**

To help build your new plan the Local Area Coordinator or Planner will need to ask you a lot of questions. The questions can feel never-ending, and maybe even a bit repetitive. This is totally normal and there is no need to be concerned. Take your time in answering the questions and if you don't understand, say so.

## **3. It's totally normal to write things down and bring prompts with you**

The NDIS planning meeting can be a pretty stressful time, and sometimes important points can slip our mind. By writing things down, you can be sure you won't forget anything on the day.

Here's a few things we recommend you take with you to your meeting:

- Your NDIS plan
- A list of questions you would like to ask your Planner and be aware that NDIS will only put funds into your budget if the things you ask for are:
  - Reasonable and necessary to assist you in achieving your goals?
  - Is it something that the NDIS covers? Or is it something that the individual or another system takes care of?
  - Is it in line with your goals? Goals are a big thing in NDIS-land, so it's important that the goal setting is done properly.
  - Is it good value for money?
  - Is it likely to be effective and beneficial to you?
  - Does it take into account what is reasonable to expect of your family, carers, informal networks and community?



**Bedford**

# A list of the most common things people say they wish they knew before going into a Planning discussion.

---

## **4. Don't be uncomfortable to say how you really are!**

One of the biggest regrets that people have is not thinking about and planning for the bad days – talking about intimate details of your life to a stranger can be tough. But in the case of the NDIS, it is necessary. One of the most important things to remember going into your discussion is that the NDIS Planner does not know you. They will only know what you tell them. The more you tell them, the better they will understand your needs and goals, which will lead to the best outcomes for you.

At the end of the day, your Planner or Local Area Coordinator will be looking for insights into your life, what's working and what can be made better.

## **5. Some of it may sound a bit strange**

Lots of people say their NDIS planning meeting can feel a bit like another language. If you don't understand anything that is being said, ensure you ask for it to be explained to you. It's your plan and you need to be involved and have understanding.

## **6. You can bring in whoever you want**

Having someone who knows you well in the meeting can make a world of difference. They will have likely been through many of these meetings and can help support before, during and after. This could be a family member, a friend or even a service provider who knows you well.

---

**Contact us to find out how we can support you.**

**Enquire now  
Call us on 8275 0211.**