

There are seven steps to the **NDIS** process: [refer to <https://www.ndis.gov.au/participants-process>]

1

Check your eligibility:

- Call NDIA on **1800 800 110** or go to
- <https://www.ndis.gov.au/ndis-access-checklist.html>

2

Register:

- If you're eligible call **1800 800 110** to complete your Access Request Form over the phone or have it sent to you
- For more information go to <https://www.ndis.gov.au/access-requirements/completing-your-access-request-form.html>

3

Prepare for your Planning Meeting:

- For useful videos and to download the NDIS Getting Ready for Your Planning Conversation workbook go to <https://www.ndis.gov.au/participants/firstplan.html>
- For another planning workbook go to <https://www.everyaustraliancounts.com.au/wp-content/uploads/NDIS-Planning-Workbook.pdf>
- Where possible request the price of equipment and supports from your disability support services or suppliers
- Complete this Epilepsy Action Australia checklist

4

Your Planning Meeting:

- This can be over the phone or face to face
- EAA suggests you request a face to face meeting and have the person with disabilities and a family member/ support person present

5

Finalise Your Plan:

- A draft plan will be sent to you
- Take time to carefully review; discuss the plan with people you trust
- Agree on any changes with your NDIS Planner

6

Start Your Plan:

- For videos and factsheets about starting your plan go to <https://www.ndis.gov.au/participants/startingmyplan>

7

Review Your Plan:

- Go to <http://www.ndis.gov.au/participants/reviewingmyplan>

NDIS Planning Conversation

Your Personal Details:

In your first planning conversation with the NDIS you will be asked about¹ your name, age and address. You'll also be asked about your epilepsy and any other health conditions or disabilities. Make sure that you have all your personal details as well as any health reports or assessments in one place to make it easier.

Your Community and Mainstream Supports:

You will be asked about what support you currently receive from people in your life in your local community. This may include family, friends or neighbours as well as health services, sports groups or help at school.

Your Everyday Activities:

You'll be asked about the day to day activities that you undertake, or would like to undertake. This is an opportunity for you to discuss what services, support or equipment might make these activities or tasks easier.

Safety:

You will be asked whether you feel unsafe in any areas of your life, and what support or equipment may make you feel safer.

Setting Goals:

The Planning Conversation is an opportunity for you to talk about your goals for the future and what you want to achieve. This includes short term goals (immediate and essential needs) as well as long term goals that may be worked on over the 12 month period that the Plan is in place.

Starting Your Plan:

The NDIS representative will talk with you about how you want to manage your plan. The Plan will include a statement about how your NDIS funding will be managed. The Plan must specify who your funding will be managed by. You can choose to manage the plan yourself, use a registered plan management provider or the NDIA.

It is important that you discuss the management of your funding with someone you trust. You can find out more information about NDIS funding management here: <https://www.ndis.gov.au/participants/understanding-your-plan-and-supports.html>

Reviewing your plan:

Your first Plan will generally be in place for 12 months before the NDIS works with you to make any changes. Making changes to the Plan is called a Plan Review. A Plan Review is important in ensuring that your Plan continues to work well for you and provide the supports that you want and need.

If you feel a support or service provider is not helping you as much as they could, you can change providers. You don't need to wait until a Plan Review to do this.

If your circumstances or needs change you can contact the NDIS to talk about changing your plan. If needed, a family member, friend, carer or support provider can support you during a Plan Review². You can contact the NDIS about having a Plan Review at any stage of your plan³.

1 <https://www.ndis.gov.au/medias/documents/h68/h80/8798779670558/Checklist-Getting-ready-for-your-planning-conversation-21.10.16-accessible.pdf>

2 <https://www.ndis.gov.au/html/sites/default/files/My-NDIS%20-Pathway.pdf>

3 <https://www.ndis.gov.au/medias/documents/hee/ha0/8798779113502/Fact-Sheet-Developing-your-NDIS-plan-21.10.16-accessible.pdf>

Fact Sheet: Epilepsy and the NDIS

NDIS Planning Checklist:

This epilepsy checklist has been developed by Epilepsy Action Australia to help you think about what supports or resources you need to help minimise the impact of epilepsy on achieving your goals. Everyone has times when they require more supports. When completing the checklist think about the days you need more supports.

It is recommended you also look at the NDIS Pre-Planning Workbook before your planning meeting.

If you would like to work through this checklist with an Epilepsy Nurse Educator, please call Epilepsy Action on 1300 37 45 37.

THINGS TO CONSIDER:

Informal Supports In Your Network

These people provide me with the most informal support:

<input type="radio"/> My partner or spouse	<input type="radio"/> A neighbour
<input type="radio"/> My children	<input type="radio"/> A volunteer
<input type="radio"/> A close family member	<input type="radio"/> A grandchild
<input type="radio"/> A friend	<input type="radio"/> A parent
Other	

Of these people, I would identify _____ as my primary carer.
(A Primary Carer is someone who provides most of your care and support).

Does your primary carer:

<input type="radio"/> Live in your house?	<input type="radio"/> Live elsewhere
Other	
Comments:	

Community Participation

I currently access:

<input type="radio"/> Library services	<input type="radio"/> Child care / Before & After school care
<input type="radio"/> Education [school, TAFE, college, online study]	<input type="radio"/> Volunteering / Employment
<input type="radio"/> Gym / Sports	<input type="radio"/> Interest or Hobby Group
<input type="radio"/> Social Support / Peer Groups	<input type="radio"/> Meeting with friends or family
<input type="radio"/> Museums and Galleries	<input type="radio"/> Community Programs
<input type="radio"/> Recreational Activities	<input type="radio"/> Health and Wellbeing
<input type="radio"/> Emotional Support / Counselling	<input type="radio"/> Music, performances, movies
<input type="radio"/> Spiritual groups and services	<input type="radio"/> Shopping and Retail
Other	
Comments:	

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I would like to access in the future:

<input type="radio"/> Library services	<input type="radio"/> Child care / Before & After school care
<input type="radio"/> Education [school, TAFE, college, online study]	<input type="radio"/> Volunteering / Employment
<input type="radio"/> Gym / Sports	<input type="radio"/> Interest or Hobby Group
<input type="radio"/> Social Support / Peer Groups	<input type="radio"/> Meeting with friends or family
<input type="radio"/> Museums and Galleries	<input type="radio"/> Community Programs
<input type="radio"/> Recreational Activities	<input type="radio"/> Health and Wellbeing
<input type="radio"/> Emotional Support / Counselling	<input type="radio"/> Music, performances, movies
<input type="radio"/> Spiritual groups and services	<input type="radio"/> Shopping and Retail
Other	
Comments:	

What is important to me? What are my goals?

<input type="radio"/> To maintain or change my living arrangements	<input type="radio"/> To maintain family relationship and activities
<input type="radio"/> Access to the community / social activities	<input type="radio"/> Increased mobility
<input type="radio"/> Increased independence	<input type="radio"/> To maintain / gain employment
<input type="radio"/> Volunteering	<input type="radio"/> Maintain / improve my health and wellbeing
Other	
Comments:	

Epilepsy and the impact of seizure medication give me the following symptoms:

<input type="radio"/> Problems with memory	<input type="radio"/> Seizures I cannot control with medication
<input type="radio"/> Fatigue	<input type="radio"/> Poor motor coordination
<input type="radio"/> Trouble concentrating or thinking	<input type="radio"/> Pain
<input type="radio"/> Anxiety or stress	<input type="radio"/> Fear of having a seizure
<input type="radio"/> Depression	
Other (List symptoms from any other disabilities)	
Comments:	

These symptoms make it difficult to:

<input type="radio"/> Travel by myself on public transport	<input type="radio"/> Look after my children
<input type="radio"/> Live independently	<input type="radio"/> Maintain the house / garden
<input type="radio"/> Be alone at home	<input type="radio"/> Have social outings

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<input type="radio"/> Find and keep a job / volunteer work	<input type="radio"/> Drive
<input type="radio"/> Participate in sport / exercise	<input type="radio"/> Take vacations
<input type="radio"/> Do the shopping	<input type="radio"/> Prepare meals for myself / my family
<input type="radio"/> Complete my schooling or studies	<input type="radio"/> Go on school excursions / sports / camp
Other	
Comments:	

To minimise the impact of epilepsy on my independence in daily life I need:

<input type="radio"/> Assessment of safety needs	<input type="radio"/> Safety equipment e.g. seizure alarm
<input type="radio"/> Epilepsy Training for my carer/s	<input type="radio"/> Respite Services
<input type="radio"/> Epilepsy Training for my employer / school	<input type="radio"/> Epilepsy Training for community activities
<input type="radio"/> Memory aids [e.g. pill dispenser / medical reminder devices]	<input type="radio"/> Epilepsy Training for family members / friends
<input type="radio"/> Support with domestic tasks	<input type="radio"/> Physiotherapy
<input type="radio"/> Support with Seizure Management Plan	<input type="radio"/> Occupational Therapy activities
<input type="radio"/> Transport assistance	<input type="radio"/> Memory Training
<input type="radio"/> Peer support with other people with epilepsy	<input type="radio"/> Someone to support me in social and leisure
<input type="radio"/> Soft or hard helmet	<input type="radio"/> Bedding - safety pillow or bed
<input type="radio"/> Strategies for dealing with bullying / making friends	<input type="radio"/> Seizure monitors / smart watch / fall detectors
<input type="radio"/> Polarised sunglasses for photosensitive epilepsy	<input type="radio"/> Education for school to include me in excursions / sports
<input type="radio"/> Safety doors	
Other (list things you need to minimise the impact of your other disabilities e.g. mobility aids, wheelchair, therapy services)	
Comments:	

Consider the services you have received from Epilepsy Action Australia in the past and whether you are likely to need them again during this NDIS plan.

- Family education
- Assessment of safety needs and equipment
- Memory Strategies
- Seizure Management Plan
- School/ employer education about epilepsy
- Peer support/ contact with other people with epilepsy
- Information about epilepsy
- Counselling and emotional support
- Coaching on use of epilepsy self management tools
- epiDiary

Fact Sheet: Epilepsy and the NDIS

Now that you have considered the impact of your epilepsy complete the following table about your goals:

GOAL:	Challenges that stop me reaching this goal	Services or equipment to minimise these challenges

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This information is given to provide accurate, general information about epilepsy. Medical information and knowledge changes rapidly and you should consult your doctor for more detailed information. This is not medical advice and you should not make any medication or treatment changes without consulting your doctor.

