

ALL ABOUT ME; MY LIFE, MY WORLD, MY FUTURE

NAME:

DATE:

ABOUT THIS BOOKLET



What is this booklet for?

This booklet:

- ◆ is a guide to assist you to start thinking about how you would like to live your life - now and in the future
- ◆ it helps you to prepare for your NDIS planning meeting by gathering information about how your life currently is, the things that are important to you, the supports you have in place, and to think about any unmet needs and supports you may require
- ◆ it helps Wallara to understand how we might work with you in achieving your goals

How do I use this booklet?

- ◆ Once the NDIS has rollout in your area, you will receive a call from the National Disability Insurance Agency (NDIA) for a planning meeting. This booklet can be taken along to your planning meeting to assist you with your transition to the NDIS model of support.
- ◆ Wallara Australia will provide you with assistance to complete the booklet. You might also like to ask for assistance from a carer, family member or close friend
- ◆ If you have more information you would like to provide, you can attach extra pages and attach any document you think may be relevant e.g. doctors reports, allied health care plans etc.

Further Information:

If you require further assistance to complete the Wallara 'All about me' booklet or if you have any general enquiries regarding NDIS and planning please contact :

intake@wallara.com.au or

Sonia Went : Intake & Planning Manager: Ph: 97673358 Mobile: 0428 075 709 My Working days are Monday, Wednesday, & Thursday

Or **Janine Burns : Planning Officer Ph: 97673357 Monday to Friday**

ALL ABOUT ME

Who I am as a result of my beliefs, attitudes and unique life experiences ...

The most important things to me are

What I like about myself



What others like about me

How to best support me

My Relationships

Who are the most important people in my life?

My Family

Professionals

Home and Paid
Supports

Friends and other
important people

Me

Work

How I communicate and make decisions

What you need to know about how I communicate

Decision making: how I want to be involved

The people who make the final decisions in my life are (including financial decisions)

Who I want to support me in my planning meetings

My Home

My current living arrangements

I live in (type of home)	
Who I live with	
Who helps me at home	
What they help me with	
Equipment or other things I need to make things easier	

Everyday living

What I do now

Work	
Social/Community	
Education	
Things that I would like to try (that I'm not doing yet)	

My Daily Routine

How I spend my average week

	What I do currently	What is working well	What is not working well
Monday ♦ Morning ♦ Afternoon ♦ Evening			
Tuesday ♦ Morning ♦ Afternoon ♦ Evening			
Wednesday ♦ Morning ♦ Afternoon ♦ Evening			

My Daily Routine (Continued)

How I spend my average week

	What I do currently	What is working well	What is not working well
Thursday ♦ Morning ♦ Afternoon ♦ Evening			
Friday ♦ Morning ♦ Afternoon ♦ Evening			
Saturday ♦ Morning ♦ Afternoon ♦ Evening			

My Daily Routine (Continued)

How I spend my average week

	What I do currently	What is working well	What is not working well
Sunday ♦ Morning ♦ Afternoon ♦ Evening			

Things I sometimes do	Things that I like but haven't done in a while

My weekly supports (formal and informal)

	Who supports me to do this	Purpose	How often
Daily living (assistance with personal activities)			
Centre based group activities			
Employment			
Supported employment			
Community activities			
Individual supports in-home/community			
Therapies			
Behaviour support			
Transport			
Respite			
Finances			
Other			

Supports I need/would like but don't currently have	
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My daily aids, equipment or modification supports

(See NDIS Assistive Technology and Consumables Guide for reference)

Aid, Equipment or Modification eg incontinence aids, wheelchair, special mouse for computer etc.	When I use it	How often

Aid, equipment or modification I need/ would like but don't currently have	
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My Safety

What is important for me to stay safe and well

Behaviour Supports	
Proactive/Reactive Strategies	
Behaviour Support Plans (eBSP)	
Others	

Safety	What supports I need to stay safe
Home Safety	
Community safety (road, stranger)	
Safety equipment/Aid	

My Health & Wellbeing

My Current Health Status	
Disability diagnosis	
Management plans for allergies/illnesses	
Nutrition plan	
Mental health care plan	
Current medications	
What is going well with my health	
To have my best possible health, I need support for	

My Goals and Dreams

These may include: daily living, home, relationships, health & wellbeing, lifelong learning, work, social & community, and choice & control

My Short Term Goals (next 12 months)

My Long Term Dreams & Goals

(including my ultimate wish; e.g., overseas trip, participating in a marathon, sky diving, getting married, etc.)

Notes

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