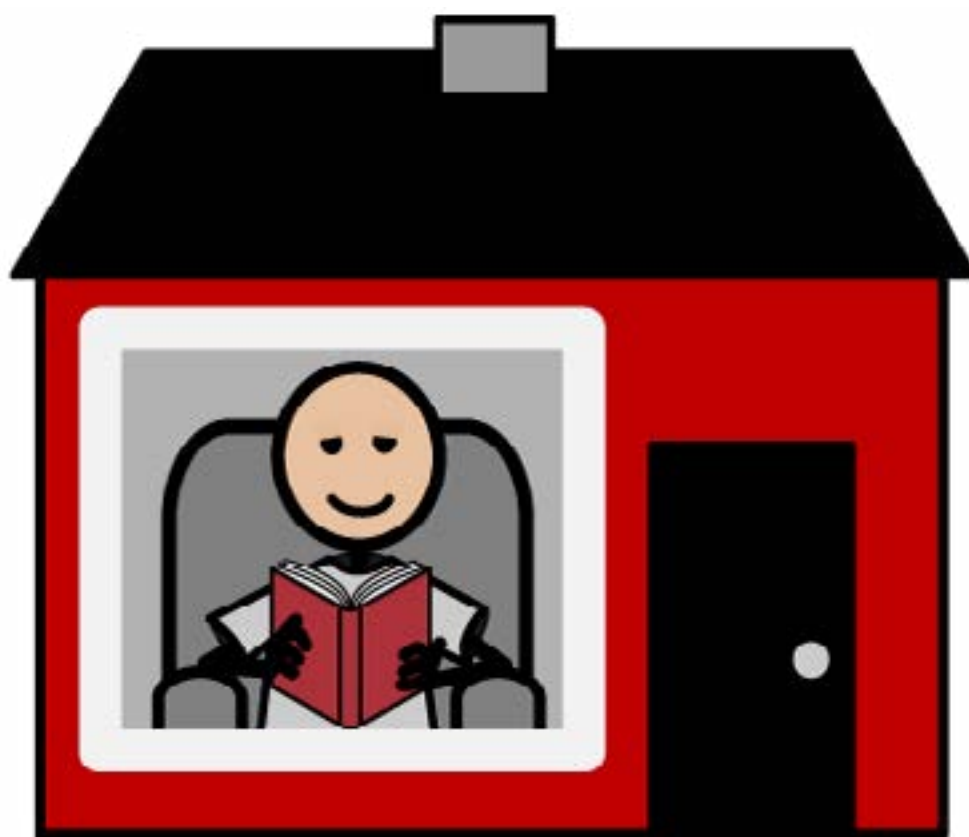




Planning Booklet



Planning Area 4: **Home**



Don't forget!

Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.

Discussing the idea of creating my own home

It is your right to have your own home. There are lots of ways of creating a home where you choose who you live with, where you live and how you live. You and your supporters might like some help to hear about and talk about some of the possibilities.

What would help me to discuss the idea of having my own home?

Look at the list in the table on the next page.

Choose as many ideas as you want.

Once you have done that you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the things that will help you to talk about having your own home.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this by?
Example: Meet with other people who live in their own home	I have no idea how I can do this so I think meeting people is the first step.	I will contact organisations and peer to peer support groups I am connected to and ask them to put me in touch with people.	I will need help to talk to people who are living in their own home. Support from a person to talk to people together	Yes, maybe someone from my support organisation will help me.	In the next month

Now it's your turn

Choose the things that will help you to talk about having your own home.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this by?
Talk to organisations with experience in supporting people to have their own home					
Read, listen to or looking at stories about how other people are living					

Thinking about the different places I can live

Deciding where the best place is for you to live can be tricky. You might need to think about your needs, as well as your wishes, in terms of where you live.

What things would help you to decide where you want to live?

Look at the list in the table on the next page.

Choose as many ideas as you want.

Once you have done this you can then think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

Choose the things that you would like help with to decide where I want to live	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
Example: Look at different types of places I can live like a different suburb, town, city, country town or a different state or a different country	To see some examples on my communication device. To talk to my supporters about what they think.	Yes dad can help me My dad can help me to talk to my supporters	I can ask Dad anytime

Now it's your turn

Choose the things that you would like help with to decide where I want to live	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
Look at different types of places I can live like a different suburb, town, city, country town or a different state or a different country			
Decide whether to stay in same place I am in now or a different place			
Decide whether to stay close to certain people or whether they could move with me			
Decide whether to live in a house, unit, granny flat, duplex or other kind of home			

What do I need near my home?

Think through the things you need near your home and create a list by choosing anything that is important. You can add more things if you want.

People I care about /who love me

Shops

Services like doctor, bank, dentist, post office

Near the train station

Near the bus

Close to places I like to go like movies or swimming pool

Near places I belong like church and clubs

In this Planning Area you can also download in the Extra Resources section a sheet called Ways People Live Factsheet which gives you lots more ideas.

Are there any other things I need close by?

Who to live with

It is important that you can choose who you live with.

Which of these ideas interest you on who to live with?	If you know their names, write them here.
Example: With my partner	Fred
With a friend or friends	
On my own	
With my partner or family	
With a pet or assistance dog	
With other family members	
With another person or family	
Is there anyone else you can think of? Write their names below.	
1.	
2.	
3.	

What are the next steps you can take about who you want to live with?

Fill out the table on the next page with as many steps as you can think of and the support you need for these steps.

Examples: I need to decide whether to live alone, ask people if they have space for me, find out about costs involved or find out when a room might be available.

Describe the next steps needed about who I want to live with	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask?	When do I want to do this?
Example: I have always lived with others. I've never done it before. Should I try living on my own?	I can tell people I am thinking about living on my own.	I need support to think it through. What is good about it? What are problems? Peer support To see some examples To ask my parents	Just my parents and my peer support group	I will ask my peer support group next meeting

Now it's your turn

Describe the next step in more detail	What can I do to make this idea happen?	Is there anything I want support with?	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this type of support? Yes or if No, who can I ask?	When do I want to do this by?
1.					
2.					
3.					
4.					

Trying different ways of living

Sometimes we need to try things out to see if we like them and to figure out what support we need. You can try out what it feels like to live in different places or with different people. For example, some people go on holidays as a first step to moving out of home.

Do I want to try some different ways of living?

Look at the list in the table on the next page.

Choose as many ideas in the first column as you want.

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do?

Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the ideas that will help you try different ways of living	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: Going on a holiday on my own	I would love to go on a holiday. I want to catch a plane. I don't think I can go on my own though.	I can tell my parents. I can see whether I have saved enough money.	Yes. I need support on a holiday so I need help to organise who will come with me and where I will go. Support to research and decide where to go Support to organise who will come with me	Maybe my sister Maybe John from my service	I see John in 2 weeks

Now it's your turn

Choose the ideas that will help you try different ways of living	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Going on a holiday on my own					
Going on a holiday with people I might like to live with					
Spending time in someone else's home to see what it is like					

Choose the ideas that will help you try different ways of living	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Staying by myself while my parents go away					
Staying with friends or other while my parents go away					
Living in a different location by renting or in short stay accommodation					

Finding and creating my own home

When you have your own home, you can design your home life to suit your needs and wishes. You can make choices about your home, including how you want your home to feel, having things you like around you, creating your own routines and choosing who visits. You have the right to feel safe, and to have the privacy you want.

Do I need help with finding and creating my own home?

Look at the list on the next page.

Choose as many things in the first column as you want.

Once you have done this you can then think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

Choose the things you would like help with to find and create your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
Example: Create and decorate my home so it reflects me and the feeling I want	List or visual plan Technology Help from a person to get the things I need I don't know if I can afford everything	Only my parents	When I get my home I need people to support me with this.

Now it's your turn

Choose the things you would like help with to find and create your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
Search for places to live and whether it is renting, buying or something else			
Create and decorate my home so it reflects me and the feeling I want			
Create routines which suit me			
Think about the roles I want in my home like organising, cooking and gardening			

Setting up my home so I am safe

Once you have decided where to live and who to live with, you might look at what you need to set up your home so you can be safe and enjoy privacy and independence.

What is needed to set up my home so I am safe?

Look at the list on the next page.

Choose as many things in the first column as you want.

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do?

Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the ideas that will help you be independent and safe in your home	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I want support with? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Example: Get safety equipment like fire blankets and extinguishers and first aid kits	I don't know where to get these things from.	I can learn to use them. I can ask my service to help me.	Yes. I don't know how or where to get these things. My support workers will need to know how to use them. Training to learn to use them Support to get these things	I don't know if my service will help me to learn before I move.	I will ask them when I see John next

Now it's your turn

Choose the ideas that will help you be independent and safe in your home	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I want support with? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Decide what furniture and appliances I need like things for the kitchen and my bedroom					
Organise things like my phone, internet, TV and electricity					
Modify things in my home to be accessible					

Choose the ideas that will help you be independent and safe in your home	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I want support with? What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	When do I want to do this?
Get the right equipment to be more independent - for example to turn things on and off easily					
Get safety equipment like fire blankets and extinguishers and first aid kits					
Learn about safety like locking my doors and what to do if strangers come to my home					

Looking after my home

Once you are in your own home there are many things you need to do in order to keep things running smoothly. You can start learning to do some of these things before you move into your home. You might need help to do some of them.

Do I need help to look after my home?

Look at the list on the next page.

Choose as many things in the first column as you want.

Once you have done this you can then think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

Choose the ideas that you would like help with to look after your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Can I start learning this now? How?	What can I do next and when can it happen?
Example: Money. For example using the ATM, paying bills and budgeting	I can learn to do these things. Someone to check each week that my money is OK	Yes. My parents give me money when I need it. I could learn to do this now.	I will talk to mum and dad.
Example Keeping my home clean	The right technology and equipment to make things easier for me Training to learn how to do it	Yes. I could learn how to do some of these things at home now. I can see if NDIS can help	NDIS Planning

Now it's your turn

Choose the ideas that you would like help with to look after your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Can I start learning this now? How?	What can I do next and when can it happen?
Decide all the tasks that I will do or learn to do			
Money. For example using the ATM, paying bills and budgeting			
Keeping my home clean			
Keeping my garden and house maintained eg cleaning gutters			

Choose the ideas that you would like help with to look after your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Can I start learning this now? How?	What can I do next and when can it happen?
Everyday things like personal care and bathing and preparing meals			
Caring for pets			
Making and getting to appointments like the doctor			
Knowing what to do in an emergency or a crisis			

Inviting people to be part of my life and new home

You might want to invite friends and family to spend time with you at your new place. Whether you enjoy quiet dinners, barbecues or lots of noisy parties, its up to you to design your social life at home.

Do I need help to invite people to be part of my life in my new home?

Look at the list on the next page.

Choose as many things in the first column as you want.

Once you have done this you can then think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

Choose the things you would like help with to invite others to be part of your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when can it happen?
Example: Make phone calls or other ways to invite friends to visit	I can do this if I can have a practice with someone.	Not right now I haven't moved	When I move

Now it's your turn

Choose the things you would like help with to invite others to be part of your home	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when can it happen?
Make phone calls or other ways to invite friends to visit			
Make phone calls, create Facebook party invites or other party invites			
Prepare what is needed for your event eg if it was a barbeque, pizza or movie night?			

Is there anything that still worries you or is challenging about having your own home?

Write them below, and use the questions to think about what support will make a difference

Write down any more ideas you have	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
Example: I will need to think about what I can afford. This is a big issue.	I think this will need to be a big part of learning how others have done it.	Can the NDIS help me to explore this?	Ask about NDIS planning
Example: I will need to think about accessibility. This is a big issue.	Learning how others have done it. Learning what the NDIS can do.	Can the NDIS help?	Ask about NDIS planning

Write down any more ideas you have	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support? Yes or if No, who can I ask to find it?	What can I do next and when?
1.			
2.			
3.			
4.			

Making a Goal

The main goal of this Planning Area was to help you work out what you need to live in your own home, in the community of your choice and with the support you need. You may now have a list of strategies and actions that can help you do just that!

If there is anything you want to add to this Goal statement, you can do that below.

Now you have finished, you may have a Goal, some Strategies to reach that Goal, and some Actions to help get started!

Thinking about help from NDIS to achieve this Goal

We suggest it is a good idea to do more learning about what can and can't be funded under NDIS.

Please note, we cannot say whether something you take to your NDIS Planning will be funded in your NDIS Plan.

Right now though, it is very important that you make note of the things from this area you want to consider in your NDIS planning.

Think especially about the areas where you said you didn't have any support to achieve something. This is something called an 'unmet need' because you don't have that support in your life right now, but you need that support. It means you're missing out on something. A good starting point with NDIS is to think about the things you are missing out on that would make life better.

An example we gave in this area was having help to keep my home clean.

Go back through this workbook and find the things you need to include in your NDIS planning. Put a star next to them or a sticky note so that you can find them again easily when you're doing your NDIS planning.

Who will you contact if you need help with taking any next steps in this area?