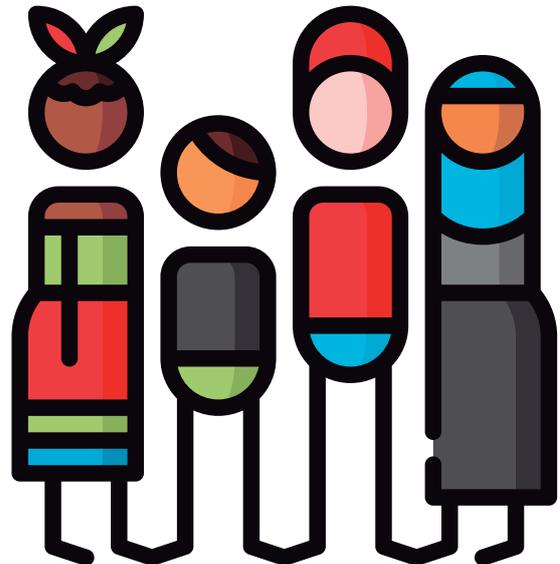




My Community

➤ How to make community engagement part of your NDIS plan.





What is this booklet for?

This booklet will help you to understand why becoming active in the community is important for you. It will also provide a guide for some of the community activities you can nominate in your NDIS plan.

Why is being active important for me?

Being active in the community means participating in activities outside of your home, usually with other people. Being active in the community can have both social and health benefits. Some benefits to you are:

- You can make friends and meet new people
- You can meet people who will provide support or help when things go wrong
- Give you a voice in the community and allow for your opinions and ideas to be heard
- Lower your risks of mental health problems

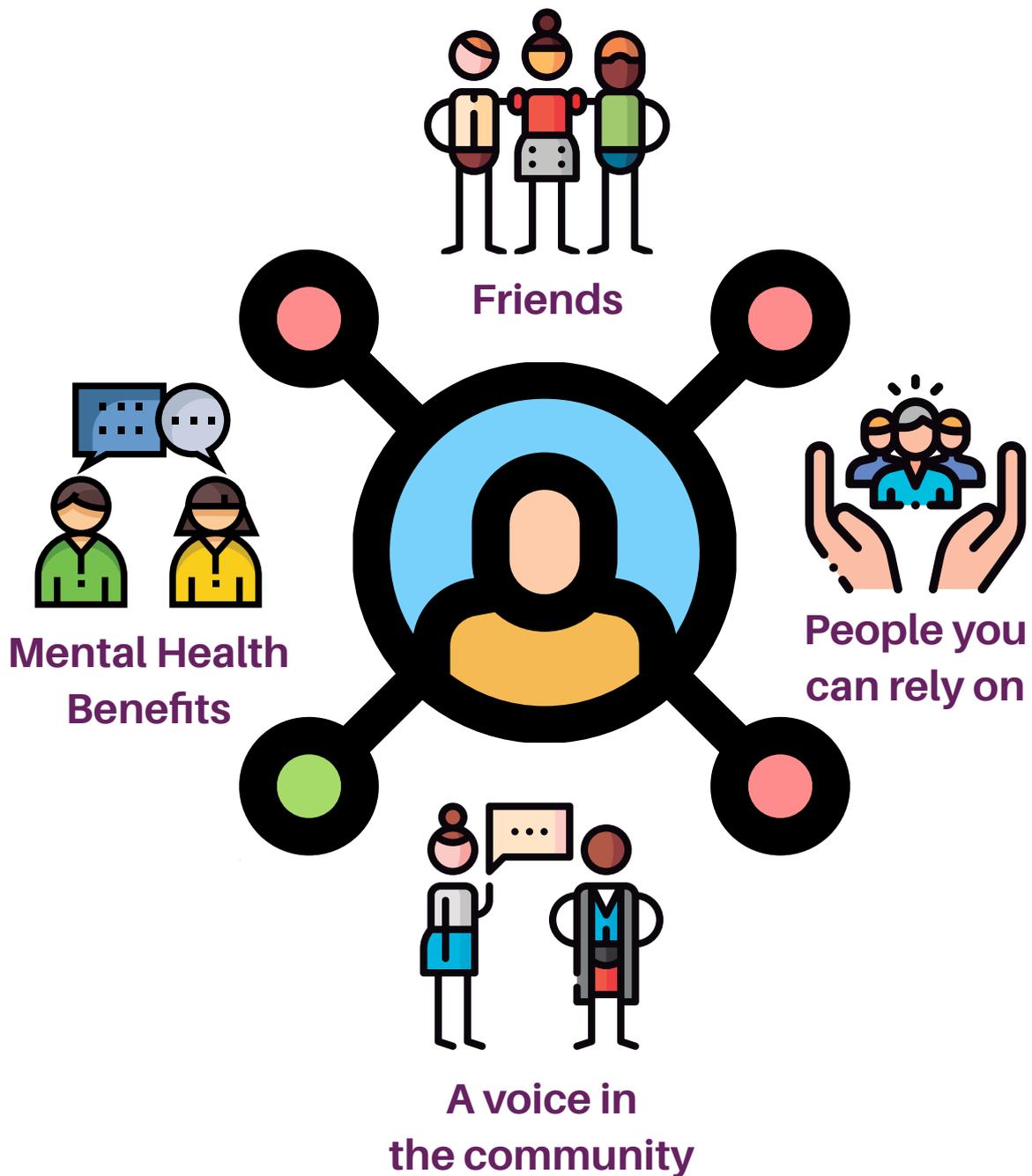
What skills can I gain from accessing the community?

Accessing the community can help you develop important skills. It can help you:

- Develop social skills
- Learn to self-advocate
- Gain skills such as money handling, cooking, working with children and animals
- Learn to move around the community with confidence
- Make connections to local businesses and people
- Teach others about you and people like you



What are the benefits for me?





Some terms you need to know

There are some words or terms in this book that may be new to you. So to make it easier, we have provided a list of words and their definitions on this page.

NDIS

The NDIS stands for the National Disability Insurance Scheme. It is run by the Australian government. It is designed to provide support for those with a lifelong disability, who are under the age of 65. The NDIS will assess your needs and create a funding plan, designed just for you. If you want more information:

www.ndis.gov.au/participants/planning-process

Local Area Coordinator

The Local Area Coordinator is also sometimes known as a LAC. LAC's are local organisations that link you to the NDIS and work with people and businesses in the community to be more welcoming and inclusive for people with a disability. In Gippsland your LAC is Latrobe Community Health and their phone number is **1800 242 696**.

Service Provider

A Service Provider is an individual or organisation that delivers a product or service to a person with an NDIS plan. A full list of the Service Providers in Victoria can be found at:

www.ndis.gov.au/document/finding-and-engaging-providers/findregistered-service-providers

Support Coordinator

A Support Coordinator is an organisation that helps you to manage your NDIS plan. They organise any supports that you need. Some people will not use a Support Coordinator.

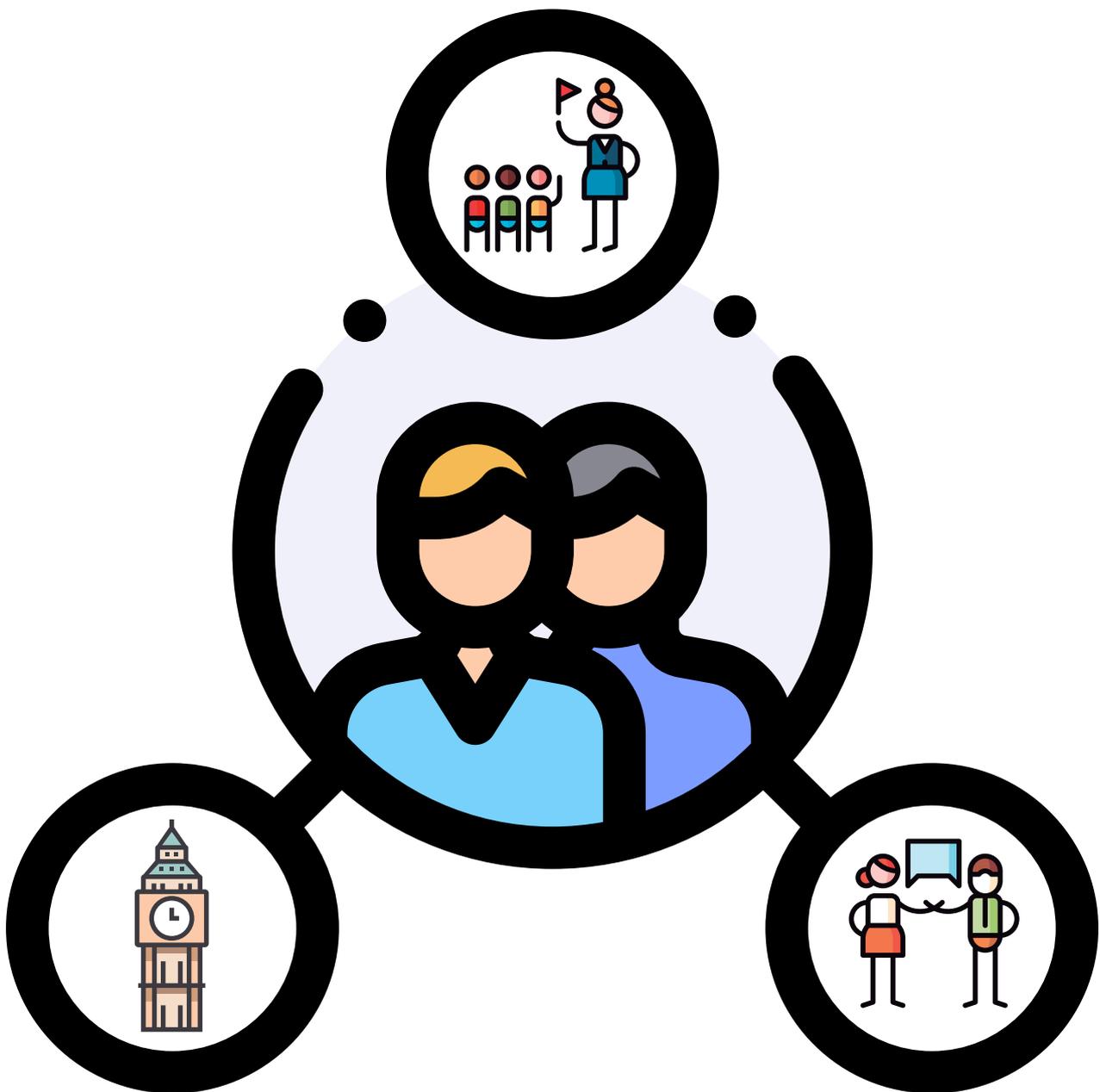
Some organisations are both Service Providers and Support Coordinators.

Self-manage

Some people will choose to self-manage their NDIS plan. This means that instead of using a support Coordinator they will organise their supports and activities by themselves, or with the help of family. You and your family will need to decide what is best for you.



Are you ready to be active in your community?





Accessing the Community with NDIS

How does the NDIS assist me to access the community?

The NDIS is focused on you. What that means is that every plan should be different and tailored to what you want to do- or your goals. The supports you need may be different to someone else. It is important to make accessing the community a priority in your plan so that you can do the things you enjoy.

What is a plan?

A plan outlines the things you want to do, or your goals for your life and the supports you need in order to achieve those goals.

What should I think about before making my plan?

- What activities would you like to do?
- Do you need a support worker?
- Do you need transportation?
- Do you need special equipment?
- Will you need to work with an advocate to make the activity accessible to you?

Do all the services I access need to be registered with NDIS as Service Providers?

People who are self-managed (meaning they look after their own plan) can use any business they like. People who are agency managed (people who use a Support Coordinator to manage their plan) will need to use businesses who are Service Providers.

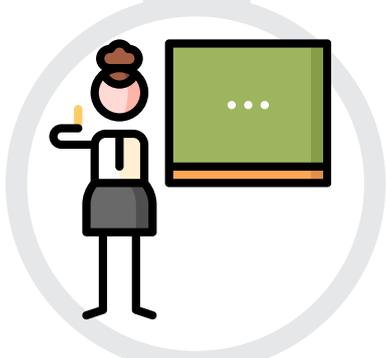
For example; If you use a Support Coordinator and want to do dance classes then the

dance studio needs to be a registered Service Provider. If the dance school isn't a Service Provider you can still put money aside in your plan for a support worker and transportation. You will just need to pay for the class yourself.

What happens if I do not qualify for NDIS?

Not every person will get an NDIS plan. But you can still make it a personal goal to access the community in your everyday life. Accessing the community will give you many benefits, such as friends, supports, advocacy and a voice. Not all activities require you to spend a lot of money Some, like volunteering are free.

Even if you don't qualify for an NDIS plan, the LAC and local advocacy organisations will assist you by working with organisations to make them more welcoming of people with a disability.



Before your **Planning Meeting**

- 1 Think about your goals**

At your **Planning Meeting**

- 2 Set your goals**



With your **Support Coordinator**

- 3 Discuss your needs and supports**
- 4 Start accessing the community**



Who can I do my activities with?

You get to choose who you do your activities with. You can choose to do activities only with other people who have a disability. Or you can choose to do them with the wider community, who may not have a disability.

Activities with the wider community

One of the main goals of the NDIS is to assist people with a disability to use the same services and activities as everybody else in the community.

Choosing to do activities in the wider community, will allow you to make a diverse range of friends. It will also give you a lot more activity options.

Activities that are open to the wider community are required to make reasonable adjustments which will allow you to attend.

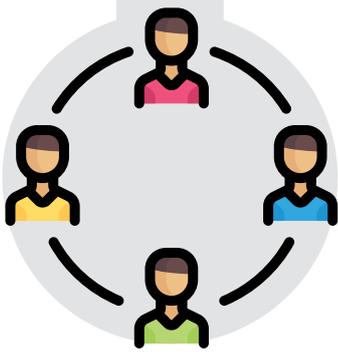
For example: If you want to attend a dance class but you need to take breaks to sit down, you need to make sure the dance teacher is aware of your needs so they can assist you.

Activities with other people with a disability

Some activities are only open to people with a disability. Some people enjoy this because they like to do activities with people just like them. Some people have been doing these same activities for a very long time.

For example: You have been attending a bowling club, run by a Service Provider for people with a disability. You can continue to attend this program.

You can choose to do both activities with other people with a disability and activities with the wider community.





Volunteering

Volunteering is helping others, without being paid.

What is volunteering?

Volunteering is time willingly given for the common good, without financial gain. It is helping other people or animals in your community. There are many different volunteer options, you will have to research to find the right position for you.

What are the benefits of volunteering?

Being a volunteer can help you develop skills for work, such as money handling, and working as part of a team. It can also assist you with meeting new people and becoming part of your community.

Where can I find volunteer roles?

There are several websites that list volunteer position.

Here are some of them:

- www.govolunteer.com.au/volunteering
- www.volunteeringvictoria.org.au/for-volunteers
- www.volunteeringinwellington.com.au

Types of volunteering:

There are lots of different volunteer positions you can choose from. Some will take more of your time than others. Some will require you to be physically active, others will need you to do paperwork, raise money or educating others. To choose which one is right for you, think about:

- What do you enjoy doing?
- What are your strengths, or the things you are good at?
- What does the organisation need?



What role is right for me?

- 1 Active Volunteer
- 2 Raising Money
- 3 Administration
- 4 Education



Physical Activities

Being physical means moving your body and exercising.

What are physical activities?

Physical activities is any activity that requires you to move your body. Even if you have physical limitations, there are many activities that you might want to try.

What are the benefits of physical activity?

Physical activities are important because they help keep you healthy and assist you to look after yourself better. They are also a good way to meet new friends.

Choosing the right activity will depend on your personal preferences. If you enjoy being outside you might want to try a sport or a walking group. If you like being inside, you might want to try the gym, a dance class or martial arts.

You might want to talk to your doctor before choosing a new physical activity, just to make sure it is the right one for you.

Where can I find physical activities?

There are several different places you can go, depending on the type of activities you are interested in.

- If you are interested in sport: www.gippsport.com.au/programs/access-for-all-abilities
- If you are interested in dance: www.allplaydance.org.au
- You can also look up your local recreations services in the phone book.

Types of physical activities:

- Sport is a team based activity, where you compete for fun against others.
- Fitness classes are groups of people exercising together.
- Individual activities. These are activities that you organise yourself, such as going for a walk.



Physical Activities

- 1 Sports
- 2 Fitness Classes
- 3 Self Organised Activities



I can join clubs

Clubs are groups of people who like to meet and who share a common interest.

What is a club?

Clubs are groups of people who meet, with a shared interest, hobby or cause.

Some will meet for recreation or for fun, some will meet with the goal of raising money or working on a project.

What are the benefits of joining a club?

Clubs are a great way to meet people who share the same interests as you. They can help you make lasting friendships. All clubs are different. Some you will need to pay money to attend. Others will be free. Some will meet outside, and some will meet inside.

Where can I find local clubs?

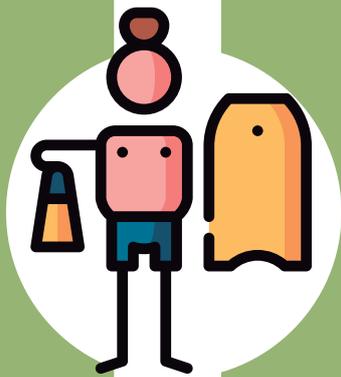
The best place to find clubs is on your local shire website under Community Directory.

- Wellington Shire:
www.wellington.vic.gov.au/Lists/Community-Directory

Types of clubs:

There are lots of different clubs, some which meet weekly, some monthly and some only a few times a year. When choosing a club, think about:

- What do you enjoy doing?
- Do you want a club that meets inside or outside?
- How often do you want to do the activity?
- Do you want to pay membership fees?
- How far can you travel to meet the club?



Clubs

- 1 Art clubs
- 2 Activity clubs
- 3 Raising Money



I can go to events

Events only happen once or twice a year and they are usually big occasions, open to everybody.

What is an event?

Events are public occasions that are open to everybody to attend. Sometimes there will be activities for you to do. Sometimes there will be things you can watch or listen to. Events are organised by different groups such as the council, government, schools, businesses or churches. Most events only happen occasionally maybe once or twice a year.

What are the benefits of attending an event?

Events give you the opportunity to participate in a community celebration, meet new people and explore the other opportunities that are in your community.

Where can I find out about local events?

You can check your council website. The Wellington Shire also have a Low Cost- No Cost guide, which can be found at: www.wellington.vic.gov.au

You may also want to attend events in Melbourne and you can find more information on www.whatson.melbourne.vic.gov.au/whatson/pages/whatson.aspx

Types of volunteering:

There are lots of different volunteer positions you can choose from. Some will take more of your time than others. Some will require you to be physically active, others will need you to do paperwork, raise money or educating others. To choose which one is right for you, think about:

- What do you enjoy doing?
- What are your strengths, or the things you are good at?
- What does the organisation need?



Types of events:

Theatre shows

Festivals

Dances

Fetes

Charity events

Art shows

Sporting events

Galas

Fun Runs

Fun Walks

Concerts

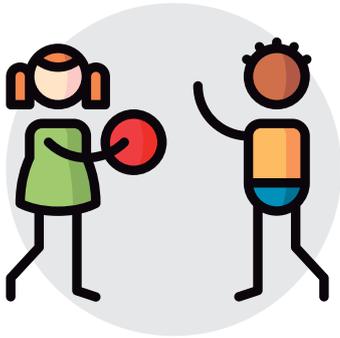
Fireworks

Shows

Parades



My goal is to become active in the community!



1

The activities that I enjoy are:

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2

The activity that I want to try for the first time is:

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3

I enjoy doing my activities with:

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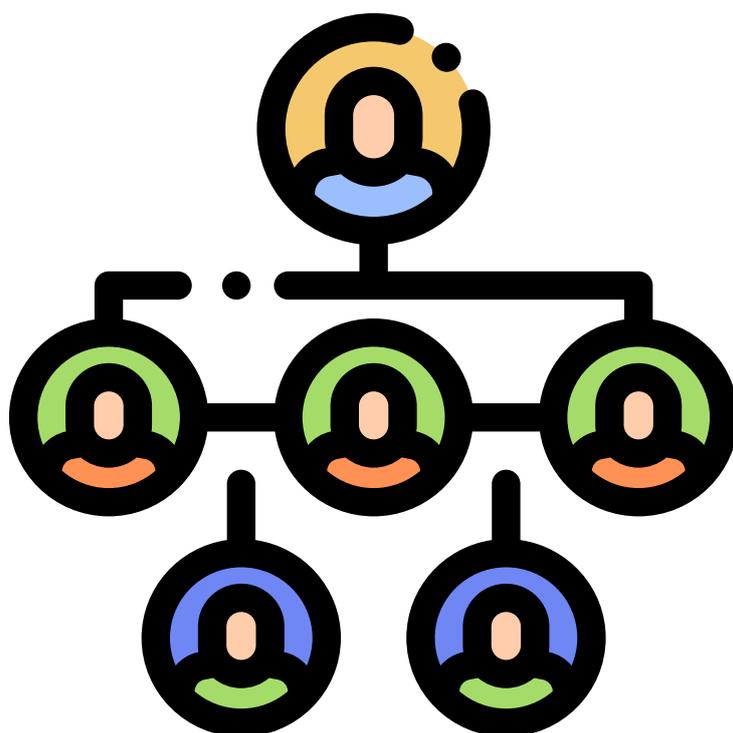


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The things I need help with are:

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'My Community' was made by Gippsland Women's Health with support from Women with Disabilities Victoria as part of the Here We Are Project.

This document is designed to encourage community participation and not to give advice about the NDIS. If you require assistance with the NDIS please contact your Local Area Coordinator on 1800 242 696.



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