

# Pave the Way Newsletter

April 2016

## Building Capacity

We're informed that the purpose of the National Disability Insurance Scheme (NDIS) is to enhance the quality of life, and increase economic and social participation for people with disability and their "carers". Naturally our focus tends to be on the person with a disability but for the reform to succeed, we also need to consider the needs of families and carers.

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The term "*reasonable and necessary*" is used when considering what supports will be provided under the NDIS. So what does "*reasonable and necessary*" look like in the case of the carer or family of the person with a disability? It's a difficult question to answer, as each person's situation is uniquely different due to a person's age, their level of dependency, what a good or bad day might look like and so on.

To help us understand our own situation, it might be helpful to think of what level of support would be reasonable to provide to a family member without a disability, compared to one with a disability? Such additional assistance, if considered "*reasonable and necessary*" under the definitions of the NDIS Act, constitutes what the NDIS can assist individuals, carers and families with under the Scheme.

When it comes to planning, the National Disability Insurance Agency (NDIA) wants us to not just think about supports needed to get us through the day, but also things that will assist us to build capacity for both the carer and the person with a disability. In an NDIS context, the term "*capacity building*" refers to "*the developmental support that helps people to think about their lives and their supports needed for the future*".

The following suggestions may help us identify what "*capacity building*" goals we need to consider when planning:

- a vision of a life included in the community,
- plans to move toward the vision,
- intentional strategies to bring others into one's life as a safeguard, such as through circles of support or using natural supports, and
- skills building to manage a budget of support resources or to help recruit, train, supervise and support one's own staff and so on.

These things will require careful consideration, but with sound planning of both carer and individual needs they are possibilities.

In this newsletter, we discuss both Planning and Housing. Should you wish to discuss these or other matters please feel free to contact us here at Pave the Way.

- David Isitt



## Preparing to Plan

When it comes to planning, there are various forms it can take. It can vary from an intentional cup of tea to a formal, facilitated planning session and everything in between. In this brief article, I want to highlight a couple of things that may assist you in preparing for and getting the most out of planning.

Before you begin the planning process, it may help to reflect on and reaffirm what you believe about people with disabilities. This may seem like a strange sentence but if you think about it, what you believe will influence *how* you plan. The summary of the NDIS guiding principles (to the left of this article) may help you to reflect.

With that statement in mind, what do you believe about people with disabilities?

Do you believe that people with disabilities:

- Can make a contribution through their life?
- Can have real friends and intimate relationships?
- Can perform meaningful work/activities?
- Can live independently with appropriate support?
- Can be more than just receivers of services?

What you believe will influence **how** you plan!

It's also good to be reminded that planning is more than problem solving. There will be problems to solve and detours to navigate but if the bigger picture is clear, it can often illuminate the path to take. Planning for a good life should be the overarching goal because the positive plan that results can inform and guide problem solving decisions down the track.

Along a similar line, it's good to think about whole-of-life planning as opposed to just service planning. Service planning can sometimes reduce our planning to simply thinking about how to fill in the 3 hours of support that's available this week. Whole-of-life planning asks the question "Where do I want to be in 12 months' time? 5 years' time? What areas/aspects of my life do I want to include"? Whole-of-life planning can produce vastly different answers and results than just service planning.

Another consideration is thinking through who you might like to invite to contribute to the planning. Inviting others to join you in the planning process has many benefits including a different perspective, other ideas, and often times a different set of community contacts. It's worth taking the time to think through who you would like to have planning with you.

Finally, planning sessions are greatly assisted if broad expectations are clarified. What is the purpose of the planning? Is it planning for the next ten years, is it planning for an important life transition coming up or is it planning for a holiday? Having some idea of the broad expectations can help you (and a group if you're planning with others) know when the planning session has achieved its intended purpose.

Pave the Way has a number of booklets around planning including "Planning for Now, Tomorrow and the Future" and "From Dreams to Reality" that provide information and ideas on planning in more detail. They are available for free download from our website.

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**"We believe people with disability have the same rights as others to develop, pursue their goals, participate in society, have respect and dignity, exercise choice and control, be equal partners in decisions that affect their lives, and be certain they will receive the support they need over their life"**

(NDIS: My pathway, my choices, my goals. Information for participants")

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## A Home for Life

Thinking about the future for our relatives with disability involves “whole-of-life” planning, and included in this is the big question around where our relative lives - especially when we are no longer here.

There is no quick or easy answer to this but something that can and needs to be worked through. To most of us our home is our sanctuary, where we have a sense of ownership, privacy, retreat, security and belonging. People generally want their own space; they want their own castle and want to be able to invite friends over just like anybody else.

When thinking about this big question you need to start with the person first rather than with the bricks and mortar, at least initially. Planning for a home is more than just finding a place to live, but rather it is planning for a person to live a fulfilling and meaningful life in their own home and within a community that will be theirs. There is much to consider in the establishment of a home that really is a home for your family member with a disability and getting this right certainly does require a lot of work.

On a practical level you will need to decide if your relative needs to live near public transport, or services such as accessible shops, medical facilities, their bank, work, friends and family. What areas have properties for rent and at an affordable price? You may need to consider a range of locations.

You will also need to consider what they need in their home - the number of bedrooms and bathrooms they need, depending on their support needs. Would a house, unit, flat, or duplex work best? Do they need a property where pets are allowed? Do they need to live at ground level or could they live in an apartment with a lift. Do they want to live alone or share with others?

The next major factor is how much rent can they afford? An affordable rent is where you still have enough money left to pay your other household expenses, such as food, bills, credit cards, transport, etc. after you have paid your rent. To do this you will need a budget to guide you to live in a home long term. Working this through won't happen overnight, but with careful planning, will become clearer over time.

There are many examples of families who have achieved this for their family member. You can view some of these stories on our website: [www.pavetheway.org.au](http://www.pavetheway.org.au)



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***Pave the Way now offers 'Planning for the Future' and 'Housing: A Home For Life' workshops in the Brisbane and Moreton Bay regions. For more information, see the back page of this newsletter.***

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## Pave the Way

Pave the Way is funded by the Department of Communities' (Disability Service) to deliver Participant Readiness activities. This aspect of Pave the Way's work will assist Queenslanders with disabilities, their families and carers in the North Coast, North Queensland and Far North Queensland regions to prepare for the roll out in July 2016 of the National Disability Insurance Scheme.

We will continue to assist families throughout Queensland to clarify their vision for their family member with a disability and to plan to implement that vision. We encourage planning which is vision driven, 'whole of life', developmental, outside service planning and which safeguards family members in the long-term.

## Contact Us

Please contact us if you would like to be on our mailing list, or if you would like information about planning for the future and preparing for the National Disability Insurance Scheme.

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[www.pavetheway.org.au](http://www.pavetheway.org.au)

## Upcoming Events

### Planning for Now, Tomorrow and the Future

Murrumba Downs	April 30
Cairns	May 7
Tewantin/Noosa	May 28
Gympie	June 11

### Paving the Way to the NDIS

Ingham	April 12
Innisfail	April 13
Cairns	April 14
Mareeba	April 27
Dysart	April 27
Moranbah	April 28
Cairns	April 28
Port Douglas	April 29
Cairns	April 30
Samford	May 5
Noosaville	May 11
Nambour	May 12
Kawana	May 13
Lawnton	May 18
Bribie Island	May 25
Caboolture	May 27
Mackay	May 30

### Housing: A Home For Life

Redlands	April 19
Kingston	April 21
Murrumba Downs	May 17
Kenmore	May 26
Mackay	May 31

### Planning for the Future

Kenmore	April 16
Murrumba Downs	April 22
Redlands	May 19
Kingston	May 24
Mackay	May 31

**Please note that sometimes the dates of events may change, due to unexpected circumstances. For an up-to-date events calendar, please see our website or contact the office. Event flyers are sent to those on our mailing list closer to time.**