



Goals for your child and the NDIS



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book



raisingchildren.net.au
the australian parenting website

This book is from **Raising Children Network**.



Raising Children Network or

raisingchildren.net.au

is a website with information to help parents.



This book is about

- **goals** for your child

and



- the **National Disability Insurance Scheme**.

Goals are things you want your child to achieve with support.



For example, your child wants to be able to tell other people when they need something.



The National Disability Insurance Scheme or NDIS helps people with disability get the care and supports they need.

About NDIS goals for your child



Your child will have goals in their **NDIS plan**.

An NDIS plan says all the things the NDIS can help **participants** with.



Participants are people who get support from the NDIS.



Goals are an important part of the NDIS plan.



Start to think about goals for your child **before** your first meeting with the NDIS.

How to set NDIS goals for your child

To make NDIS goals for your child you can think about



- their daily life
 - for example, they need help to get dressed



- their likes and interests
 - for example, they want to find friends who like to do the same things



- what they want for their future
 - for example, what they can do by the time they finish school



- what would make it easier for you to care for them
 - for example, equipment to make it easy to get out of bed or have a bath.

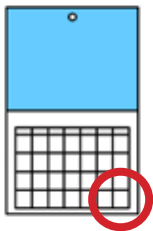


You can also think about

- what you want your child to achieve
- why you want your child to achieve it
- when you want your child to achieve it by.



You can make **short term** goals.



Short term means goals you want to make happen in 1 year.



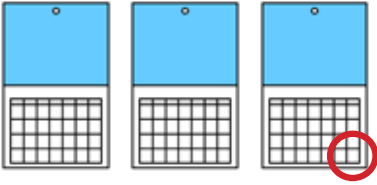
For example, you want your child to be able to hold a spoon.



Short term goals can help you know if your child's plan is working well.



You can make **long term** goals.



Long term means goals will take more time to happen.



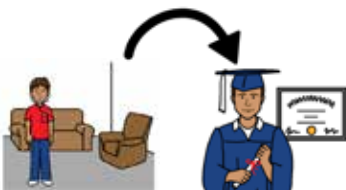
For example, your child wants to stay home alone when they are a teenager.



Long term goals can have many steps that will help your child achieve the goal.



For example, your child needs to be able to use a phone so they can stay home alone when they are a teenager.



Long term goals might change as your child achieves more.

Services and supports



Your child's NDIS plan will have money for supports to achieve their goals.

Think about what supports your child needs to achieve their goals in the NDIS plan.

For example



- physiotherapy for your child to help them feed themselves

or



- money to learn Auslan or Key Word Sign so your child can communicate with family and friends.



Include **all** your child's goals in the NDIS plan even if some goals have **no** money.

Who can help you?



Your child might be able to help you make goals for them.



You can ask your child what they would like to do better or more often.



If you ask your child to help set their goals they can feel

- in control

and

- more confident.



Older children might be able to say what will help them achieve their goals.

For example, your teenager likes going to the gym and wants help to use the equipment.



You can ask professionals who know your child to help set goals for them.

For example

- a doctor
- a teacher
- a therapist.



People from the NDIS can help you set goals for your child and decide on the best supports.

For example



- NDIS **early childhood partner**
 - an early childhood partner will help you get the best help for your child



- NDIS **local area coordinator** or LAC
 - a local area coordinator can answer questions and help make your plan happen



- NDIS **planner**
 - a planner helps you to plan for a better future with the right supports in your NDIS plan.

More information



Go to www.ndis.gov.au



Call 1800 800 110
Monday to Friday
8 am to 8 pm



TTY users
1800 555 677



Telephone Interpreting Service
131 450

Voice Relay

1800 555 727
then ask for 1800 800 110

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