

BREAK DOWN TASKS

to BUILD UP
YOUR LIFE!

The National Disability Insurance
Scheme – short and simple



At the beginning of my journey as a carer, over 19 years ago, I came to a realisation.

To be the best carer I could be, for as many years as I was needed, I had to build a 'happy me'.

If I could build a positive mindset and fulfilling opportunities for myself, then my physical, mental, emotional and spiritual wellbeing would empower me to build up, support and sustain the wellbeing of the individuals in my daily care.

Yes You Can

- 1. Make a list of your most important needs, wants or goals.**
- 2. Build your confidence by choosing one need, or one goal to achieve at a time.**
- 3. Complete one or two tasks each week which will help to bring about your chosen result.**

Your Resources:

1. List the trusted and supportive people in your life.

Which of these people would agree to a plan of mutual assistance?



- **For example, if a person was able to give you time away from your carer responsibilities for 2 or more hours per week, in exchange you could agree to provide them with transport, a home cooked meal, ironing, childcare, etc.**

Your Resources:

- 2. Talk to other carers
about how they achieve time for themselves.**
- 3. Find out about your local council services
(aged care services, cultural, recreation, leisure).**
- 4. Find out about your council's community transport program.**
- 5. Your local Neighbourhood house service provider may have courses or
social groups you can attend (as well as for the individual in your care).**
- 6. Find out about local programs or services which may be able to link you
to suitable community volunteers.**

Your Resources:

7. FUNDING

- Commonwealth Home Support Program (Aged Care www.myagedcare.gov.au).
- Carers Allowance (Centrelink).
- Carers Payment (Centrelink).
- Disability Support Pension (from 16 years of age – Centrelink).
- National Disability Insurance Scheme (NDIS – 0 to 65 years of age).

For further information about the NDIS go to

www.ndis.gov.au . The factsheets and publications for participants are very informative.

SELF-MANAGING NDIS FUNDING

Children and adults who are eligible to receive funding from the National Disability Insurance Scheme, will potentially be able to experience new opportunities and have more choices and control in their life.

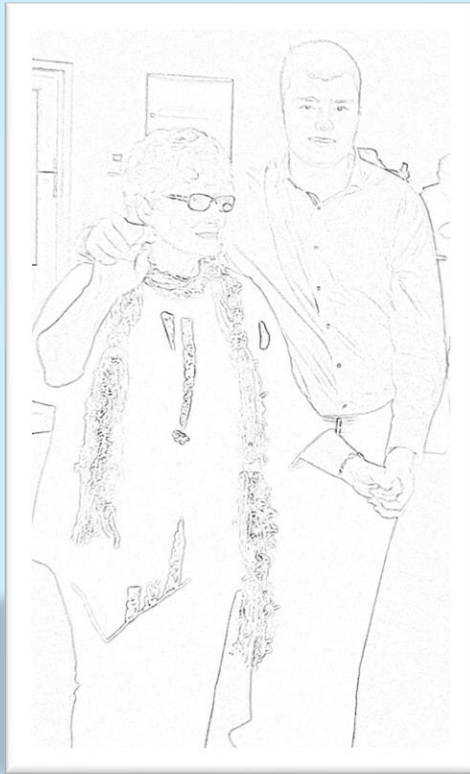
If you are a carer of an individual who needs support with their activities of daily living and who is receiving this funding, then it follows that you may potentially experience new opportunities, choices and control too.

Choosing to self-manage the funding of the individual in your care can potentially enable you to have more flexibility of opportunities, choices and control.

For example, you can choose to employ people and service providers who are NOT registered as NDIS providers.

So, you could employ people of your choice, to work the hours of your choice, to fulfil the goals of your NDIS plan.

The BENEFITS of SELF-MANAGEMENT



You can build your own team of support workers, from people who already have a relationship with the individual in your care.

These familiar people could be experienced staff or employees from schools, holiday programs, recreation and leisure programs, cultural programs, or from other community services organisations.

Being able to sustain long-term relationships with support workers is potentially a very positive benefit for all involved.

What do I need to do?

“I want to employ my support workers without having the ‘business responsibilities’ of an employer...”

1. Choose a Financial Intermediary (F.I):

- **they will organise payment for your support workers, so that you don't have to worry about organising their earnings and entitlements.**
- **ensure that the F.I provides the necessary INSURANCE for your support workers.**

**For example, Carer Solutions Australia
is a financial intermediary which assists carers
to employ and pay support workers of their choice.**

www.carersolutions.com.au



What do I need to do?

2. If you choose to use Carer Solutions Australia, the support worker of your choice will need to sign a contract (with CSA and yourself).

In Victoria, your support worker will need to organise a National Police Check and a Working With Children Check (if they are working with a person under 18 years of age). Other states and territories have similar programs and requirements.

- 3. The organisation who helps you with your NDIS funding application can also help you to set up the building blocks of self-management.**



These steps include:

- An email account for the individual in your care.**
 - A MyGov account for this child/adult.**
- Access to the NDIS funding portal is via the MyGov account.**
- The bank account details of the individual in your care will be added to their details on their NDIS portal.**

Once you are set up, this is HOW IT WORKS

1. Your support worker works for you.
2. You submit their timesheet to Carer Solutions Australia (if you have chosen to use them).
3. CSA pays your support worker.
4. CSA sends you an invoice.
5. You request payment of this invoice from the NDIS portal, via the MyGov account.
6. NDIS funding will be sent to the bank account you have nominated.
7. You will pay the CSA invoice
(electronic banking is faster and easier).
8. You will keep a record of your invoices and payments.

****Please note that you can choose to self-manage the NDIS funding AND still use support workers from other disability organisations.***

You would sign a service agreement with your chosen organisation, regarding the type of service and hours of service needed.

The invoices will be sent to you for the services provided and you will follow the above steps of numbers 5, 6, 7 (pay this organisation, not CSA) and 8.

If the NDIS funding is also to be used for Respite Accommodation, then check to see if you need to pay the invoices or if payment of the invoices is an 'in-kind' arrangement (directly from service provider to service provider).

NDIS GOALS and FUNDING

In your NDIS plan, requesting funding for a support worker to assist a child or adult with a permanent and significant disability, can potentially enhance quality of life for the child/adult, as well as for their carer and any other members of the family with whom they live.

Apart from personal care, a support worker can also assist the child or adult to achieve Social and Economic participation within the community.

SOCIAL PARTICIPATION

for the NDIS participant (child or adult)



The child or adult in your care may benefit from having a support worker to assist them to build their capacity to participate in:

- **health and fitness programs, sports groups, creative and leisure programs**
- **peer support groups, social (cultural, friendship or mentoring) groups, life-skills activities (shopping, cooking, numeracy, literacy, using public transport).**
- **Such goals need to be a part of their NDIS plan.**

Increasing their confidence to form relationships with people beyond their main carer and/or their immediate circle of support, can potentially build their capacity to be more independent.

ECONOMIC PARTICIPATION

NDIS Participant

The adolescent or adult in your care may benefit from having a support worker to assist them to build their capacity to participate in:

- short courses, TAFE courses, University, voluntary work and work experience in the community, to build skills which lead to employment.

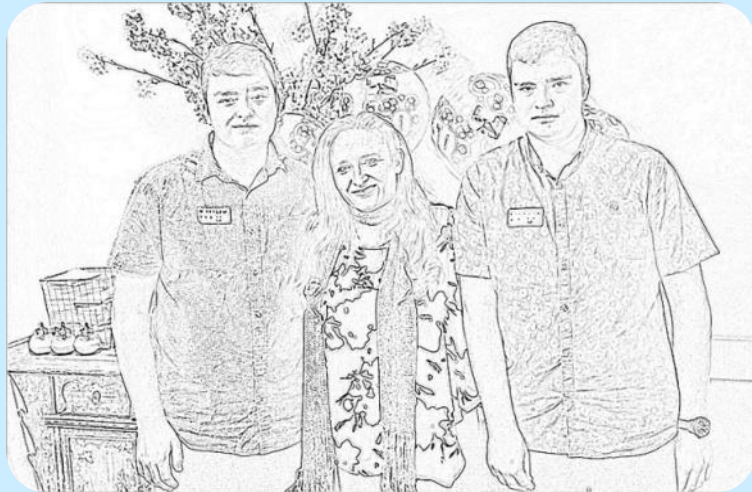
Support workers may also provide assistance to the adolescent or adult at their place of employment.

Such goals need to be a part of their NDIS plan.



ECONOMIC PARTICIPATION

Carers



Whilst the NDIS participant is building up their economic participation capacity, with the assistance of their support worker, the carer may be able to use this time to:

- **participate in short courses, TAFE courses, University, voluntary work, or to re-enter the workforce.**

Support workers may be able to assist the NDIS participant with transportation to and from their place of training or work (if this is in their NDIS plan), whilst the carer is engaged in their own opportunity of economic participation.

I wish you well
on your Journey!