

8. Your Goals



Every NDIS plan is based around a set of participant goals which are two or three main goals a participant wants to achieve based on the needs identified in each domain as discussed in the previous video.

Most NDIS plans will have two types of main goals. Two or three short term goals for the duration of the plan usually twelve months and two or three long term goals over the next five years. These goals will be set with your NDIS planner in your first planning meeting.

NDIS funding is based around these goals and requested supports and services are viewed and recorded in relation to how they help you achieve them. So it's a good idea to have practised and prepared some example goals before your first NDIS planning meeting. It's also a good idea to think about how each support and service you would like NDIS to fund can be linked to your goals and how they are reasonable and necessary to achieving them.

The best way to prove that services and supports are reasonable and necessary is to back them up with plenty of relevant evidence and documentation. This is discussed further in the evidence video.

When practising your sample goals prior to your first NDIS planning meeting it's a good idea not to make them too specific and to keep them general so that they can be applied to a range of supports and services.

The goals will also need to be directly related to your needs in relation to your disability condition or functional impairment. This is one example of a well-structured goal:

To increase inclusiveness in family and social relationships in the community.

You can see that this is a very general goal which could include a range of supports and services around the theme of inclusiveness such as, interpreters and captioning for specific events and activities, deaf awareness training, Auslan training and tutoring sessions for the family, a support worker to assist with access to the community and increased confidence, community and recreation events such as camps for deaf and hard of hearing young people.

Some evidence which may be used in relation to this goal may include audiology or speech pathology reports, school or psychological reports relating to your social development and inclusion, information to the extent to which schools and community groups are inclusive, peer reviewed research explaining the importance of access to Auslan for social development.

Here is a second example of a well-structured goal:

To increased independence, self-reliance and confidence in daily tasks and activities.

This kind of goal around the theme of independence can again include a range of supports and services such as aids and equipment, allied health sessions, a support worker to gain independent skills in the community and at home, travel training and adult skills development, work experience and employment training, psychology or counselling session to support increased confidence and self-esteem and any other supports relevant to independence which might relate to other complex needs.

Some evidence which could be used to support you in achieving these goals might include, audiology reports, allied health reports such as speech pathology, occupational therapy, physio therapy. Reports or support letters from psychologist or counsellor, relevant school reports, research relating to common challenges and barriers faced by

deaf and hard of hearing children and young people in developing independence and resilience and how to overcome them.

You can practise writing out some sample NDIS goals and linking them to relevant reports in the Deaf Children Australia's NDIS planning workbook.

Deaf Children Australia can also be contacted to provide additional support with NDIS pre-planning.