



Government of **Western Australia**
Department of **Communities**
Disability Services

alzheimer'swa
the dementia experts

Younger Onset Dementia and the National Disability Insurance Scheme (NDIS)

**Understanding the planning process and how
Alzheimer's WA can support you**



Introduction

This booklet is designed to provide you with the information you need to better understand the National Disability Insurance Scheme (NDIS), the eligibility process, and identify goals and supports to assist you in your planning meeting.

What is the NDIS?

The National Disability Insurance Scheme (NDIS) provides funding to support to people under the age of 65 and living with disability (such as younger onset dementia) to live an ordinary life and achieve their goals. The NDIS also supports families and carers.

If you are living with dementia, and under the age of 65, you can access support from Alzheimer's WA through the NDIS.

How can Alzheimer's WA help you?

We understand everyone is different. Every person's experience with dementia is different. That's why our services are tailored to help you through your dementia journey.

We see you before the dementia. We will support you to live in your own home for as long as you are able. We can help those around you understand how to support you too. Our services embrace your individuality and help to minimise the impacts of dementia.

Services to support you

We can help you

- » Achieve your goals and aspirations
- » Engage in your local community
- » Build and maintain relationships
- » Continue everyday activities such as personal care, cooking and cleaning
- » Engage in new activities such as golf, Men's Shed or craft groups
- » Plan for the future.

Eligibility Process

If you are an Australian Citizen living in an NDIS roll out area, are under the age of 65 and are living with younger onset dementia you may be eligible for the NDIS.

1. Are you under 65?

You need to be under 65 years of age when you apply to join the scheme.

2. Are you an Australian Citizen living in a roll out area?

You must live in Australia and

- » Be an Australian citizen or
- » Hold a Permanent Visa or
- » Hold a Protected Special Category Visa, that is you:
 - Were in Australia on a Special Category Visa on 26 February 2001 or
 - Had been in Australia for at least 12 months in the 2 years immediately before 26 February 2001 and you returned to Australia after that day.

Do you meet the disability requirements?

You may meet the disability requirements if:

- » You have an impairment or condition that is likely to be permanent (i.e. it is likely to be lifelong) and
- » Your impairment substantially reduces your ability to participate effectively in activities, or perform tasks or actions unless you have:
 - Assistance from other people or
 - You have assistive technology or equipment (other than common items such as glasses) or
 - You can't participate effectively even with assistance or aides and equipment and
 - Your impairment affects your capacity for social and economic participation and
 - You are likely to require support under the NDIS for your lifetime.

An impairment that varies in intensity may still be permanent, and you may require support under the NDIS for your lifetime, despite the variation.

For more information about NDIS eligibility, please visit [ndis.gov.au](https://www.ndis.gov.au)

What if I'm not found eligible?

Other government and community services like My Aged Care, Alzheimer's WA and Carers WA may be able to assist. You can test your eligibility for the scheme as many times as you like.

How do I apply for the NDIS?

1. To start the eligibility process, contact NDIS on **1800 800 110**
 - » As part of your application process you will be asked to complete an 'Access Request Form'
2. Once you have completed the Access Request Form, you will need to complete the "Evidence of Disability Form". This needs to be completed by a doctor or specialist and sent back to NDIS.

To speed up the process make sure you have the following information ready to go:

- » Proof of diagnosis (letter / report from a neurologist)
- » Proof of age (driver's licence)
- » Proof of citizenship (birth certificate or citizenship certificate)
- » Proof of address (power, water or phone bill)

You can also allow the National Disability Insurance Agency (NDIA) to access to your Department of Human Services record (Centrelink).

NDIS Planning Process

Once you have been found eligible, contact Alzheimer's WA. Our staff will organise a time to meet with you and discuss the planning process. We will support you to access appropriate services by assisting you to prepare for your planning meeting, and advocating on your behalf for the services and supports you require to ensure your plan meets your needs.

Before you meet with a NDIS planner, you will need to consider some of the following information:

- » What support do you need to complete daily activities?
- » What are your current goals or aspirations?
- » What support do you need to increase your independence?
- » How can NDIS support you to achieve your goals?

This will help the planner to determine what reasonable and necessary supports the NDIS may fund.

Daily Routine

In order to prepare yourself for the planning meeting, it is important to know what your daily routine looks like.

In the table on the following page, think about what you do in a 24 hour period. Write down all of the things that you do each day (visit the shops, attend church) and think about the support you may need from another person.

Here is an example:

DAY	DAILY ACTIVITIES	WHO PROVIDES SUPPORT
e.g. Monday	<p>Morning routine: Breakfast, take medication, brush teeth, shower, get changed for my day, read the newspaper</p> <p>Activity: Lunch with friends at a cafe</p> <p>Afternoon: Rest on the couch watching a movie</p> <p>Evening routine: eat dinner with my wife, watch TV or read a book, brush teeth, go to bed</p> <p>Overnight: Use the toilet x 1</p>	<p>Support person - Wife: reminder to take medication, help to choose clothes for the day and reminder to wear glasses</p> <p>Support person – Wife: Make dinner together with my wife</p> <p>Support - Sensor light: to help find my way to the bathroom at night</p>

DAY	DAILY ACTIVITIES	WHO PROVIDES SUPPORT
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Monthly Activities

Aside from the things you do each day, there will be other activities that you do less often that you may need support with. This may include playing a monthly golf game with your friends, going to the hairdresser, visiting your friends and family. Using the box below, write down the irregular activities you do and how much support you may need to participate in these activities.

MONTH	ACTIVITY AND HOW OFTEN	WHO PROVIDES SUPPORT

Living Arrangements

This section is important in understanding where you live, who you live with and what support you may need to maintain or change your current living arrangements. The questions below might assist you to think about this in more detail.

Who do you currently live with?	
What type of accommodation do you live in?	
Is there anything that you would like to change about your living arrangements?	
Is there anything that would make your living arrangement easier or increase your independence?	
What type of accommodation might you need in the future?	

Relationships and Support Networks

Now let's look at the people that provide you support on a regular basis. Your support network may include family, friends, or neighbours and the NDIS refers to these people as your informal supports.

Who are the important people in your life and how often do you see them (friends, family neighbours)?

Formal Support

Although your informal support networks are important, you may also need to access formal supports (community groups, therapy services or respite). Have a think about what you currently access and what you may need to access over the next 12 months to maintain your independence.

<p>Therapy Services</p> <p>What are you accessing now and might you benefit from in the future?</p> <p>For example: occupational therapy, physiotherapy.</p>	
<p>Community Groups</p> <p>What community groups do you attend as part of your local community?</p> <p>This may include local sporting clubs, religious groups or local council run activities.</p>	
<p>Aids, Equipment or Modifications</p> <p>What aids or equipment do you have?</p> <p>How often do you use this equipment?</p> <p>Is it appropriate?</p>	

What might you need in the future?

Programs or Services

What support do you currently receive at home or in the community to maintain your independence?

What might you benefit from in the future?

This may include transport, community access, managing money, respite (group or 1:1), social engagement, volunteering, domestic support, day clubs, overnight respite.

Goals and Aspirations

Finally, think about some goals or aspirations that you may want to work towards over the next 12 months and what support you might need to achieve these goals.

The table below looks at different areas of your life and invites you to develop some goals.

CATEGORY	GOAL (include time frame)
Employment / Volunteering Would you like to remain in employment, volunteer, or change work hours?	
Education Would you like to attend a course or further your learning?	
Social Participation Would you like to join a new club, find age appropriate activities, make new friends, or be supported to engage in the community?	
Independence Would you like to access your home or community more independently?	

Living Arrangements

Would you like to modify your current home or live somewhere different?

Health and Wellbeing

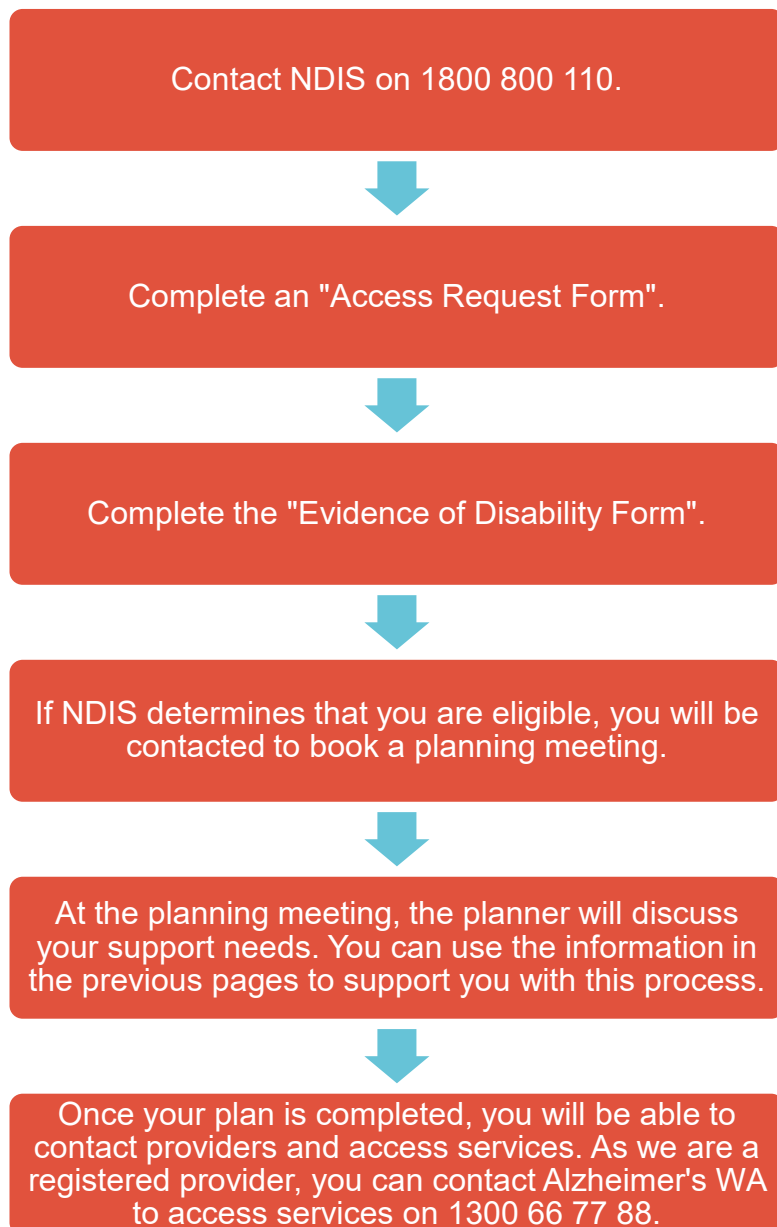
Would you like to be more active?

Other

Any other goals that don't fit into another category.

An overview of the planning process

Now that you have been through this booklet, here is a quick overview of the planning process. If at any point during this process you need support or assistance, please contact the staff at Alzheimer's WA on 1300 66 77 88.



How do I know if I need help during the NDIS process?

You may not require any support to register and access services and supports under NDIS. But if you do, we are here to help you. Our staff can assist you at any point along your NDIS journey.

We have already supported a number of individuals and families to feel more confident in accessing support from NDIS.

"Things wouldn't have gone in the direction they have if it weren't for yourself." – Linda

"Thank you for your efforts, we'd be lost without you and I really appreciate being able to have someone to call on when we need help. You've been a great support." – Gary

"Thank you so much for all this information, it has been VERY helpful and we very much appreciate it." – Margaret

"Thank you, I hope this plan works as good as it sounds." – Jackie

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