

My Plan

Support Coordination

EASY READ VERSION



This sheet is about Support Coordination at OC Connections. We call this service **My Plan**.



You can ask someone to help you read this sheet.



Some words on this sheet are in **blue**. You can find out the meaning of these words on page 10.

About Support Coordination



The NDIS is the way the government supports people with disability.

If you use the NDIS you will get a NDIS Plan.

A NDIS Plan is a list of:

- goals you have set, and
- supports you need because you have a disability.



After your NDIS Plan is approved you will need to start setting up your support services.



You can manage your own plan or get help to make your plan happen from a Support Coordinator.



You can do

- **activities**
- **recreation**, and
- classes



You can do these things at:

- OC Connections, and
- Out in the **community**



You can choose from our list of **activities**

or



talk to us about something else you would like to do.



Our staff can work with you and your family to help you:

- Choose your **activities**, and
- Reach your **goals**.



With our day supports you can:

- Do things you already like, or
- Try something new.



Who can use our Day Supports?



You can use our day supports if you:

- Are 18 years old or older

- Have a disability

and

- Get **funding** from the government.



If you do not have funding for Day Supports you may still be able to do them.

You will need to pay for them yourself.

What is a key worker?



When you use our day supports you will have a person called a **Key Worker**.

This person can help make sure you get the most out of the **activities** you do at OC Connections



Your Key Worker can help you:

- Decide on your goals, and
- Reach your goals in a way that is best for you



Your Key Worker can also work with your family and friends.

Talk to your Key Worker if:

- You have questions, or
- Your needs change.

Starting Day Support



When you start Day Support you might feel:

- Worried, or
- Excited.

Our staff can help make your move to Day Support easier.



When you are ready we can work with you and your family to help you:

- Choose the activities you want to do, and
- Give you the support you need.



How do I get to Day Support?



You can get to Day Support activities

- By yourself



- With the help of family or friends, or



- In a taxi

How can I find out more?



You can call us on **9569 0603**



Email us:
enquiries@occonnections.org



Visit our website:
occonnections.org

What do these words mean?

Activities	<p>Things to do on your own or with others</p> <ul style="list-style-type: none"> • for fun • to learn, or • to relax. <p>For example:</p> <ul style="list-style-type: none"> • Art • Music • Bowling • Going to a concert
Community	The people and places around where you live.
Funding	Money you get from the government to help pay for the support you need because you have a disability.
Goals	<p>Things that you want to do in your life</p> <ul style="list-style-type: none"> • Now, or • In the future
Recreation	<p>Things to do for fun or to relax, for example:</p> <ul style="list-style-type: none"> • Bowling • Swimming • Art and craft