

SAM

Sam is a 30 year old woman who has recently become eligible for the NDIS. Sam has a 6 year old son who lives with her full-time. Sam was preparing for her first planning meeting and came to see Midlas for some advice on 'how to get the best out of her plan'.

Sam has a psycho-social disability and has cyclothymic bouts of wellness and severe depression. When she is unwell, she struggles to manage daily tasks like cooking and cleaning, but when she is well (around 50% of the time) she manages these tasks without assistance.

The Midlas Disability Advocate spoke to Sam about what she was hoping to achieve from her plan. Sam wanted to have a cleaner each week, and someone to prepare meals for her and her son. She also wanted a Support Worker to take her son to school on days when she was unwell.

The Advocate spoke to Sam about the purpose of the NDIS, the importance of goals, and what is considered reasonable and necessary support. The Advocate also explained that weekly assistance with these tasks and ad-hoc support for her son would not be a service that the NDIS would fund.

Sam and the Advocate had a strengths-based discussion about what Sam can do really well, and what situations or incidents may cause her to need more support. They looked at Sam's informal networks of support and what services she could use to help her reach her ultimate goal of wellness and independence.

Together they realised that Sam had a great local community network of school mums, who could be a support for school drop offs when Sam was unwell. They also discussed some strategies for meal prepping when she was well so that bad days were more manageable.

Sam was able to develop a picture of how the NDIS could support her to maintain wellness through social groups and therapy. Sam would not need core supports for activities of daily living as she could work with her new network to stay well and manage independently. Sam attended the planning meeting confident of what she needed and what was reasonable and got a good plan that is continuing to support her wellbeing.

