



National Disability Insurance
Scheme (NDIS) Readiness
Resource



Welcome to the National Disability Insurance Scheme (NDIS) Readiness Resource.

This resource was developed by Amaze to help you create goals in the NDIS pre-planning process. The completion of this checklist does not guarantee you will receive an NDIS individual funded package. To find out if you are eligible you will need to submit the Access Request Form and then undertake the “First Plan” planning meeting with the NDIA or an NDIA representative.

You may like to look at the NDIS checklist to see if you, or the person you care for, can access the NDIS and become a participant of the scheme.

This resource is for autistic people who are participants of the NDIS or who may be eligible to be a participant. It can also be used by carers on behalf of participants.

This resource can help you to:

1. Write goals for your NDIS plan and can help in the NDIS pre-planning process. It's not compulsory and you don't need to complete it before your NDIS meeting.
2. Highlight areas of disability support for yourself or the person you care for.

Answering the questions in this resource might leave you feeling upset, overwhelmed or angry.

This is normal and it's important to ask for help.

The following helplines can provide information and support:

- Amaze Information line 1300 308 699 (9am–5pm, Mon–Fri)
- Carers Victoria 1800 422 737 (8am–5pm, Mon–Fri)
- Lifeline 13 11 14 (24 hrs a day)
- Beyond Blue 1300 22 4636 (24 hrs a day)
- Disability Gateway 1800 643 787 (8am–8pm AEST Mon–Fri)

Amaze would like to thank the NDIS workshop participants that gave feedback on earlier versions of the NDIS Readiness Resource.

SELF CARE

Do you or the person you care for require assistance with...

Washing – body

Circle one

Having a bath?	Always	Sometimes	N/A
Having a shower?	Always	Sometimes	N/A
Using shower chair or handrail?	Always	Sometimes	N/A
Adjusting the water temperature?	Always	Sometimes	N/A
Using a soap/shower gel?	Always	Sometimes	N/A
Cleaning whole body?	Always	Sometimes	N/A
Cleaning private body parts?	Always	Sometimes	N/A
Using a towel?	Always	Sometimes	N/A
Other	<input type="text"/>		

Washing – hands

Circle one

Turning the taps on and off?	Always	Sometimes	N/A
Adjusting the water temperature?	Always	Sometimes	N/A
Soaping hands?	Always	Sometimes	N/A
Drying hands on a towel or paper towel?	Always	Sometimes	N/A
Using a hand-dryer?	Always	Sometimes	N/A
Other	<input type="text"/>		

Grooming – nails

Circle one

Cutting toenails?	Always	Sometimes	N/A
Cutting fingernails?	Always	Sometimes	N/A
Painting toe/fingernails?	Always	Sometimes	N/A
Other	<input type="text"/>		

Grooming – hair

Circle one

Washing hair?	Always	Sometimes	N/A
Using shampoo or conditioner?	Always	Sometimes	N/A
Brushing hair?	Always	Sometimes	N/A
Combing hair?	Always	Sometimes	N/A
De-licing hair?	Always	Sometimes	N/A
Using a hair dryer/straightener/curler?	Always	Sometimes	N/A
Buying hair products?	Always	Sometimes	N/A
Getting a hair-cut or going to the hairdresser?	Always	Sometimes	N/A
Other	<input type="text"/>		

Grooming – facial hair

Circle one

Shaving your face?	Always	Sometimes	N/A
Using a razor or electric shaver?	Always	Sometimes	N/A
Using shaving gel/foam?	Always	Sometimes	N/A
Choosing razor/gel/foam/electric shaver?	Always	Sometimes	N/A
Using an electric shaver?	Always	Sometimes	N/A
Trimming beard?	Always	Sometimes	N/A
Cutting mustache?	Always	Sometimes	N/A
Going to a barber?	Always	Sometimes	N/A
Other	<input type="text"/>		

Grooming – body hair

Circle one

Learning about removal of body hair?	Always	Sometimes	N/A
Removing body hair. Eg. Waxing, shaving, laser?	Always	Sometimes	N/A
Other	<input type="text"/>		

Grooming – body odour

Circle one

Learning about body odour?	Always	Sometimes	N/A
Buying and choosing deodorant?	Always	Sometimes	N/A
Using deodorant, both spray/stick/crystal/roll-on?	Always	Sometimes	N/A
Buying and choosing aftershave/perfume?	Always	Sometimes	N/A
Using aftershave/perfume?	Always	Sometimes	N/A
Other	<input type="text"/>		

Female health – menstruation

Circle one

Learning about periods?	Always	Sometimes	N/A
Learning about sanitary products such as pads and tampons?	Always	Sometimes	N/A
Buying sanitary products?	Always	Sometimes	N/A
Learning how to use pads and tampons, including changing them?	Always	Sometimes	N/A
Managing sanitary products outside of the home (school/workplace/out in the community)?	Always	Sometimes	N/A
Learning how to correctly dispose of sanitary products?	Always	Sometimes	N/A
Period pains/moods and how to manage them?	Always	Sometimes	N/A
Other	<input type="text"/>		

Female health – menopause

Circle one

Learning about menopause and what happens to the body?	Always	Sometimes	N/A
How to access help during menopause?	Always	Sometimes	N/A
Implementing strategies e.g. fan?	Always	Sometimes	N/A
Other	<input type="text"/>		

Dental hygiene

Circle one

Brushing teeth?	Always	Sometimes	N/A
Flossing teeth?	Always	Sometimes	N/A
Finding a dentist?	Always	Sometimes	N/A
Going to the dentist?	Always	Sometimes	N/A
Choosing and using toothbrush and toothpaste?	Always	Sometimes	N/A
Choosing and using mouthwash?	Always	Sometimes	N/A
Learning about dental hygiene?	Always	Sometimes	N/A
Other	<input type="text"/>		

Dressing

Circle one

Choosing appropriate clothes and shoes appropriate to weather conditions?	Always	Sometimes	N/A
Where to buy clothes and shoes, and how to pay for them?	Always	Sometimes	N/A
Finding clothes in wardrobes/cupboards/chest of drawers?	Always	Sometimes	N/A
Checking if clothes are clean?	Always	Sometimes	N/A
Putting clothes on?	Always	Sometimes	N/A
Buttoning up clothes?	Always	Sometimes	N/A
Zippering up clothes?	Always	Sometimes	N/A
Putting socks on?	Always	Sometimes	N/A
Tying shoelaces?	Always	Sometimes	N/A
Putting t-shirt/jumper on?	Always	Sometimes	N/A
Putting skirt/shorts/trousers on?	Always	Sometimes	N/A
Putting a hat on?	Always	Sometimes	N/A
Other	<input type="text"/>		

Toileting – going to the toilet

Circle one

Learning about bowel movements and urinating?	Always	Sometimes	N/A
Going to the toilet urinating?	Always	Sometimes	N/A
Going to the toilet for a bowel movement?	Always	Sometimes	N/A
Using toilet paper?	Always	Sometimes	N/A
Flushing the toilet?	Always	Sometimes	N/A
Putting the toilet seat up/down?	Always	Sometimes	N/A
Using a urinal (boys/men)?	Always	Sometimes	N/A
Washing hands?	Always	Sometimes	N/A
Following toileting steps in correct order?	Always	Sometimes	N/A
Pulling up underwear?	Always	Sometimes	N/A
Other	<input type="text"/>		

Toileting – continence aid

Circle one

Learning how to use continence aids, such as pads/pull up pads?	Always	Sometimes	N/A
Accessing continence education?	Always	Sometimes	N/A
Choosing a continence aide to suit their needs?	Always	Sometimes	N/A
Changing continence aids such as pads or pull up pads?	Always	Sometimes	N/A
Buying continence aids?	Always	Sometimes	N/A
Learning how to correctly dispose of sanitary products?	Always	Sometimes	N/A
Other	<input type="text"/>		

Eye care

Circle one

Learning about taking care and protecting the eyes?	Always	Sometimes	N/A
Learning about going for an eye checkup?	Always	Sometimes	N/A
Choosing glasses?	Always	Sometimes	N/A
Learning about wearing glasses?	Always	Sometimes	N/A
Learning about buying glasses?	Always	Sometimes	N/A
Learning about contact lenses?	Always	Sometimes	N/A
Cleaning glasses?	Always	Sometimes	N/A
Prompting to wear glasses?	Always	Sometimes	N/A
Choosing and wearing sunglasses?	Always	Sometimes	N/A
Other	<input type="text"/>		

Drinking and eating

Circle one

Understanding specific dietary requirements, such as gluten free or sensory experiences?	Always	Sometimes	N/A
Understanding nutritional value of different food groups?	Always	Sometimes	N/A
Preparing food for a meal?	Always	Sometimes	N/A
Cutting up food/fruit to eat?	Always	Sometimes	N/A
Opening/closing/filling a lunch box?	Always	Sometimes	N/A
Drinking water for hydration?	Always	Sometimes	N/A
Using a spoon?	Always	Sometimes	N/A
Using a knife?	Always	Sometimes	N/A
Using a fork?	Always	Sometimes	N/A
Being fed via a tube?	Always	Sometimes	N/A
Pouring liquid into a cup/glass?	Always	Sometimes	N/A
Other	<input type="text"/>		

Mental wellbeing – behaviour/emotional support

Circle one

Managing behaviours that are concerning?	Always	Sometimes	N/A
Wandering tendencies?	Always	Sometimes	N/A
Regulating emotions?	Always	Sometimes	N/A
Regulating food intake?	Always	Sometimes	N/A
Coping in situations that are challenging e.g. groups, noise, and light?	Always	Sometimes	N/A
Planning ahead?	Always	Sometimes	N/A
Problem solving?	Always	Sometimes	N/A
Knowing how to make good decisions?	Always	Sometimes	N/A
Information about autism?	Always	Sometimes	N/A
Other	<input type="text"/>		

Mental wellbeing – mental health

Circle one

Doing things during the day/week that helps with feeling good?	Always	Sometimes	N/A
Understanding and recognising anxiety?	Always	Sometimes	N/A
Depression?	Always	Sometimes	N/A
Thoughts about self-harm?	Always	Sometimes	N/A
Suicidal tendencies/thoughts?	Always	Sometimes	N/A
Bullying?	Always	Sometimes	N/A
Seeking help?	Always	Sometimes	N/A
Finding a support group?	Always	Sometimes	N/A
Dealing with grief?	Always	Sometimes	N/A
Understanding death?	Always	Sometimes	N/A
Coming to terms with an accident?	Always	Sometimes	N/A
Terminal/serious illness?	Always	Sometimes	N/A
Addressing self-care needs for carers/parents/family members?	Always	Sometimes	N/A
Other	<input type="text"/>		

Mental wellbeing – other diagnosis

Circle one

Other diagnoses and their meaning?	Always	Sometimes	N/A
Medication and dosages/taking medication?	Always	Sometimes	N/A
ADHD?	Always	Sometimes	N/A
Sleep disorders?	Always	Sometimes	N/A
Epilepsy?	Always	Sometimes	N/A
Support with OCD (Obsessive Compulsive Disorder)?	Always	Sometimes	N/A
Schizophrenia?	Always	Sometimes	N/A
Eating disorders and regulating food?	Always	Sometimes	N/A
Bipolar disorder?	Always	Sometimes	N/A
Other diagnoses e.g. Attention Deficit Hyperactivity Disorder (ADHD), Obsessive Compulsive Disorder (OCD), Oppositional Defiance Disorder (ODD)?	Always	Sometimes	N/A
Other	<input type="text"/>		

Physical wellbeing – sexual & reproductive health

Circle one

Sex education and accessing suitable resources?	Always	Sometimes	N/A
Finding a trustworthy person to talk to about sex and relationships?	Always	Sometimes	N/A
Learning about intercourse?	Always	Sometimes	N/A
Learning about masturbation?	Always	Sometimes	N/A
Learning about appropriate behavior in a sexual context?	Always	Sometimes	N/A
Learning about pregnancy?	Always	Sometimes	N/A
Learning about sexual transmitted diseases (STDs)?	Always	Sometimes	N/A
Learning about HIV and AIDS?	Always	Sometimes	N/A
Learning about consent in a sexual context?	Always	Sometimes	N/A
Learning about safe sex?	Always	Sometimes	N/A
Learning about contraception and how to use it?	Always	Sometimes	N/A
Learning about different types of sexuality?	Always	Sometimes	N/A
Other	<input type="text"/>		

Physical wellbeing – puberty

Circle one

Puberty and physical changes in the body for boys?	Always	Sometimes	N/A
Puberty and physical changes in the body for girls?	Always	Sometimes	N/A
Social changes that happen during puberty?	Always	Sometimes	N/A
Understanding emotional changes during puberty?	Always	Sometimes	N/A
Other	<input type="text"/>		

Physical wellbeing – doctor

Circle one

Making an appointment at a clinic?	Always	Sometimes	N/A
Going to the doctor/specialist/nurse?	Always	Sometimes	N/A
Going to an allied health professional (psychologist/speech pathologist/occupational therapist)?	Always	Sometimes	N/A
Learning about what happens at an appointment?	Always	Sometimes	N/A
Taking medicine?	Always	Sometimes	N/A
First aid?	Always	Sometimes	N/A
Visiting a hospital?	Always	Sometimes	N/A
Learning about ambulances?	Always	Sometimes	N/A
Using a Medicare or HealthCare Card?	Always	Sometimes	N/A
Other	<input type="text"/>		

Physical wellbeing – healthy lifestyle

Circle one

Learning about sleep?	Always	Sometimes	N/A
Getting up in the morning?	Always	Sometimes	N/A
Going to bed at night?	Always	Sometimes	N/A
Learning about nightmares?	Always	Sometimes	N/A
Learning about medication related to sleep issues?	Always	Sometimes	N/A
Learning about healthy eating habits?	Always	Sometimes	N/A
Learning about physical activities?	Always	Sometimes	N/A
Other	<input type="text"/>		

Physical wellbeing – safety

Circle one

Staying safe online? Always Sometimes N/A

Gaming and gaming addiction? Always Sometimes N/A

Staying safe in a vehicle e.g. wearing a seat belt? Car door? Always Sometimes N/A

Staying safe around roads and traffic/train lines? Always Sometimes N/A

Fire and evacuation procedures? Always Sometimes N/A

How to respond to alarms? Always Sometimes N/A

Learning how to call “000” and asking for help? Always Sometimes N/A

Other

SELF MANAGEMENT

Do you or the person you care for require assistance with...

Domestic life

Circle one

Getting in and out of the home?	Always	Sometimes	N/A
Turning a key?	Always	Sometimes	N/A
Choosing where to live?	Always	Sometimes	N/A
Understanding your rights as a tenant?	Always	Sometimes	N/A
Understanding your rights as a tenant in a group home (formerly called a CRU – Community Residential Unit)?	Always	Sometimes	N/A
Choosing whom to live with?	Always	Sometimes	N/A
Negotiating terms with house mates?	Always	Sometimes	N/A
Maintenance of the home?	Always	Sometimes	N/A
Choosing furniture?	Always	Sometimes	N/A
Decorating?	Always	Sometimes	N/A
Cleaning the house or areas of the house (for example the bedroom)?	Always	Sometimes	N/A
Using tools for cleaning such as a vacuum cleaner or a mop?	Always	Sometimes	N/A
Washing clothes and learning about washing machine/dryer/detergents?	Always	Sometimes	N/A
How to get to a grocery shop?	Always	Sometimes	N/A
Shopping for groceries, including making a list and paying?	Always	Sometimes	N/A
How to wash dishes and keep a kitchen clean?	Always	Sometimes	N/A
How to keep a toilet/bath room clean?	Always	Sometimes	N/A
Paying bills?	Always	Sometimes	N/A
Managing finances?	Always	Sometimes	N/A
Setting up/using a bank account/facility?	Always	Sometimes	N/A
How to use a bankcard?	Always	Sometimes	N/A
Handling money day to day?	Always	Sometimes	N/A
How to look after garden/plants?	Always	Sometimes	N/A
How to look after a pet?	Always	Sometimes	N/A
Other	<input type="text"/>		

Employment

Circle one

Writing a resume?	Always	Sometimes	N/A
Interview skills?	Always	Sometimes	N/A
Looking for suitable employment options?	Always	Sometimes	N/A
Looking for work experience placement?	Always	Sometimes	N/A
Looking for volunteer opportunities?	Always	Sometimes	N/A
Understanding workplace etiquette and expectations?	Always	Sometimes	N/A
Understanding your rights and responsibilities as an employee?	Always	Sometimes	N/A
Retirement?	Always	Sometimes	N/A
Other	<input type="text"/>		

Advocacy & rights

Circle one

Understanding your rights and the law?	Always	Sometimes	N/A
Self-advocacy?	Always	Sometimes	N/A
Understanding and learning how to engage advocacy services?	Always	Sometimes	N/A
Aging?	Always	Sometimes	N/A
Writing a will?	Always	Sometimes	N/A
Dying?	Always	Sometimes	N/A
Funeral arrangements?	Always	Sometimes	N/A
Other	<input type="text"/>		

Supports & services

Circle one

Applying for funding for services?	Always	Sometimes	N/A
Understanding how to arrange for support services?	Always	Sometimes	N/A
Filling in application and assessment forms?	Always	Sometimes	N/A
Researching suitable support options?	Always	Sometimes	N/A
Changing a service provider?	Always	Sometimes	N/A
Other	<input type="text"/>		

LEARNING & EDUCATION

Do you or the person you care for require assistance with...

Education

Circle one

School refusal?	Always	Sometimes	N/A
School transport?	Always	Sometimes	N/A
Transitions from kinder?	Always	Sometimes	N/A
Transitions from primary school?	Always	Sometimes	N/A
Transitions from secondary school?	Always	Sometimes	N/A
Transitions to TAFE/University/day service?	Always	Sometimes	N/A
Transitions between classes/environments within the day?	Always	Sometimes	N/A
Other	<input type="text"/>		

Adults

Circle one

Travel training?	Always	Sometimes	N/A
Learning a new skill?	Always	Sometimes	N/A
Learning a new vocation?	Always	Sometimes	N/A
Career planning?	Always	Sometimes	N/A
Applying to higher education?	Always	Sometimes	N/A
Studying at TAFE?	Always	Sometimes	N/A
Studying at a university?	Always	Sometimes	N/A
Other	<input type="text"/>		

SOCIAL INTERACTION

Do you or the person you care for require assistance with...

Relationships/friendships

Circle one

How to make friends?	Always	Sometimes	N/A
How to keep friends?	Always	Sometimes	N/A
How to find a girlfriend/boyfriend?	Always	Sometimes	N/A
How to keep a girlfriend/boyfriend?	Always	Sometimes	N/A
When a relationship/friendship is coming to an end?	Always	Sometimes	N/A
What to do and how to cope when a relationship is ending?	Always	Sometimes	N/A
Recognising and understanding hostile/threatening behavior and bullying?	Always	Sometimes	N/A
Understanding sexual and gender identity?	Always	Sometimes	N/A
Understanding different types of sexuality?	Always	Sometimes	N/A
How to stay in an intimate relationship?	Always	Sometimes	N/A
Other	<input type="text"/>		

Social interaction

Circle one

Knowing how to behave around other people/new situations?	Always	Sometimes	N/A
How to enter a new unfamiliar social situation (for example in the playground or at a new job)?	Always	Sometimes	N/A
Understanding social interaction?	Always	Sometimes	N/A
How to interact with parents?	Always	Sometimes	N/A
How to interact with siblings?	Always	Sometimes	N/A
How to interact with extended family members?	Always	Sometimes	N/A
How to interact with friends?	Always	Sometimes	N/A
How to interact with school peers?	Always	Sometimes	N/A
How to interact with teachers?	Always	Sometimes	N/A
How to interact with leaders?	Always	Sometimes	N/A
Being part of recreational activities. Eg, football, movies, scouts, ballet, surf life saving?	Always	Sometimes	N/A
Seeking spirituality...?	Always	Sometimes	N/A
Maintaining contact with family and friends?	Always	Sometimes	N/A
Planning and going on holiday?	Always	Sometimes	N/A
Other	<input type="text"/>		

COMMUNICATION

Do you or the person you care for require assistance with...

Communication

Circle one

Communicating at home?

Always Sometimes N/A

Communicating at school?

Always Sometimes N/A

Communicating at work?

Always Sometimes N/A

Other

MOBILITY

Do you or the person you care for require assistance with...

Mobility

Circle one

Moving around the house?	Always	Sometimes	N/A
Turning over during the night?	Always	Sometimes	N/A
Getting in and out of vehicles?	Always	Sometimes	N/A
Leaving the house?	Always	Sometimes	N/A
Other	<input type="text"/>		

RANK IN ORDER OF IMPORTANCE

Now rank the 10 most important categories in order of importance.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.