

**Call your local ADHC District Office to get
Pre- Planning:**

**Northern Sydney – Information and Pathways – 1800 905 535
NS.landP@facs.nsw.gov.au**

**Western Sydney – Information and Pathways – (02) 9407 1650
WSD.IP@facs.nsw.gov.au**

**Sydney, South East Sydney & South West Sydney – Information
and Referral - (02) 1800 000 201
Information.referral@facs.nsw.gov.au**

**Nepean Blue Mountains – Information and Pathways - (02) 4734
9499
NBM.IP@facs.nsw.gov.au**

**Illawarra Shoalhaven – Information and Referral - 1300 841 566
Southern.iri@facs.nsw.gov.au**

**Southern NSW – Information and Referral - 1300 841 566
Southern.iri@facs.nsw.gov.au**

**Western NSW – Information and Referral - 1300 134 450
Western.iri@facs.nsw.gov.au**

Multicultural Disability Advocacy Association of NSW (MDAA).

My life, My future' Pre-planning Project



Phone: 1800 629 072 or (02) 9891 6400

Email: mdaa@mdaa.org.au

Web: www.mdaa.org.au

10-12 Hutchinson St Granville NSW 2142

Multicultural Disability Advocacy Association of NSW (MDAA) 'My Life, My Future' Pre-planning Project

Do you want to:

**Get ready for the National Disability
Insurance Scheme (NDIS)?**

Get the most out of your funding?

**Make your own decisions about what you
want for your life?**



Are you thinking about:

**What sort of life you want now and for the
future?**

**Learning new skills, and getting more
involved in community activities?**

Pre-Planning can help you.

What is the Pre-Planning Project?

- It works with you as a whole person, and looks at what kind of life you want for yourself, not just what other people think you need.
- It helps you decide on some goals and what needs to happen for you to reach your goals.
- It looks at all parts of your life, including friendships and other relationships.
- It works with family members and friends who are important to you, and other community members, who can support you to get more involved in the community and do the things you would really like to do.
- It is ongoing, so you can set new goals regularly as your skills and experience grow.
- It encourages respect for people with disability.

Who can work with you to make your plan?

MDAA has trained Pre-Planners to assist you.



Step 1 – Think about how you want your life to be

Before you meet your pre-planner, think about what you want and need now and in the future.

Step 2 – Meet with your pre-planner

Together with your pre-planner, talk about your hopes and dreams for your life, and how you would like your life to be.



Step 3 – Work out your pre-plan and the supports you need to make it work

Your pre-planner will help you do this.

Step 4 – Work out how to manage the funding

You and your pre-planner will talk about where the money will come from to pay for the supports you need to reach your goals.



Until the NDIS comes to your area, Ageing Disability and Homecare (ADHC) is working with people with disability and families to work out how to support people, and what is the best way for people to manage their funding.

Some people manage the money themselves. Your pre-planner will talk to ADHC about how you want your funding to be managed.