Are you preparing to leave hospital?

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Do you have a family member, friend or someone you care for who is going to need permanent, long-term support after they leave hospital?
Mark, a patient in our Acquired Brain Injury Unit, is receiving treatment and support following a stroke.
Alfred Health and the NDIS

The National Disability Scheme (NDIS) is a major Federal Government initiative designed to support people with permanent disabilities who need long-term support.

If your condition or disability is likely to be permanent, the NDIS gives you choice and control over how, and where you receive the support you need.

The NDIS allows Australians who have a disability to live the fullest life they can as productive members of society.

- It is available to Australians and permanent residents under the age of 65. (Those over 65 have access to other support services.)

- As an insurance scheme, the NDIS takes a life-long approach, investing in people with a disability to improve their lives.

- It also provides people with a disability, their family and carers with information and referrals to existing support services in the community.

The NDIS has been rolled out across Australia in stages but it is estimated that by 2020 the scheme will support about 460,000 Australians with a disability.

At Alfred Health, we are working with our patients to ensure they are provided with the best opportunity to receive the supports they need under the NDIS.

We are developing our systems and processes to ensure Alfred Health patients who are potentially eligible for the scheme are well supported and prepared to benefit from the NDIS as they return to their lives after hospital and/or rehabilitation.

As you prepare to leave hospital, this brochure will help you understand the NDIS and what you will need to do to receive the maximum benefits from the scheme, and how Alfred Health can help you do this.

As always, our mission is to achieve the best possible health outcomes for our patients, whether by providing information and expertise, or delivering long-term support.

We are here to help.
Do you qualify for the NDIS?

The NDIS is all about helping you live your best possible life, as a productive, engaged member of society.

You must have a ‘condition or disability that is likely to be permanent (lifelong) and that stops you from doing everyday things by yourself.’

You'll be asked if you need support from a person, or perhaps some equipment, so you can:

- understand and be understood by other people
- make or keep friends, and cope with feelings and emotions
- understand, remember, and learn new things
- get out of bed, move around your home and outside your home
- take a bath or shower, dress and eat
- do daily jobs, handle money and make decisions.
- take part in community activities

You can also apply for early intervention supports to:

- reduce the impact of your impairment, condition or developmental delay
- help stop your impairment or condition from getting worse
- find or strengthen your informal supports, perhaps making sure a carer is available.

You can also apply for NDIS funding to get support for equipment, aides, prosthetics, many kinds of therapy, Auslan, housing and other assistance.

TIP
To work out whether you could be eligible for NDIS, talk to your treating team at Alfred Health.

TIP
There is more information available at the NDIS website. Visit: www.ndis.gov.au
Your treating team will be able to help you work out if you're eligible for NDIS support.
Helping people who will need long-term support.
Let’s talk about the word ‘disability’ for a moment

‘Disability’ can be an uncomfortable word for some patients, their family or carers. For people who have experienced physical or mental health conditions, being labelled ‘disabled’ can be confronting and not reflective of the way they see themselves.

So we need to say up front that the NDIS system uses some language and terms that you normally wouldn’t. Just remember that the aim of the NDIS is to help people who will need long-term support and resources.

In the NDIS, people who qualify for help are called ‘participants’. Their funding and support comes under their ‘plan’. Plans are either assessed by staff from the National Disability Insurance Agency (the managers of the NDIS) or ‘Local Area Coordinators’ (in Alfred Health’s region, this is often the Brotherhood of St Laurence).

In this context, the word ‘disabled’ simply means a condition that requires long-term support and resources. In fact, everything we do at Alfred Health, using the NDIS, is designed to enable people; to make you feel as active and engaged in your community as possible.

TIP

If you need help from an interpreter, please ask an Alfred Health staff member.
So, let’s begin your journey, step by step

First of all, it’s important to know that the NDIS is an entirely new way of paying for support and can seem very complex. It is in its early phase of implementation. But don’t worry, Alfred Health staff can help. We can work with you to assess whether you meet the eligibility requirements and we can help you apply.

From the beginning ...

1. Register with the NDIS to have your eligibility assessed

Alfred Health staff can help you register so the NDIA can determine if you are eligible for funding under the scheme. (You need to give consent for Alfred staff to perform this work.)

Visit www.ndis.gov.au to get started.

2. Write a plan

You need to develop a plan so NDIS staff understand how you will meet your goals.

Your goals will outline the support, care, therapies, equipment or other resources you will need.

It is important to do this planning with family, carers, and your health team, as they can help to make sure your plan is comprehensive.

Your Alfred Health team will support you in pre-planning preparation to ensure you have all the information you require prior to your planning meeting. This includes developing written documents about the help you need from the NDIS when you leave hospital. This additional material can help support you during the NDIS planning meeting.
Gary is using our Transitional Living Service to help get back to normal daily activities, with support.
3. Planning meeting

The National Disability Insurance Agency (NDIA) will arrange this meeting, either with one of their staff, or the Local Area Coordinator (LAC) agency.

At the meeting, the planner will be presented with information on what you need in your NDIS plan and a proposed plan will be provided to the NDIA for approval. Proposed plans are measured against criteria that is considered reasonable and necessary to live an ordinary life.

TIP

Be ready for that meeting. Be informed and know exactly what you are asking for in your plan.

4. Plan approval

When your plan is approved, you will receive funding and have the freedom to choose your own service providers, care and support. You might also be offered a support coordinator and, if needed, another person might be asked to help you manage your money.
Denis is undergoing daily physiotherapy after suffering a spinal injury, while his wife Joan provides support and encouragement.
How can Alfred Health help you?

Alfred Health staff can guide you through the process to make sure you and your carers are on top of the eligibility, registration and early planning processes.

Are Alfred Health services covered by the NDIS?

Yes. We can help you reach the services you need.

We offer ongoing care and rehabilitation as an NDIS Service Provider across several areas, including:

- Prosthetics
- Acquired Brain Injury Rehabilitation
- Occupational Therapy Driving Assessments

TIP

It is essential that your plan is prepared well so when you meet the NDIA representative (known as an NDIS Planner) at your planning meeting, you will have the best opportunity to get what you need.

TIP

Ask Alfred Health staff to explain how the NDIS may help you and your ongoing care once you leave hospital.
Alfred Health is also an NDIS service provider for a number of NDIS services where the plan allows you freedom of choice to select the service provider you want.

If you select Alfred Health to provide your services, then you benefit from a co-ordinated approach and the best, all-under-one-roof rehabilitation and care in Victoria.

For more information, contact:

**The Alfred**
55 Commercial Rd, Melbourne VIC 3004  
(03) 9076 2000

**Caulfield Hospital**
260 Kooyong Rd, Caulfield VIC 3162  
(03) 9076 6000

**Sandringham Hospital**
193 Bluff Rd, Sandringham VIC 3191  
(03) 9076 1000

alfredhealth.org.au/ndis

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**Interpreters**

If you don't speak English, or find it hard to understand what our staff are saying to you in English, you can ask for an interpreter in your language. Qualified interpreters are available in person or over the telephone. If you would like to contact us directly using an interpreter in your language call the Telephone Interpreting Service on 13 14 50 and ask for The Alfred hospital. Our interpreter services are free of charge.

If you are deaf, or have a hearing or speech impairment, you can use the National Relay Service (NRS) by calling 13 36 77 (Y) or 1300 557 727 (Speak and Listen) and ask for The Alfred hospital.