

# Early Childhood - NDIS

## NAVIGATING THE NDIS - PREPARING FOR THE PLANNING MEETING

### How do I get ready for the planning meeting?

Preparing for the planning meeting is possibly the most important step in the process of accessing Early Intervention services for your child. Every child is different, and every family has its own personal circumstances, so the amount of time you need to spend getting ready for this meeting varies.

This factsheet will take you through what you can do to get the most out of your child's planning meeting.

### Important things to know

#### **Early intervention ultimately leads to better developmental outcomes.<sup>1-3</sup>**

Children who receive consistent early supports, services, and interventions benefit greatly in improving their skills in different areas like communication, cognition, self-help skills, social skills and play skills, contributing to greater inclusion in mainstream school settings.

#### **A multidisciplinary team approach is best to deliver early intervention.<sup>1</sup>**

Best practice in early childhood intervention uses a multidisciplinary team approach, which may include health professionals such as paediatricians, speech pathologists, psychologists, and occupational therapists.

### Important things to do

#### **Find providers who deliver early intervention**

Your local ECEI Partner will have a list of early intervention service providers in your area. You can contact these providers before your child's planning meeting to get the following information:

- Are they taking new clients? Can you put your child's name on the waiting list?
- Do they provide a pre-planning meeting? Make an appointment to meet with someone to help you get ready for your meeting with the ECEI Partner.
- Are they providing information sessions about the NDIS? This is a good way to find out more about the NDIS and how it operates in your area.

## Important things that will help

The planner has not met your child and does not know their needs, so you will need to help the planner understand the types of support your child and family need. You can download a sample [workbook](#)<sup>4</sup> which will help you write out information about your child.

### Write about your child

Take some time to think about what your child likes or dislikes, how they communicate, who is involved in their life and what challenges they face – then write it all down so you can show the planner a snapshot of your child's life.

### Write about your child's weekly schedule

Write down what your child does on a weekly basis and include what you and other family members do for your child every day.

You can include things like: "my child attends child care twice a week" or "my child goes to swimming lessons every Monday". You can write about the things you are still doing for your child that most children their age can do themselves. For example, "my child is 3 years old and does not say any words", or "my child is 4 years old and I must still hold both his hands to help him climb one step at a time", or "my child is 5 years old and I still need to help him get dressed".

### Putting it all together:

Thinking about your child and their daily needs will help inform both you and your planner of the types of goals that your child can work towards achieving. Putting things in writing will also help you remember what you want to talk about during your planning meeting.

1. <https://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/early-intervention-for-children-with-autism-spectrum-disorders-guidelines-for-good-practice-2012>
2. Clark, M. L., Vinen, Z., Barbaro, J., & Dissanayake, C. (2018). School age outcomes of children diagnosed early and later with Autism Spectrum Disorder. *Journal of Autism and Developmental Disorders*, 48, 92-102
3. Clark, M. L., Barbaro, J., & Dissanayake, C. (2017). Continuity and Change in Cognition and Autism Severity from Toddlerhood to School Age. *Journal of Autism and Developmental Disorders*, 47, 328-339
4. <https://www.acd.org.au/information-and-resources/ndis/> ACD NDIS Planning Workbook