



Sense *of* Care

# Setting your ndis Goals

Prepared by Sense of Care

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# Part One

## Understanding the Importance of Goal Planning

Setting goals is a fundamental aspect of human nature. It gives us direction, purpose, and motivation to strive for something meaningful and fulfilling in our lives. Whether it's personal or professional, short-term or long-term, goals provide us with a roadmap to follow and a sense of achievement when we accomplish them.

However, goal setting can sometimes feel overwhelming or confusing, especially if you're not sure where to start or how to go about it. That's why this comprehensive goal planning guidebook is here to help you navigate the process, step by step, with exercises and activities to support your goal planning journey.

In this section, we will begin by laying the foundation for effective goal planning. We will explore the importance of setting goals, the benefits of goal planning, and the key principles that underpin successful goal setting. We will also delve into the different types of goals, and how to align them with your values and vision. By the end of this part, you will have a solid understanding of the basics of goal planning, setting the stage for the rest of the guidebook.

### Why Set Goals?

Goals provide us with a sense of purpose and direction. They give us something to strive for, and they help us stay focused

and motivated. Setting goals allows us to channel our energy, time, and resources towards achieving specific outcomes, rather than drifting aimlessly through life.

Goals also provide a framework for measuring our progress and success. By setting clear and measurable goals, we can track our achievements, celebrate our wins, and identify areas for improvement. Goals create a sense of accountability and drive us to take action towards our desired outcomes.

Furthermore, setting goals can boost our self-confidence and self-esteem. When we achieve our goals, we feel a sense of accomplishment and pride in our abilities. It reinforces our belief in ourselves and our capacity to overcome challenges and achieve what we set out to do. This, in turn, can fuel our motivation to set and pursue even bigger and more ambitious goals.

## **Benefits of Goal Planning**

Effective goal planning offers numerous benefits that can positively impact various areas of our lives. Here are some key advantages of engaging in goal planning:

### **Clarity**

Goal planning helps us gain clarity about what we want to achieve, why it's important to us, and how we can get there. It forces us to articulate our desires, define our priorities, and identify the steps needed to reach our goals. This clarity helps us make informed decisions, prioritize our actions, and stay focused on what truly matters.

## **Motivation**

Goals provide us with motivation to take action and stay committed to our desired outcomes. They create a sense of purpose, excitement, and enthusiasm that fuels our drive to pursue our goals with determination and perseverance, even when challenges arise. Goals act as a powerful source of motivation, pushing us to overcome obstacles and stay on track towards achieving our aspirations.

## **Direction**

Goal planning helps us establish a clear direction in our lives. It gives us a sense of purpose and helps us make intentional choices about where we want to go and what we want to achieve. With clear goals in place, we can align our actions, decisions, and resources towards our desired outcomes, rather than getting lost in distractions or drifting aimlessly.

## **Focus**

Goals help us stay focused on our priorities and avoid distractions. With clear goals, we can filter out the noise, set boundaries, and channel our efforts towards what truly matters. Goals act as a compass that guides our actions, ensuring that we invest our time, energy, and resources on activities that align with our goals and values.

## **Achievement**

Achieving our goals gives us a sense of accomplishment and satisfaction. It validates our efforts, reaffirms our abilities, and

boosts our self-confidence. The process of setting and achieving goals can provide us with a sense of purpose and fulfillment, and can enhance our self-worth and overall well-being.

### **Growth**

Goal planning promotes personal growth and development. It pushes us out of our comfort zones, challenges us to learn new skills, and encourages us to overcome obstacles and setbacks. The pursuit of goals can lead to self-discovery, self-improvement, and increased self-awareness, allowing us to grow and evolve as individuals.

### **Time management**

Setting goals requires effective time management skills. It helps us prioritize our tasks, allocate our time and resources efficiently, and make the most of our available time. Goal planning encourages us to be mindful of how we use our time, and helps us avoid procrastination and unnecessary distractions.

### **Resilience**

Goal planning cultivates resilience and perseverance. It teaches us to embrace challenges, setbacks, and failures as opportunities for growth and learning, rather than as reasons to give up. Goal-oriented individuals tend to be more resilient, as they are motivated by their goals and are willing to overcome obstacles and setbacks to achieve them.

## Goal Setting in the context of the NDIS

Goal setting is a critical aspect of the National Disability Insurance Scheme (NDIS) as it empowers individuals to identify their unique aspirations and work towards achieving them. The NDIS is a person-centered program that aims to provide individuals with the tools and support they need to lead fulfilling and meaningful lives. Through goal setting, NDIS participants can identify their strengths, interests, and areas for growth, and collaboratively develop a plan to achieve their desired outcomes. Goals are essential in determining what supports are funded by the NDIS.

Setting goals within the context of the NDIS involves a collaborative approach that includes the individual with a disability, their support team, and other relevant stakeholders. NDIS participants and their support team should work together to break down larger goals into smaller, manageable steps, and create a roadmap to track progress and make adjustments as needed.

Goal setting within the NDIS framework also emphasizes the principles of choice and control, inclusion, and capacity building. It empowers individuals to make informed decisions about their goals and supports, and encourages active participation in the community. It also focuses on building the individual's capacity to independently work towards their goals and maximize their potential. Goal setting in the context of the NDIS is a dynamic and ongoing process that involves regular review and reflection to ensure that goals remain relevant and aligned with the individual's evolving needs and aspirations.

## **Key Principles of Successful Goal Setting**

To ensure effective goal planning, it's important to adhere to key principles that have been proven to contribute to successful goal setting. These principles provide a framework for setting goals that are realistic, achievable, and aligned with our values and vision. Here are some key principles to consider:

### **Specific**

Goals should be specific and clearly defined. They should answer the questions of what, why, and how. What do you want to achieve? Why is it important to you? How will you achieve it? Being specific helps you create a clear roadmap and provides a clear target to work towards.

### **Measurable**

Goals should be measurable so that progress can be tracked. Measurable goals allow you to monitor your progress, celebrate achievements, and make adjustments if needed. Measurable goals also provide a sense of accountability and motivation to stay on track.

### **Achievable**

Goals should be realistic and achievable given your current circumstances, resources, and constraints. Setting unrealistic goals can lead to disappointment and frustration. Consider your capabilities, available resources, and timeline when setting your goals to ensure they are achievable.



## **Relevant**

Goals should be relevant and aligned with your values, vision, and long-term aspirations. They should be meaningful and contribute to your overall sense of purpose and fulfillment. Setting goals that are aligned with your values and vision ensures that you are motivated and committed to pursuing them.

## **Time-bound**

Goals should have a timeline or deadline for completion. This helps create a sense of urgency, motivates action, and prevents procrastination. Time-bound goals provide a sense of structure and accountability, and help you stay focused and committed to achieving your goals within a specified timeframe.

## **Flexible**

It's important to be flexible with your goals and adjust them as needed. Circumstances may change, and you may need to revise your goals based on new information or changing priorities. Being open to flexibility and adaptability allows you to make necessary adjustments and stay on track towards your goals.

## **Goal Timeframes**

Goals can be categorized into different types based on their timeframes .

### **Short-term goals**

These are goals that can be achieved in a relatively short period of time, typically within a few days to a few months. Short-term goals are often used as building blocks towards achieving larger, long-term goals. Examples of short-term goals may include completing a project, learning a new skill, or improving a specific aspect of your health or well-being.

### **Medium-term goals**

Are goals that often take 1-3 years to complete. These are the goals that you have to spend more time reaching than short-term ones; yet, they provide the crucial stepping stones to reaching our long-term goals.

### **Long-term goals**

These are goals that require a longer timeframe to achieve, typically spanning several months to several years. Long-term goals often require significant planning, effort, and perseverance. Examples of long-term goals may include completing a course, starting a business, or exploring new housing. Long-term goals require a clear vision, commitment, and consistent effort over an extended period of time.

## **Goal Categories**

### **Health and Wellness**

Goals related to physical health, mental health, self-care, exercise, nutrition, sleep, and overall well-being.

### **Relationships**

Goals related to building and maintaining meaningful relationships with family, friends, romantic partners, colleagues, or community.

### **Career and Professional Development**

Goals related to career advancement, skill development, education, training, networking, and job satisfaction.

### **Personal Growth and Development**

Goals related to self-improvement, self-awareness, self-reflection, personal challenges, and learning new things.

### **Financial and Material**

Goals related to managing finances, budgeting, saving, investing, acquiring assets, and improving material well-being.

### **Lifestyle and Leisure**

Goals related to hobbies, interests, travel, leisure activities, and achieving a desired lifestyle.

### **Personal Values and Meaning**

Goals related to aligning actions and behaviors with personal values, finding meaning and purpose in life, and living authentically.

### **Contribution and Social Impact**

Goals related to making a difference in the community, volunteering, social activism, advocacy, or philanthropy.

### **Life Transitions**

Goals related to major life events or transitions, such as starting a relationship or family, entering or exiting school, relocating, moving out, commencing or changing employment or retiring.

### **Education and Learning**

Goals related to formal education, acquiring new skills or knowledge, or pursuing personal or professional development opportunities.

### **Functional and Skill Development**

Goals focused on improving capacity to perform activities of daily living and participate in community activities. This may include improving personal care skills, enhancing communication abilities, developing social skills, or increasing community participation.

# Part Two

## Self-Reflection and Goal Identification

Setting goals is an essential part of the NDIS process as well as personal and professional development. It provides a roadmap for success and helps individuals achieve their desired outcomes. In this section, we will explore a comprehensive goal planning process that includes several key steps. By following this process, you can effectively plan, organize, and implement your goals for optimal success.

### Step 1: Self-Reflection and Assessment

The first step in the goal planning process is self-reflection and assessment. This involves taking a deep look at yourself, your strengths, weaknesses, values, and priorities. It's important to gain clarity about what you want to achieve and why it matters to you. Ask yourself questions such as:

- What are my values and priorities in life?

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- What are my strengths and weaknesses?

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- What do I want to achieve in the short-term and long-term?

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- Why are these goals important to me?

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By conducting a thorough self-assessment, you can gain a clear understanding of your current situation, strengths, and areas for improvement. This self-awareness will provide a solid foundation for setting meaningful and achievable goals.

## **Step 2: Define SMART Goals**

Once you have completed your self-assessment, the next step is to define your goals using the SMART criteria. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Here's a breakdown of what each component means:

- **Specific:** Your goal should be clear, well-defined, and specific. It should answer the questions: What do you want to achieve? Why is it important? Who is involved? What are the requirements and constraints?

- **Measurable:** Your goal should be measurable, meaning it should have criteria that can be quantified or evaluated. It should answer the questions: How much? How many? How will I know when I have achieved my goal?
- **Achievable:** Your goal should be realistic and achievable given your current resources, capabilities, and constraints. It should stretch you out of your comfort zone, but still be feasible with effort and determination.
- **Relevant:** Your goal should be aligned with your values, priorities, and long-term vision. It should be relevant and meaningful to you, and contribute to your overall growth and development.
- **Time-bound:** Your goal should have a deadline or timeframe for completion. It should answer the questions: When will I achieve my goal? What is the timeline for my goal?

By using the SMART criteria, you can ensure that your goals are clear, measurable, achievable, relevant, and time-bound, setting you up for success.

### **Step 3: Break Goals into Smaller Tasks**

Once you have defined your SMART goals, the next step is to break them down into smaller, manageable tasks. This will help you create a roadmap and an action plan for achieving your goals. Break your goals into smaller tasks that are specific, actionable, and time-bound. These tasks should be smaller steps that you can take towards achieving your larger goal. Assign deadlines to each task to create a timeline for completion.

For example, if your goal is to run a marathon within the next six months, your smaller tasks could include: researching and selecting a training plan, scheduling regular runs and workouts, tracking your progress, participating in a 5K race, increasing your distance gradually, and so on.

Breaking your goals into smaller tasks will make them more manageable, less overwhelming, and easier to track progress. It also allows you to celebrate small wins along the way, which can help to keep you motivated and focused.



## Step 4: Create an Action Plan

With your goals broken down into smaller tasks, the next step is to create a comprehensive action plan. Your action plan should outline the specific steps you need to take to achieve each task, the resources you will need, the potential obstacles you may encounter, and how you will overcome them. Your action plan should also include deadlines for each task to keep you on track and accountable. Here's a template for creating an action plan:

Goal: [Insert your specific goal]

Task 1: [Insert specific task]

- Deadline: [Insert deadline]
- Resources needed: [List resources needed]
- Potential obstacles: [List potential obstacles]

How to overcome obstacles: [List strategies to overcome obstacles]

Task 2: [Insert specific task]

- Deadline: [Insert deadline]
- Resources needed: [List resources needed]
- Potential obstacles: [List potential obstacles]
- How to overcome obstacles: [List strategies to overcome obstacles]

Repeat the above template for each smaller task that you have identified in step 3. Your action plan should provide a clear roadmap for what needs to be done, when, and how, to achieve your goals.

## **Step 5: Monitor and Adjust**

Once you have your goals defined, tasks broken down, and action plan in place, it's important to regularly monitor your progress and make adjustments as needed. Keep track of your progress, and celebrate small wins along the way to stay motivated. Review your action plan periodically to ensure that you are on track and making progress towards your goals.

If you encounter obstacles or face setbacks, don't be discouraged. It's a normal part of the goal planning process. Instead, use them as opportunities to learn, adapt, and make necessary adjustments to your action plan. Be flexible and open to changes as you work towards your goals.

## **Step 6: Stay Motivated and Stay Accountable**

Achieving your goals requires consistent effort and determination. Stay motivated by reminding yourself of the reasons why your goals are important to you. Keep a positive mindset and believe in your ability to achieve your goals. Surround yourself with supportive individuals who can encourage and hold you accountable. Consider sharing your goals with a mentor, coach, or trusted friend who can provide feedback, guidance, and motivation. In addition, track your progress regularly and celebrate your achievements, no matter how small. This will help to boost your motivation and keep you focused on your goals.

# Part Three

## Examples of NDIS Goal and relevant NDIS Supports

### Health and Wellness

- **Improve Physical Fitness and Mobility:** This goal may involve participating in physical activities or exercises to improve strength, endurance, flexibility, or mobility. It could also involve accessing allied health services such as physiotherapy, occupational therapy, or exercise physiology to develop an individualized exercise plan.
- **Enhance Mental Health and Emotional Wellbeing:** This goal may involve accessing mental health services such as psychology, counselling, or therapy to address mental health concerns such as anxiety, depression, or stress. It could also involve developing coping strategies, mindfulness techniques, or self-care practices to promote emotional wellbeing.
- **Develop Healthy Eating and Nutrition Habits:** This goal may involve working with a dietitian or nutritionist to develop a healthy eating plan, learn about portion sizes, meal planning, and balanced nutrition. It could also involve developing cooking skills, grocery shopping, or meal preparation techniques to promote healthy eating habits.

## Examples of NDIS Goal and relevant NDIS Supports

- **Improve Sleep Patterns and Quality:** This goal may involve working with a sleep specialist (mainstream support), sleep psychologist, or an Occupational Therapy to improve sleep patterns and quality. It could involve developing healthy sleep hygiene practices, addressing sleep disorders, or managing factors that may impact sleep, such as anxiety, pain, or sensory sensitivities.
- **Manage Chronic Health Conditions:** This goal may involve accessing support and strategies to manage chronic health conditions such as diabetes, asthma, epilepsy, or other health conditions. It could involve medication management, symptom monitoring, or self-care strategies to minimize the impact of the condition on daily life. Support may include Nursing, Occupational Therapy, support at home and in the community.
- **Access Preventive Health Services:** This goal may involve accessing preventive health services, such as vaccinations, screenings, or health checks to maintain overall health and wellbeing. It could involve working with a primary care physician, allied health professional, or other healthcare providers to ensure regular health assessments and screenings are conducted. Support workers can assist in scheduling and supporting individuals to access these services.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Develop Stress Management and Coping Strategies:**  
This goal may involve accessing strategies and techniques to manage stress, such as relaxation techniques, mindfulness practices, or stress-reducing activities such as yoga or meditation. It could also involve developing problem-solving skills, time management, or other coping strategies to manage stressors in daily life. Support from a psychologist, counsellor or an Occupational Therapist could be beneficial. Support and access to community and group activities could also be considered.

### **Relationships**

- **Develop and Maintain Social Connections:** This goal may involve developing social skills, initiating and maintaining relationships, and participating in social activities such as joining social clubs, attending community events, or making new friends. It could also involve accessing support to develop and maintain relationships with family members, friends, or peers. Support from Allied Health professionals could assist in building skills to better engage in social activities. Support workers could accompany individuals to both mainstream and NDIS funded community based activities.

## Examples of NDIS Goal and relevant NDIS Supports

- **Enhance Communication Skills:** This goal may involve improving communication skills, such as speech and language development, using augmentative and alternative communication (AAC) devices, or sign language. It could also involve developing skills related to non-verbal communication, active listening, or understanding social cues to facilitate meaningful interactions with others.
- **Improve Relationship Building Skills:** This goal may involve developing skills related to building and maintaining relationships, such as understanding social norms, managing conflicts, resolving disputes, or showing empathy. It could also involve accessing relationship counseling, social skills training, or other interventions to improve relationship-building skills.
- **Strengthen Family Relationships:** This goal may involve strengthening relationships with family members, such as parents, siblings, or other close relatives. It could involve accessing family counseling, conflict resolution strategies, or communication skills training to improve family dynamics, understanding, and support.

## Examples of NDIS Goal and relevant NDIS Supports

- **Develop and Maintain Romantic Relationships:** This goal may involve developing skills related to romantic relationships, such as understanding dating etiquette, building intimacy, or maintaining healthy boundaries. It could involve accessing relationship counseling, sexuality education, or support in navigating romantic relationships.
- **Enhance Social Participation and Community Engagement:** This goal may involve participating in social activities, events, or programs in the community, such as volunteering, joining clubs, or attending social gatherings. It could also involve accessing support to overcome barriers to social participation, such as transportation, sensory sensitivities, or social anxiety.
- **Develop Self-Advocacy Skills:** This goal may involve developing skills to advocate for oneself in relationships, assert personal preferences and choices, and understand rights and responsibilities. It could involve accessing self-advocacy training, support in setting boundaries, or assertiveness skills development.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Enhance Peer Relationships:** This goal may involve developing and maintaining relationships with peers who share similar interests, hobbies, or experiences. It could involve accessing peer support groups, recreational programs, or social events to facilitate peer connections and social interactions.
- **Improve Community Inclusion:** This goal may involve accessing community-based activities, programs, or events to promote inclusion and participation in the local community. It could involve developing skills to navigate social settings, interact with community members, and build a sense of belonging.

## **Career and Professional Development**

- **Vocational Skills Development:** This goal may involve accessing vocational training or education to develop skills and qualifications in a chosen field or industry. It could involve enrolling in a course or program to learn job-specific skills, obtaining certifications, or gaining relevant work experience through internships or volunteering. Support from allied health professionals as well as support workers could be beneficial in achieving this goal.



## Examples of NDIS Goal and relevant NDIS Supports

- **Job Seeking Skills and Support:** This goal may involve accessing support to develop job seeking skills, such as resume writing, interview preparation, or job application techniques. It could involve working with a career counselor or employment service provider to identify job opportunities, improve job search strategies, and increase employability. SLES funding is available for those leaving school up to the age of 22.
- **Workplace Communication and Social Skills:** This goal may involve developing effective communication and social skills for the workplace, such as assertiveness, conflict resolution, teamwork, or professional etiquette. It could involve accessing social skills training, communication workshops, or coaching to enhance interpersonal skills in a work setting. Individual allied health support could also be considered.
- **Career Exploration and Planning:** This goal may involve working with a career counselor or mentor to explore different career options, identify strengths, interests, and values, and create a career plan. It could involve conducting informational interviews, job shadowing, or career assessments to gain insights into potential career paths. Finding and Keeping a Job funding would assist could be considered.

## Examples of NDIS Goal and relevant NDIS Supports

- **Entrepreneurship and Small Business Development:** This goal may involve exploring entrepreneurship or small business opportunities as a career path. It could involve accessing business development programs, mentoring, or financial support to start and manage a small business, including developing a business plan, marketing strategies, and financial management skills. Support worker assistance could also be beneficial in achieving this goal.
- **Workplace Accommodations and Assistive Technology:** This goal may involve identifying and accessing workplace accommodations or assistive technology to support career development and professional success. It could involve working with an occupational therapist or other relevant professional to assess workplace needs, recommend accommodations, and provide training on the use of assistive technology. The NDIS can fund supports in employment for individuals wishing to engage with a Disability Employment Services (DES) employer.

## Examples of NDIS Goal and relevant NDIS Supports

### Personal Growth and Development

- **Self-Reflection and Self-Awareness:** This goal may involve developing self-reflection and self-awareness skills to better understand oneself, identify strengths and weaknesses, and set personal goals. It could include accessing self-reflective exercises, journaling, or engaging in reflective practices, such as meditation or mindfulness, to increase self-awareness and self-growth. Support from a Psychologist, Counselor, Mentor or Recovery coach could assist in this goal.
- **Personal Interests and Hobbies:** This goal may involve pursuing personal interests and hobbies that bring joy, fulfillment, and a sense of accomplishment. It could include accessing community programs, recreational activities, or engaging in hobbies, such as art, music, sports, or other leisure activities that promote personal growth, creativity, and enjoyment. Assistance from a support worker to explore and access activities of interest could help to achieve this goal.
- **Cultural or Spiritual Exploration:** This goal may involve exploring one's cultural or spiritual identity and engaging in activities that foster cultural or spiritual growth. It could include accessing cultural or spiritual programs, joining community groups, or participating in activities that promote cultural awareness, diversity, and understanding.

## Examples of NDIS Goal and relevant NDIS Supports

### Financial and Material

- **Budgeting and Financial Planning:** This goal may involve developing skills to manage personal finances, create a budget, and plan for expenses. It could include accessing financial literacy programs, working with a financial advisor or planner, or attending budgeting workshops to learn about budgeting, saving, and financial planning.
- **Income Generation:** This goal may involve developing skills or exploring opportunities for income generation, such as finding employment, starting a small business, or participating in vocational training programs. It could include setting goals for job searching, skill development, or business planning, and accessing employment support services or small business development programs.
- **Benefits and Entitlements:** This goal may involve understanding and accessing available benefits, entitlements, and financial supports, such as government-funded disability pensions or grants. It could include working with a benefits advisor, accessing information resources, or navigating the relevant government systems to understand and access appropriate benefits and entitlements. A Support Coordinator, Support worker or Recovery Coach can assist in this space.

## **Examples of NDIS Goal and relevant NDIS Supports**

- **Money Management and Financial Literacy:** This goal may involve developing basic money management skills and financial literacy to make informed financial decisions. It could include accessing financial literacy programs, budgeting workshops, or working with a financial mentor or coach to learn about money management, savings, investments, and financial decision-making.

### **Lifestyle & Leisure**

- **Social Participation:** This goal may involve developing skills and strategies to participate in social activities and community events. It could include setting goals to attend social gatherings, join clubs or groups, participate in community activities, or engage in hobbies and interests that promote social interaction and community engagement. Allied health assistance to develop social and communication skills as well as assistance of a Support Worker to access mainstream and NDIS funded community-based activities.
- **Recreation and Leisure Activities:** This goal may involve engaging in recreational and leisure activities that promote physical, mental, and emotional well-being. It could include setting goals for regular exercise, sports, arts and crafts, music, gardening, or other recreational activities that the individual enjoys and promotes their overall well-being.

## Examples of NDIS Goal and relevant NDIS Supports

- **Travel and Transportation:** This goal may involve developing skills and strategies to access transportation and travel independently or with assistance. It could include setting goals for using public transportation, accessing travel training programs, learning to drive, or using accessible transportation options to increase mobility and independence.
- **Cultural and Community Participation:** This goal may involve engaging in cultural and community activities that promote inclusion and diversity. It could include setting goals to participate in cultural events, festivals, community programs, or volunteering opportunities to promote community involvement and cultural awareness.
- **Outdoor Activities and Nature-based Recreation:** This goal may involve engaging in outdoor activities and nature-based recreation to promote physical activity, sensory stimulation, and connection with nature. It could include setting goals for outdoor activities such as hiking, camping, fishing, or engaging in nature-based recreational activities such as gardening, bird-watching, or nature walks. Social and community participation funding as well as Short-term Accommodation/Respite funding could assist in reaching this goal.

## Examples of NDIS Goal and relevant NDIS Supports

- **Personal Interests and Hobbies:** This goal may involve pursuing personal interests and hobbies that promote engagement, self-expression, and well-being. It could include setting goals for hobbies such as painting, playing a musical instrument, photography, cooking, or engaging in any other activities that the individual enjoys and finds fulfilling.
- **Accessing Assistive Technology for Lifestyle and Leisure:** This goal may involve accessing assistive technology or equipment that supports participation in lifestyle and leisure activities. It could include setting goals for obtaining assistive devices, such as adaptive sports equipment, communication devices, or other assistive technologies that enhance participation in recreational and leisure activities.
- **Time Management and Planning for Leisure Activities:** This goal may involve developing skills and strategies for effective time management and planning to engage in leisure activities. It could include setting goals for planning leisure activities, scheduling regular leisure time, and managing time effectively to ensure adequate opportunities for leisure and recreation.

## Examples of NDIS Goal and relevant NDIS Supports

### Personal Values and Meaning

- **Purpose and Meaningful Activities:** This goal may involve identifying and engaging in activities that align with the individual's personal values, interests, and beliefs to create a sense of purpose and meaning. It could include setting goals to participate in activities that are meaningful and fulfilling, such as volunteering, engaging in advocacy efforts, or pursuing activities that contribute to a sense of purpose and fulfillment in life.
- **Cultural and Spiritual Connections:** This goal may involve fostering connections with cultural or spiritual practices that are important to the individual's identity and well-being. It could include setting goals for participating in cultural or spiritual activities, engaging with cultural or spiritual communities, or exploring and maintaining connections with cultural or spiritual beliefs and practices.
- **Emotional Well-being and Self-Reflection:** This goal may involve developing emotional awareness, self-reflection, and self-care strategies to enhance emotional well-being. It could include setting goals for engaging in activities such as mindfulness, meditation, journaling, or therapy to explore and understand emotions, thoughts, and feelings, and develop coping strategies for emotional well-being.



## Examples of NDIS Goal and relevant NDIS Supports

- **Pursuing Personal Interests and Passions:** This goal may involve pursuing personal interests, hobbies, and passions that bring joy, fulfillment, and a sense of purpose. It could include setting goals for engaging in activities that the individual is passionate about, such as art, music, sports, writing, or any other activities that align with their personal interests and values.
- **Building and Nurturing Meaningful Relationships:** This goal may involve developing and maintaining meaningful relationships with family, friends, peers, and the community. It could include setting goals for improving social skills, communication skills, and relationship-building strategies to foster positive and meaningful connections with others that align with the individual's values and beliefs.
- **Giving Back to the Community:** This goal may involve engaging in community service, volunteering, or advocacy efforts to make a positive impact on the community and contribute to a greater cause. It could include setting goals for engaging in community-based activities, volunteering for a cause or organization, or advocating for issues that are important to the individual's values and beliefs.

## Examples of NDIS Goal and relevant NDIS Supports

- **Engaging in Lifelong Learning and Personal Growth:** This goal may involve pursuing opportunities for continuous learning and personal growth that align with the individual's values and interests. It could include setting goals for further education, skill development, personal growth workshops, or engaging in lifelong learning activities that promote personal growth, self-improvement, and self-fulfillment.
- **Exploring and Expressing Personal Identity:** This goal may involve exploring and expressing personal identity, including aspects such as gender, sexuality, culture, and individuality. It could include setting goals for self-expression, exploration, and acceptance of personal identity, engaging in activities that promote self-identity and self-expression, and seeking support and resources that align with the individual's personal values and beliefs.
- **Engaging in Meaningful Daily Rituals and Practices:** This goal may involve developing and maintaining meaningful daily rituals or practices that align with the individual's personal values and beliefs. It could include setting goals for engaging in activities such as meditation, prayer, reflection, or other practices that promote a sense of meaning, purpose, and personal values in daily life.

## Examples of NDIS Goal and relevant NDIS Supports

### Contribution and Social Impact

- **Volunteering and Community Involvement:** This goal may involve setting targets for engaging in volunteering or community involvement activities that contribute to the well-being and betterment of the community. It could include goals such as volunteering at a local charity, participating in community events, or engaging in initiatives that positively impact the community.
- **Advocacy and Social Justice:** This goal may involve advocating for social justice, equality, and inclusivity. It could include setting goals for participating in advocacy efforts, raising awareness about social issues, and promoting positive change in policies and practices that affect individuals with disabilities and other marginalized groups.
- **Leadership and Mentorship:** This goal may involve developing leadership skills and serving as a mentor or role model for others. It could include setting goals for participating in leadership programs, taking on leadership roles in community organizations or groups, and mentoring others to help them achieve their goals.

## Examples of NDIS Goal and relevant NDIS Supports

- **Community Education and Awareness:** This goal may involve educating the community about disabilities, promoting awareness, and dispelling myths and misconceptions. It could include setting goals for delivering presentations, engaging in community education programs, and promoting inclusive attitudes and behaviors towards individuals with disabilities.
- **Support for Others:** This goal may involve providing support to individuals with disabilities or other marginalized groups. It could include setting goals for providing assistance, mentoring, or advocating for others, and helping them achieve their goals and overcome challenges.
- **Collaboration with Community Organizations:** This goal may involve collaborating with local community organizations, nonprofits, or advocacy groups to promote social impact and positive change. It could include setting goals for establishing partnerships, contributing to initiatives, and collaborating with like-minded organizations to achieve common goals.

## Examples of NDIS Goal and relevant NDIS Supports

### Life Transitions

- **Transitioning to Independent Living:** This goal may involve developing the skills and capabilities necessary to transition from a dependent living situation to living independently. It could include setting goals for learning daily living skills, managing personal care, managing household tasks, and navigating the community safely.
- **Transitioning to Employment:** This goal may involve transitioning from school or unemployment to employment or vocational training. It could include setting goals for job skills development, job-seeking skills, resume building, interview skills, and obtaining and maintaining employment.
- **Transitioning to Further Education or Training:** This goal may involve transitioning from school to further education or training, such as vocational courses, higher education, or specialized training programs. It could include setting goals for acquiring new skills, completing relevant qualifications, and accessing educational resources and support.
- **Transitioning to Retirement:** This goal may involve preparing for retirement and planning for a smooth transition into retirement life. It could include setting goals for financial planning, lifestyle adjustments, social engagement, and well-being during retirement.

## Examples of NDIS Goal and relevant NDIS Supports

- **Transitioning to New Living Arrangements:** This goal may involve transitioning to a new living arrangement, such as moving to a different home, a supported accommodation, or a care facility. It could include setting goals for planning and executing the move, adjusting to the new environment, developing new social connections, and accessing relevant support services.
- **Transitioning to Self-Management of NDIS Funds:** This goal may involve transitioning from managed or agency-managed funding to self-managing NDIS funds. It could include setting goals for developing financial management skills, understanding NDIS budgets, tracking expenses, and making informed decisions about the use of NDIS funds.
- **Transitioning to New Roles and Responsibilities:** This goal may involve transitioning to new roles and responsibilities, such as becoming a caregiver for a family member, taking on a leadership role in a community organization, or becoming a parent or guardian. It could include setting goals for developing skills, managing responsibilities, and navigating the changes in roles and relationships.

## Examples of NDIS Goal and relevant NDIS Supports

- **Transitioning to New Social Environments:** This goal may involve transitioning to new social environments, such as moving to a new community, starting a new social group, or joining a new organization. It could include setting goals for developing social skills, building social networks, and feeling comfortable and confident in new social settings.
- **Transitioning to a Different Care Arrangement:** This goal may involve transitioning to a different care arrangement, such as moving from in-home care to a care facility or transitioning from one care provider to another. It could include setting goals for planning and executing the transition, adjusting to the new care arrangement, and ensuring the individual's well-being and comfort throughout the process.
- **Transitioning to New Support Systems:** This goal may involve transitioning to new support systems, such as changing support providers, accessing different types of support services, or developing new networks of support. It could include setting goals for identifying and accessing appropriate support services, building relationships with new support providers, and navigating the changes in support systems.

## Examples of NDIS Goal and relevant NDIS Supports

### Education and Learning

- **Acquiring New Skills:** This goal may involve acquiring new skills, such as learning to read, write, use a computer, or develop specific vocational or recreational skills. It could include setting goals for attending relevant classes or courses, completing assignments, and achieving specific learning outcomes.
- **Educational or Vocational Training:** This goal may involve pursuing formal education or vocational training, such as enrolling in a diploma, degree, or vocational course. It could include setting goals for attendance, participation, and completion of the training program, as well as achieving specific learning or qualification outcomes.
- **Personalized Learning Plans:** This goal may involve developing personalized learning plans that cater to the unique needs and interests of the individual with a disability. It could include setting goals for identifying learning strengths and weaknesses, developing strategies to overcome challenges, and accessing appropriate resources and supports.



## Examples of NDIS Goal and relevant NDIS Supports

- **Accessing Educational Supports:** This goal may involve accessing appropriate educational supports, such as assistive technologies, modified learning materials, or additional learning aids. It could include setting goals for identifying and accessing relevant supports, integrating them into the learning process, and evaluating their effectiveness.
- **Developing Study Skills:** This goal may involve developing effective study skills, such as time management, note-taking, organization, and exam preparation. It could include setting goals for learning and implementing study skills, practicing them consistently, and monitoring progress.
- **Transitioning to Mainstream Education:** This goal may involve transitioning from special education or alternative learning arrangements to mainstream education, such as moving from a specialized school to a regular school or integrating into mainstream classrooms. It could include setting goals for developing social skills, academic skills, and independence in mainstream educational settings.

## Examples of NDIS Goal and relevant NDIS Supports

- **Lifelong Learning:** This goal may involve fostering a culture of lifelong learning, where the individual with a disability develops a passion for continuous learning and self-improvement. It could include setting goals for engaging in self-directed learning, exploring new interests, and pursuing personal development opportunities throughout their life.
- **Building Social and Learning Networks:** This goal may involve building social and learning networks, such as joining study groups, social clubs, or educational communities. It could include setting goals for developing social skills, networking, and building meaningful relationships with peers, mentors, and educators.
- **Transitioning to Different Educational Settings:** This goal may involve transitioning to different educational settings, such as moving from school to higher education, or changing schools or educational programs. It could include setting goals for planning and executing the transition, adapting to the new educational setting, and achieving specific learning outcomes.

## Examples of NDIS Goal and relevant NDIS Supports

### Functional and Skill Development

- **Daily Living Skills:** This goal may involve developing or improving skills related to daily living activities, such as personal hygiene, meal preparation, housekeeping, and managing personal finances. It could include setting goals for increasing independence, improving self-care skills, and developing routines for daily living.
- **Mobility and Transportation Skills:** This goal may involve developing or improving skills related to mobility and transportation, such as walking, using public transportation, or driving. It could include setting goals for increasing mobility, mastering public transportation, or obtaining a driver's license.
- **Communication Skills:** This goal may involve developing or improving communication skills, such as speech, sign language, or alternative communication methods. It could include setting goals for improving verbal or non-verbal communication, developing social skills, and using communication aids or devices.
- **Social Skills:** This goal may involve developing or improving social skills, such as making friends, engaging in social activities, and understanding social cues. It could include setting goals for developing social skills in different settings, such as home, school, work, or community, and improving social interactions.

## Examples of NDIS Goal and relevant NDIS Supports

- **Problem-Solving Skills:** This goal may involve developing or improving problem-solving skills, such as critical thinking, decision-making, and conflict resolution. It could include setting goals for identifying problems, developing problem-solving strategies, and evaluating their effectiveness.
- **Time Management Skills:** This goal may involve developing or improving time management skills, such as planning, organizing, and prioritizing tasks and activities. It could include setting goals for developing effective time management strategies, using calendars or schedules, and meeting deadlines.
- **Money Management Skills:** This goal may involve developing or improving money management skills, such as budgeting, saving, and financial planning. It could include setting goals for understanding money concepts, managing personal finances, and making informed financial decisions.
- **Functional Movement Skills:** This goal may involve developing or improving functional movement skills, such as gross and fine motor skills, coordination, balance, and strength. It could include setting goals for engaging in physical activities, participating in exercise programs, and improving physical abilities.

## Examples of NDIS Goal and relevant NDIS Supports

- **Independent Living Skills:** This goal may involve developing or improving skills related to independent living, such as managing personal care, household tasks, and community participation. It could include setting goals for increasing independence, developing life skills, and transitioning to living independently.
- **Enhance Personal Hygiene and Self-care Skills:** This goal may involve developing skills related to personal hygiene and self-care, such as bathing, grooming, dressing, or toileting. It could involve accessing support services, assistive devices, or skills training to improve independence and autonomy in self-care.
- **Computer and Technology Skills:** This goal may involve developing or improving computer and technology skills, such as using computers, software programs, internet, and assistive technology devices. It could include setting goals for improving digital literacy, using technology for communication or learning, and accessing online resources.
- **Meal Planning and Cooking Skills:** This goal may involve developing or improving skills related to meal planning, grocery shopping, and cooking. It could include setting goals for learning to plan and prepare healthy meals, follow recipes, and manage dietary restrictions.

## Examples of NDIS Goal and relevant NDIS Supports

- **Home Maintenance Skills:** This goal may involve developing or improving skills related to home maintenance, such as cleaning, laundry, and basic household repairs. It could include setting goals for learning to manage household tasks, maintain a clean and safe living environment, and develop basic DIY skills.
- **Sensory Integration Skills:** This goal may involve developing or improving sensory integration skills, such as sensory processing, self-regulation, and coping strategies. It could include setting goals for developing sensory awareness, managing sensory challenges, and building coping skills in different environments.
- **Cognitive Skills:** This goal may involve developing or improving cognitive skills, such as memory, attention, problem-solving, and decision-making. It could include setting goals for improving cognitive abilities, participating in cognitive training programs, and developing strategies for managing cognitive challenges.

## Examples of NDIS Goal and relevant NDIS Supports

- **Emotional Regulation Skills:** This goal may involve developing or improving emotional regulation skills, such as identifying emotions, managing stress, and building resilience. It could include setting goals for developing emotional awareness, coping with emotions, and building healthy emotional regulation strategies.
- **Personal Safety Skills:** This goal may involve developing or improving personal safety skills, such as road safety, stranger awareness, and emergency preparedness. It could include setting goals for learning safety rules, practicing safe behaviors, and responding to emergency situations.
- **Fine and Gross Motor Skills:** This goal may involve developing or improving fine and gross motor skills, such as hand-eye coordination, balance, and physical fitness. It could include setting goals for participating in physical activities, developing coordination skills, and improving physical fitness levels.

# Part Four

## Goal Setting Worksheets

In this section, we will explore the process of setting goals within the context of the National Disability Insurance Scheme (NDIS). Goal setting is an important aspect of developing a person-centered NDIS plan, as it helps individuals identify their desired outcomes and create a roadmap to achieve them.

The goal setting worksheets provided in this section are specifically tailored for NDIS participants and their support teams. These worksheets are designed to assist in setting meaningful, measurable, achievable, relevant, and time-bound (SMART) goals that align with the NDIS principles of choice and control, inclusion, and capacity building. The worksheets will guide you through the process of defining your goals, breaking them down into smaller steps, and monitoring your progress over time.

Whether you are an NDIS participant, a family member, a carer, or a support professional, these goal setting worksheets will serve as a valuable tool to help you collaboratively develop and work towards achieving meaningful outcomes under the NDIS. Utilize these worksheets to facilitate effective goal setting and empower individuals to pursue their aspirations and maximize their potential within the NDIS framework.



## My Personal Review

<b>What are my Strengths ?</b>	<b>What areas could I Improve in?</b>
<b>What good Opportunities are open to me?</b>	<b>What are some of my key Risks?</b>

## My Goals and Time Frames

Category	Goal	Short, Medium or Long Term
Health & Wellness		
Relationships		
Career & Professional Development		
Personal Growth & Development		
Financial & Material		

## My Goals and Time Frames

Category	Goal	Short, Medium or Long Term
Lifestyle & Leisure		
Personal Values & Meaning		
Contribution & Social Impact		
Life Transitions		
Education & Learning		

## My Goals and Time Frames

Category	Goal	Short, Medium or Long Term
Functional & Skill Development		

## My Action Plan

**Goal #**

**Task #**

<b>Deadline</b>	
Resources/ Support Required	
Potential Obstacles	
How to Overcome Obstacles	

**Goal #**

**Task #**

<b>Deadline</b>	
Resources/ Support Required	
Potential Obstacles	
How to Overcome Obstacles	

## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Core	Assistance with daily life	<ul style="list-style-type: none"> <li>• Personal care</li> <li>• Meal preparation</li> <li>• Household tasks</li> <li>• Mobility and transportation</li> <li>• Assistance with communication</li> <li>• Respite care</li> <li>• Supported independent living</li> <li>• Assistance with managing behavior</li> <li>• Training and skill development</li> </ul>	
Core	Assistance with social and community participation	<ul style="list-style-type: none"> <li>• Social skills development</li> <li>• Community access and inclusion</li> <li>• Participation in recreational activities</li> <li>• Attendance at social events or gatherings</li> <li>• Support in building social networks and relationships</li> <li>• Assistance with accessing community services and programs</li> <li>• Support in developing and maintaining friendships</li> <li>• Participation in group activities and programs</li> <li>• Support in joining clubs, groups, or organizations</li> <li>• Assistance with community volunteering or engagement activities.</li> </ul>	

## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Core	Consumables	<ul style="list-style-type: none"> <li>• Incontinence aids (e.g., disposable pads, catheters)</li> <li>• Wound care products (e.g., dressings, bandages)</li> <li>• Nutritional supplements (e.g., oral supplements, enteral feeds)</li> <li>• Disposable gloves</li> <li>• Cleaning and hygiene products (e.g., cleaning solutions, wipes)</li> <li>• Mobility aids consumables (e.g., wheelchair tires, crutch tips)</li> <li>• Continence products (e.g., bed pads, bedwetting alarms)</li> <li>• Hearing aid batteries</li> <li>• Medical supplies (e.g., insulin syringes, catheter bags)</li> <li>• Mobility scooter batteries or chargers</li> <li>• Sensory toys and tools</li> <li>• Visual supports (e.g., social stories, visual schedules, visual timers)</li> <li>• Communication aids (e.g., visual communication boards, speech-generating devices)</li> <li>• Adaptive feeding tools (e.g., specialized utensils, cups with handles)</li> <li>• Safety products (e.g., door alarms, window locks)</li> <li>• Calming aids</li> <li>• Fine motor skill tools (</li> <li>• Chewable and oral sensory tools</li> <li>• Assistive technology for communication or learning (e.g., tablets, apps)</li> </ul>	

## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Core	Transport	<p>Level 1 - The NDIS will provide up to \$1,606 per year for participants who are not working, studying or attending day programs but are seeking to enhance their community access.</p> <p>Level 2 - The NDIS will provide up to \$2,472 per year for participants who are currently working or studying part-time (up to 15 hours a week), participating in day programs and for other social, recreational or leisure activities.</p> <p>Level 3 - The NDIS will provide up to \$3,456 per year for participants who are currently working, looking for work, or studying, at least 15 hours a week, and are unable to use public transport because of their disability.</p>	
Capital	Assistive Technology	<ul style="list-style-type: none"> <li>• Wheelchairs or mobility scooters</li> <li>• Communication aids, such as speech-generating devices</li> <li>• Prosthetics or orthotics</li> <li>• Hearing aids or other assistive listening devices</li> <li>• Adaptive or modified furniture, such as adjustable beds or chairs</li> <li>• Home modifications, such as ramps, grab bars, or bathroom modifications</li> <li>• Vehicle modifications, such as wheelchair lifts or hand controls</li> <li>• Assistive devices for vision impairment, such as magnifiers or screen readers</li> </ul>	



## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Capital	Home	<ul style="list-style-type: none"><li>• Ramps or lifts to provide wheelchair or mobility scooter access to the home</li><li>• Widening doorways or hallways to accommodate wheelchair or mobility aid access</li><li>• Bathroom modifications, such as installing grab bars, handrails, or accessible showers</li><li>• Kitchen modifications, such as lowering countertops or installing accessible appliances</li><li>• Flooring modifications, such as installing non-slip flooring or leveling uneven surfaces</li><li>• Modifications to electrical or lighting systems to enhance accessibility and safety</li><li>• Installation of sensory or safety equipment, such as alarms or monitoring systems</li><li>• Structural modifications, such as reinforcing walls or floors for stability and safety</li><li>• Modifications to outdoor areas, such as creating accessible gardens or pathways</li><li>• Environmental control systems, such as smart home technology for remote control of lights, temperature, and other home functions.</li></ul>	

## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Capacity Building	Coordination of supports	<ul style="list-style-type: none"> <li>• Support Coordination</li> <li>• Support Connection</li> <li>• Specialist Support Coordination</li> <li>• Psychosocial Recovery Coaching</li> </ul>	
Capacity Building	Increased social and community participation	<ul style="list-style-type: none"> <li>• Life Transition Planning Incl. Mentoring Peer-Support And Indiv Skill Develop</li> <li>• Innovative Community Participation</li> <li>• Skills Development And Training</li> <li>• Community Participation Activities</li> </ul>	
Capacity Building	Finding and keeping a job	<ul style="list-style-type: none"> <li>• Employment support services</li> <li>• Skills development programs</li> <li>• Mentoring and coaching</li> <li>• Work-related assessments</li> <li>• Transportation assistance</li> <li>• SLES - money handling skills, time management skills, communication skills, discovery activities, work experience, learning how to take instruction at work, travel skills.</li> </ul>	

## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Capacity Building	Improved living arrangements	<ul style="list-style-type: none"> <li>• Assistance With Accommodation And Tenancy Obligations</li> <li>• Assisting to develop housing goals</li> <li>• Liaising with DHHS, real estate agents or proprietors to identify barriers to maintaining at risk tenancies</li> <li>• Identifying and implementing strategies to maintain current tenancies</li> <li>• Exploring alternative housing options</li> <li>• Assisting with private rental applications</li> <li>• Assisting to lodge applications for DHHS rentals</li> </ul>	
Capacity Building	Improved Relationships	<ul style="list-style-type: none"> <li>• Specialist Behavioural Intervention Support</li> <li>• Behaviour Management Plan Including Training in Behaviour Management Strategies</li> <li>• Individual Social Skills Development</li> </ul>	
Capacity Building	Improved health and wellbeing	<ul style="list-style-type: none"> <li>• Exercise programs</li> <li>• Exercise Physiology</li> <li>• Personal Trainer</li> <li>• Nutrition or dietetic services</li> </ul>	

## Funding Request Per Goal

Funding Bucket	Category	Examples	What funding do i require to reach my goal? (Hours/pw or \$)
Capacity Building	Improved learning	<ul style="list-style-type: none"> <li>• Transition Through School And To Further Education</li> </ul>	
Capacity Building	Improved life choices	<ul style="list-style-type: none"> <li>• Plan Management</li> </ul>	
Capacity Building	Improved daily living skills	<ul style="list-style-type: none"> <li>• Occupational Therapy</li> <li>• Psychology</li> <li>• Physiotherapy</li> <li>• Exercise Physiology</li> <li>• Speech Therapy</li> <li>• Dietician</li> <li>• Counselling</li> <li>• Audiology</li> <li>• Podiatry</li> <li>• Orthoptist</li> <li>• Art Therapy</li> <li>• Music Therapy</li> <li>• Developmental Educator</li> <li>• Social Worker</li> <li>• Recovery Counselling</li> <li>• Nursing</li> </ul>	

# Part Five

## Overcoming Obstacles and Challenges

Setting goals is an important step in any journey towards personal growth and development. However, along the way, you may encounter obstacles and challenges that can hinder your progress. In this section, we will discuss strategies for managing setbacks, adjusting and refining goals, and overcoming the fear of failure to stay on track and continue making progress towards your NDIS goals.

### Managing Setbacks

It's important to acknowledge that setbacks and failures are a natural part of any goal pursuit journey. It's not uncommon to face challenges or encounter obstacles that may temporarily slow down your progress or even lead to failures. However, what's crucial is how you manage these setbacks and bounce back from them.

One effective strategy for managing setbacks is to develop resilience and perseverance. Resilience is the ability to bounce back from challenges, setbacks, and failures, while perseverance is the ability to keep going despite difficulties. Here are some tips for building resilience and perseverance.

- Reframe setbacks as learning opportunities: Instead of viewing setbacks as failures, try to reframe them as valuable learning experiences. Reflect on what went wrong, what you could have done differently, and what you can learn from the situation. Use setbacks as an opportunity to gain insight, learn from your mistakes, and grow stronger.
- Practice self-compassion: Be kind and compassionate towards yourself when facing setbacks. Avoid self-blame or self-criticism, as this can lower your self-esteem and motivation. Treat yourself with the same kindness and understanding that you would offer to a friend who is facing a challenge. Remember that setbacks are a normal part of the goal pursuit process, and it's okay to make mistakes and learn from them.
- Seek support: Don't be afraid to seek support from others when facing challenges. Talk to trusted friends, family members, or professionals who can offer guidance, advice, or encouragement. Surround yourself with a supportive network that can help you stay motivated and provide perspective during difficult times.

- Stay focused on your long-term goals: When facing setbacks, it's important to keep your long-term goals in mind. Don't let temporary challenges derail you from your overall vision. Remind yourself of the reasons why you set the goal in the first place and the positive outcomes you hope to achieve. Stay committed to your long-term goals and keep moving forward.

### **Adjusting and Refining Goals**

Regularly reviewing and evaluating your goals, progress, and overall satisfaction with your action plan is an essential part of the goal pursuit process. As circumstances may change, or new insights may arise, it's important to be flexible and make adjustments to your goals and action plan accordingly. Here are some tips for adjusting and refining goals:

- Assess your progress: Take the time to assess your progress towards your NDIS goals regularly. Review your action plan, track your progress, and evaluate whether you are making meaningful steps towards your desired outcomes. Celebrate your achievements and acknowledge areas that may need improvement.
- Reflect on changing circumstances: Circumstances may change over time, and it's important to consider how these changes may impact your goals. Reflect on any changes in your personal circumstances, environment, or resources that may affect your ability to achieve your goals. Adjust your goals as needed to align with your current situation.

- Consider new insights: As you work towards your goals, you may gain new insights, perspectives, or information that can inform your goal-setting process. Be open to new ideas and feedback, and consider incorporating new insights into your goals and action plan. Stay curious and willing to adapt your goals based on new information.
- Revise action steps: If you find that your action plan is not effectively helping you progress towards your goals, consider revising your action steps. Be proactive in identifying any barriers.



## **Key Contacts**

### **NDIS (National Disability Insurance Scheme)**

- Website: <https://www.ndis.gov.au/>
- Contact Number: 1800 800 110

### **NDIS Quality and Safeguarding Commission**

- Website: <https://www.ndiscommission.gov.au/>
- Contact Number: 1800 035 544

### **National Disability Abuse and Neglect Hotline**

- Contact Number: 1800 880 052

### **VALID (Victorian Advocacy League for Individuals with Disability Inc.)**

- Website: <https://www.valid.org.au/>
- Contact Number: 03 9416 4003

### **Disability Services Commissioner**

- Website: <https://www.odsc.vic.gov.au/>
- Contact Number: 1800 677 342

### **Carer Gateway**

- Website: <https://www.carergateway.gov.au/>
- Contact Number: 1800 422 737

### **Office of the Public Advocate**

- Website: <https://www.publicadvocate.vic.gov.au/>
- Contact Number: 1300 309 337



REGISTERED  
NDIS  
PROVIDER



Sense *of* Care

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