



Your toolkit for moving out of aged care

Chapter 4

Part 3 Making sure your needs are met



Australian Government

**Department of Health,
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.

We wrote this with help from the

- National Disability Insurance Agency.

We say **NDIA** for short.

We wrote this in an easy to read way.

We use pictures to explain some ideas.



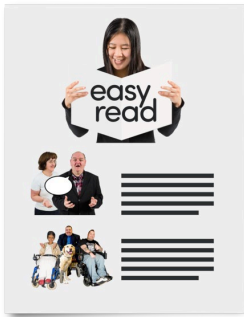
Bold

Not bold

We have some words in **bold**.

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

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About Chapter 4



This Easy Read is about **Chapter 4**.

Chapter 4 has Easy Read documents called



- Part 1 Choosing the right home
- Part 2 Moving
- Part 3 Making sure your needs are met
- Part 4 Learning new skills.



This Easy Read is **Part 3**.

It is called **Making sure your needs are met**.



It has information about

- Who can support you
- Making sure your needs are met
- Getting to know your new support workers.

Who can support you



There are people who can support you while you move.



Your **support coordinator** can support you.

A support coordinator is a person who helps you with your NDIS plan.



Your support coordinator can help you

- Find services you need



- Talk about things you are worried about



- Support you with **challenges**.

Challenges are hard things.



You can have support from your

- Family
- Friends.



They can help you

- Share your feelings



- Pack
- Unpack.



It may help to talk to other people who have done the same things as you.

You can



- Look at the NDIS website

ourguidelines.ndis.gov.au/home/community-connections/what-type-community-connections-are-available



- Talk to someone who works for a disability advocacy organisation

The Ask Izzy website can help you find disability advocacy providers near you.

askizzy.org.au/disability-advocacy-finder



- Join a group online

Like a Facebook group.



It is important to know that you do **not** have to do this by yourself.



You can

- Share your feelings
- Ask for help.

This can help when you have a challenge.



It is very important to talk to someone if you are

- Upset
- Stressed.



The **Disability Gateway** website has information about who you can talk to.

www.disabilitygateway.gov.au/safety-help#mental-health

Make sure your needs are met



It is important that your supports are ready when you move in.



Your support coordinator will make sure you have the right support.



Some things **you** can do before you move are

- Go over your care plan



- Plan each day.



You can make sure your support workers

- Know what you need



- Are ready for you



- Are the right people for you.

You can ask to meet your support workers before you move.



You can talk about what you

- Like
- Do **not** like.

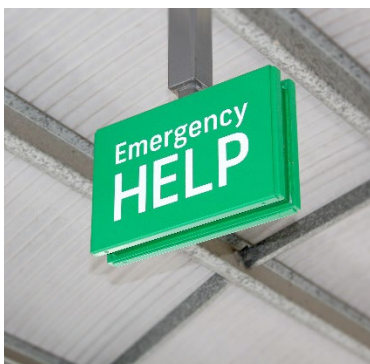


It is important to know how to contact your support staff when they are **not** with you.



You can have a list of important phone numbers.

This is helpful if you need urgent help.



They could be

- 000 for an emergency
- Your support coordinator
- Your healthcare providers.

Get to know your new support workers



It is normal to feel nervous about meeting new support workers.

It is important to build good relationships with your support staff.



You can tell your support workers

- About yourself



- About your support needs



- When something works for you

This helps them support you better.



- Things you want done differently



- About your **boundaries**.

Boundaries are personal rules that you have.

Boundaries can be

- You want people to always ask before they touch you.



It is important to understand it takes time to get to know each other.

It might feel a bit awkward at the start.

More information



The next Easy Read for **Chapter 4** is

- **Part 4 Learning new skills.**



It is on this website.

www.health.gov.au/ypirac

The website is **not** Easy Read.



The website also has Easy Read information about

- The 5 toolkit chapters
- Why we wrote the toolkit
- How to contact us.

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