

This checklist has been developed by Limbs 4 Life to help parents and carers prepare for a National Disability Insurance Scheme (NDIS) meeting. Use it to start discussions with your NDIS Planner and record key issues that you may need to raise with NDIS staff.

This document has 2 parts – one explores your role as a parent/carer and the second looks at the needs of your child.

Go to the [NDIS website](#) for updates, fact sheets, webinars and workshops, NDIS locations.

### Checklist - parent and carer

As a parent or carer, you cannot receive a plan or funded supports from the NDIS; funding will be for your child. However, parents and carers will benefit from the funded supports their child receives through the NDIS. Your child's plan may also include reasonable and necessary supports to help you in your caring role (e.g. disability training).

Talking about the support that parents and carers provide is an important part of a NDIS planning meeting.

These questions will help you to think about the support that you provide to your child:

1. Think about a typical day or week and what things do you do to support your child (e.g. bathing, feeding, dressing, transport, communication, emotional support)?
2. Are you happy with the support you provide and/or is there anything you would like to change?
3. Does the support you provide cause you any problems, concerns or worries (e.g. finance, health, wellbeing)?
4. Is there anything that you want to do but can't because of the support you need to provide to your child (e.g. work, study, socialising)?
5. Can you continue to provide the same amount of support to your child in the future?
6. Can you think of anything that would help you to provide good support to your child in the future (e.g. training, counselling, respite care)?
7. Do you currently receive any support (e.g. carer support group, counselling, respite care) as the parent of a child with a disability and are you happy with this?
8. Is there any other support you need?

### Checklist – your child

Think about your child's needs, goals and aspirations – physical, social, emotional and cognitive. If your child is old enough, talk with them about these questions.

#### Your child

1. Describe your child's medical and health conditions (consider not only your child's limb difference but any other medical or health conditions as well). If your child has multiple diagnoses then make sure these are

discussed (e.g. a limb difference due to meningococcal sepsis or a traumatic accident or a separate additional diagnosis such as autism, acquired brain injury, epilepsy or other)?

2. Consider a typical day or week and describe your child’s day-to-day life (consider education and social activities your child participates in, things that work or are not working in your child’s life, the things your child enjoys or is good at)?
3. Describe your child’s living arrangements (consider whether your child lives with you full-time or you co-parent, whether the living arrangements could be improved to suit your child’s needs or whether home modifications are required to meet your child’s needs)?

### Your child’s relationships and community supports

1. Describe the key relationships and support persons in your child’s life (consider friends, family, professional supports and what role each play in your child’s life)?
2. If your child is below school age, is your child receiving early intervention support designed to enhance his or her development and minimise developmental delay?
3. How is your child supported to attend or participate in school or education programs at pre-school, primary school, secondary school or tertiary education (consider learning, equipment, school sports, excursions)?
4. If your child is of working age, how is your child being assisted to obtain or retain employment (casual, part-time or full-time)?
5. What disability, emotional, social and community support is your child receiving? Use the table below to outline the supports your child currently receives. When filling out this table consider all disability, social and community supports your child receives (regardless of how they are funded), as well as any support provided by friends and family. Examples may include: prosthetic appointments, occupational therapy, physiotherapy, counselling, social activities (e.g. Scouts, holiday programs), sports (e.g. football), assistance with daily living, transportation or respite care. If possible try and bring the names and contact details of services your child is accessing to your NDIS meeting.

It is also important to remember the following:

- For a list of service providers go to the NDIS website: [Find a registered provider](#)
- Under the NDIS you can seek services in states, other than the one you live in (however you may be required to cover transportation costs to utilise services in other states).
- If your child is being fitted with a new prosthesis (such one with new componentry, because of age/weight growth, recreational limb/device) you may need to increase the amount of prosthetic appointments or occupational therapy your child is receiving. It is important that your child receives appropriate therapy during any changes to ensure that their gait pattern remains sound and/or they get the most out of their prosthesis or device.

Type of support	Amount of support	Service / person providing support
<i>Prosthesis review meeting</i>	<i>1 hour every three months</i>	<i>Children’s Hospital</i>
<i>Physiotherapy</i>	<i>1 hour per fortnight</i>	<i>Jane Smith, ABC Physiotherapy Centre</i>
<i>School drop-off and pick-up</i>	<i>5 hours per week</i>	<i>Anne Jones, Grandmother</i>
<i>Occupational Therapy</i>	<i>1 hour per week</i>	<i>Children’s Hospital</i>
<i>Psychologist</i>	<i>1 hour per fortnight</i>	<i>Peter Miller, XYZ Psychology Service</i>


### Your child's prosthetic equipment and service needs

Prior to an appointment with the NDIS Planner you should think about your child's prosthetic equipment and service needs. If your child does not use a prosthesis consider any other assistive devices your child uses. You may want to speak to your child's prosthetic provider, therapist and/or limb clinic team and discuss the following:

Equipment questions/considerations	Needs, requirements or product
The type of prostheses that will help your child to achieve his or her goals? If your child cannot use a prosthesis consider other assistive devices and equipment required.	
The number of prosthetic clinical appointments and reviews your child might require in the future (e.g. quarterly check-ups) and whether these will be followed by related appointments with other therapists (e.g. occupational therapist)?	
Which prosthetic / assistive device products your child would like to trial prior to making a final decision and purchase (e.g. different feet, knee units, hands)?	
Whether your child would like or is suitable for a prosthetic cover (cosmesis)? If so, consider how regularly the cosmesis will need to be changed, repaired, modified or changed over.	
The need for funding to cover the costs of prosthetic / assistive device modifications, reviews, repairs and maintenance?	
The need for specialised prosthetic limbs and equipment and how they will support your child's recreational and lifestyle needs and choices? You may want to think about the following: <b>Lower limb/s:</b> <ul style="list-style-type: none"> <li>• running blade for athletics</li> <li>• wet leg – for the beach/pool/shower</li> </ul> <b>Upper limb/s:</b> <ul style="list-style-type: none"> <li>• hand which grips tools or 'hold onto' another device such as a bike, or drawing tool, fishing rod, musical instruments</li> </ul>	
The need for prosthetic suspension and related items (e.g. stump socks, replacement liners/sockets if using silicone suspension or specialised liners for recreational limbs)?	

Other prosthetic equipment and service matters to consider:

1. Your child will require on-going reviews and modifications to their prosthesis, along with a new prosthetic socket, from time to time. Ensure that you allocate funding time for reviews, repairs and modifications.
2. Prosthetic components such as feet, hands, arms and knees will need to be changed or replaced, as they do not last a life-time and will need to be adjusted or replaced as your child grows or if they happen to damage or break them. Consult with your child's prosthetic provider about how often your child is likely to require a new or replacement limb (e.g. every year or every two - three years).

3. Most prosthetic components usually have a warranty of between 2 – 5 years. Find out the warranty covering your child's products prior to accepting delivery.
4. To get the most out of your child's prosthesis, it is important (as parents) that you understand how the prosthesis works / functions.

### Assistive device checklist

Prior to an appointment with an NDIS Planner you should think about any assistive devices and technology that your child currently uses or could benefit from using. You may want to speak to your child's healthcare professionals to discuss specific needs.

Please use the following tables to identify the devices your child currently uses or to identify ones that you feel your child may need now or in the future (for example driving and employment needs are noted and should be considered although your child may not be of driving or employment age yet).

Assistive technology for children with lower limb differences					
Home Modifications	Currently uses	Future need	Mobility Aids	Currently uses	Future need
Hand rails – entry/steps			Walking aids (e.g. crutches)		
Wet areas – shower			Wheelchair – manual or electric		
Toilet – Step up support			Wheelchair cushion		
Grip bars – shower/bath			Orthotic shoes		
Anti-skid mat shower/bath					
Shower – seat/chair/stool					
Bath – seat/chair/stool					

Assistive technology for children with upper limb differences					
Personal aids	Currently uses	Future need	IT equipment	Currently uses	Future need
Specially designed spoon/fork/knife			One-handed keyboard or mouse		
Specially designed kitchen items			Specialised computers		
Modifications to clothing			Specialised computer programs with voice recognition		
Velcro/button replacements					

Equipment and services for children with upper and/or lower limb differences					
Motor vehicles	Currently uses	Future need	Education and employment	Currently uses	Future need
Occupational Therapist driver assessment			Access to places of learning (e.g. schools)		
Left foot accelerator			Education supportive devices		

Spinner-knob			Access to places of employment		
Specialist driving lessons			Workplace supportive devices		
Vehicle modifications					
Hand controls					

Remember that your child and yourself are likely to have a number of NDIS meetings with planners over time. Before each meeting, refer to your original NDIS Plan and this Checklist to document things that have changed in your child’s life since the last meeting.

**Document current at April 2020**

**Disclaimer:** *The information provided in this document is for general use only and not intended to be a substitute for medical advice. Limbs 4 Life recommends that you seek professional advice when deciding on equipment or devices. Limbs 4 Life does not endorse any specific technology, company or device. Consumers are advised to consult with their healthcare provider before making any decision involving their care or that of a family member.*