



## **PLANNING YOUR INDIVIDUAL SUPPORT PACKAGE (ISP) FUNDING**

The aim of Individual Support Packages (ISPs) is to enable you to direct where and how your funds are used, exercise choice and be flexible with your disability support funding.

The ISP Handbook, written by the Department of Human Services (DHS), says that “through self-directed planning, the person is able to determine their needs, what supports are required to achieve their goals, who will provide the supports and how and when the supports should be provided” (page 6).

The Handbook also says that “an Individual Support Package is attached to the person. This means that there is flexibility for the person to change the nature of supports or service provider in response to a change in their needs, goals or where they are living” (page 6).

If you would like a copy of the Handbook please contact the Department of Human Services Intake and Response team on 1800 783 783 or go to the DHS website <http://www.dhs.vic.gov.au/disability/>.

## **TIPS FOR THINKING ABOUT AND WRITING YOUR ISP**

Below are some tips that might help you when you are thinking about and writing your ISP Plan.

### **1. Think broadly about what you want to spend your funding on.**

Remember that ISP funding can be spent on almost anything (within DHS Guidelines) that supports you to live an independent life (see the ISP Handbook for more information).

Department of Human Services Disability Services in Victoria lists 16 'areas of life' that might help you to think broadly about your life when making your plan:

- 1 Always learn
- 2 To be part of a community
- 3 To be independent
- 4 To be safe
- 5 Make friends and have relationships
- 6 Choose your supports and help
- 7 Communication
- 8 Do work that is valued
- 9 Use your rights and responsibilities
- 10 Be able to talk about, know and use your culture
- 11 Have fun
- 12 How to live
- 13 Look after yourself
- 14 Move around
- 15 Pay for things
- 16 Where to live

There are some more ideas listed on the following pages.

## **2. Try to keep your goals broad.**

Keeping your goals broad will give you greater flexibility during the life of your plan.

For example, a goal that says “to access physiotherapy once a week to help with my knee pain” is very specific. This goal means that you will only be able to access physiotherapy on a weekly basis.

An alternative might be “to improve my physical health and wellbeing”. This is a very broad goal which will give you a lot more flexibility. With this goal you could use your funding for anything that supports your physical health. It may include physiotherapy but could also include many other things if your situation changes and you no longer need physiotherapy.

## **3. Think about whether any of your current support needs can be met in ways that are less expensive.**

In a lot of plans this will be very difficult, or impossible, but it is something to think about. It might help to ‘free up’ some funds that you can use for other things in your plan. This might mean you are able to fund new things in your plan or to spend more money on the things you really want.

For example, if you are currently accessing hydrotherapy sessions at a private pool or Leisure Centre, there might be a cheaper option at a local Council pool.

## **THINK BROADLY ABOUT YOUR LIFE WHEN WRITING YOUR ISP PLAN**

Below are some ideas to help you to think broadly about your life during the ISP planning process.

These are ideas only and not everything will be useful or relevant to everyone.

It is important to keep Department of Human Services Guidelines in mind (talk to your Facilitator or Planner about this).

It is also important to think about what you can fund within your 'notional allocation' (the amount of funding you have been given by DHS). While it is possible to increase your allocation so that you can fund more supports this is often a long and difficult process and usually means making a new application through the Disability Support Register (DSR).

Try to think generally about your life:

- What is currently working for you?
- What is not working?
- What have you tried to make these things work for you?
- How would you like your life to look now and what would be needed?
- How would you like your life to look in twelve months and what would be needed?
- How would you like your life to look in three years and what would be needed?

Think about yourself as a whole, and all the different areas in your life, which might include for example:

#### Attendant care

- Are the hours meeting your needs?
- Is your roster working well for you?
- Are you happy with the agency or agencies providing your care?
- Are you receiving good quality care?

#### Accommodation

- Would you like to live on your own
- Would you like to live with your family
- Would you like to share a house
- Would you like to live in supported accommodation

#### Health and wellbeing

- Physical
- Mental
- Emotional

#### Independence

- Living in accommodation of your choice
- Doing activities that you want to do
- Participating in the community
- Being able to go into or be part of other services, groups and places in the community

#### Personal development and sexuality

- You may have particular requirements to help you express, define or explore your sexuality
- This might include many different things for you, such as relationship development, meeting your physical needs, being part of social groups, joining a dancing class, conversations about privacy or a range of other activities or events in the community
- What services or supports could help you with this?

### Opportunities to socialise

- Meeting new people
- Developing new friendship groups
- Taking up a hobby
- Participating in community events, e.g. sporting events, theatre, artistic, community events and groups

### Exercise

- Gym membership
- Pool membership
- Bicycle
- Personal training
- Exercise class
- Water aerobics

### Therapies

- Physiotherapy
- Massage
- Acupuncture
- Chiropractor
- Hydrotherapy

### Skills and capabilities

- Courses / short courses / workshops
- Library access
- Education and training
- Intellectual stimulation
- Computer
- Library access
- Magazine subscription
- Course at a local Neighbourhood House
- Course at a local Community Centre
- Council of Adult Education (CAE)
- TAFE
- University / On-line University (e.g. Open University)

### Community access and participation

- Doing volunteering
- Doing a course or workshop
- Joining a support group
- Going to a local Neighbourhood House or Community Centre
- Joining social and/or political groups

### Hobbies

- Doing a course at your local Neighbourhood House or Community Centre
- Joining a group

### Recreation / Leisure

- Swimming
- Sport
- Bowling
- Bingo

### Holiday

- Independently
- Group holiday
- With a carer
- With family and/or friends
- To visit family or friends
- To have a break
- To experience new things

### Spiritual pursuits

- Going to church
- Access to books, magazines, articles
- Faith groups

### Creative pursuits

- Music, photography, painting, drawing, drama, theatre, scrap-booking, sewing, patchwork, etc
- Gallery or theatre passes
- Classes or workshops
- Art materials

### Relationships

- Family
- Friends
- Partner
- Intimate

### Identity

- Cultural
- Sexuality
- Gender
- You may have particular requirements to assist you to express, define or explore cultural, sexual or gender identity

### Safety and security issues

- At home
- At work
- Outside the home
- In the community

Remember that you can use your ISP funding on almost anything that supports you to live an independent, dignified and happy life.

This document was written by Housing Resource and Support Service (HR&SS) as part of a community development project to support people with disabilities to get the most out of their Individual Support Packages.