

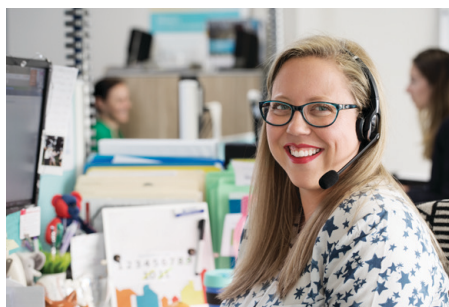
Are you NDIS ready when it comes to your Continence Care?



Does your bladder and bowel management impact your ability to achieve your goals and aspirations?

The National Insurance Disability Scheme (NDIS) has the potential to improve these impacts, by providing access to the right combination of continence products. The NDIS is a way of providing you with choice and control over your life with the supports you need to live the life you want.

This guide is an opportunity for you to check if your supports are working for you, and help you towards your goals.



Coloplast can work with you to help support you through the NDIS process. We offer NDIS support through several avenues:

Consumer Care team support

Our team can:

- Discuss your continence needs in a safe environment
- Support you with finding continence solutions that may better suit their lifestyle
- Help you prepare for their NDIS meeting with advice and product estimates

Nursing support through our Clinical Nurse Advisors

Our Clinical Nurse Advisors can provide pre-planning and review support for your patient's continence products.

Contact Coloplast to have a confidential discussion about the NDIS and your continence needs

📞 1800 880 427

💻 www.coloplast.com.au/NDIS

1. Eligibility for the NDIS



There are four requirements for eligibility into the NDIS that you must consider:

1. Do you usually need support from a person or equipment to do everyday tasks due to a permanent impairment or condition?

Tasks where you may need support could be:

- Understanding and being understood by people.
- Taking a bath or shower, getting dressed or eating.
- Getting out of bed, or moving around or outside the home.
- Carrying out daily jobs, tasks or functions.

If YES, go to question 2

2. Do you have an Australian residency?

To access the NDIS you must live in Australia and be:

- An Australian citizen OR
- A permanent resident OR
- A New Zealand resident who holds a protected special category visa.

If YES, go to question 3

3. Are you under 65 years old?

To access the NDIS you must be under 65 years when you first access the scheme. You will be able to continue accessing the scheme after age 65.

If you are over 65:

- And do not currently have government funded supports, the aged care system will be available for you.
- And currently receive funded supports, these will remain in place.

If YES, go to question 4

4. Do you need access to supports now that can help to reduce your support needs in the future?

If there are supports you need to access which will help you build independence and skills, or to reduce the impacts of your disability in the future then you may be eligible.

If you answered 'yes' to all of the above questions, call Coloplast on 1800 880 427 to find out how we may be able to support your continence needs through the NDIS

2. What is funded under the NDIS



Funding is based on what is 'reasonable and necessary' to achieve your goals, in addition to the support provided by family, friends and other community and government services.

There are three types of support budgets that may be funded in an NDIS plan:

Core

A support that enables a participant to complete activities of daily living and enables them to work towards their goals

Your Core budget is the most flexible, and includes four categories of support:

- Consumables (e.g. purchasing everyday use items such as [continence aids](#))
- Daily Activities (e.g. assistance with self-care activities during the day or evening)
- Assistance with Social and Community Participation (e.g. supports to enable you to engage in social or recreational activities)
- Transport (e.g. if you are unable to use public transport because of your disability)

[Continence aids](#) fall into Core funding under [consumables](#)

Capacity Building

A support that enables a participant to build their independence and maximise skills and progress towards their goals

Your Capacity Building funding is allocated across eight sub-categories, depending on your goals. They include:

- Choice and Control (e.g. training in planning and plan management)
- Daily Activity (e.g. therapy aimed at building your capacity to participate)
- Employment (e.g. employment related assessment and counselling)
- Health and Wellbeing (e.g. exercise advice required due to impact of disability)
- Home Living (e.g. support to obtain/retain appropriate accommodation)
- Lifelong Learning (e.g. assistance moving from school to further education)
- Relationships (e.g. positive behavioural support strategies to reduce behaviours of concern)
- Social and Community Participation (e.g. Individual life skills development and training including public transport training and support, developing skills for community, social and recreational participation)

You can spend the allocated funding on any approved support within the category, but cannot move funds between categories.

Capital

An investment into supports such as vehicle and home modifications

The Capital Support budget has two support categories:

- Assistive Technology – includes equipment items for mobility, personal care, communication and recreational inclusion (e.g. wheelchairs or vehicle modifications)
- Home Modifications (e.g. rail in the bathroom)

Funds within this budget can only be used for their specific purpose (e.g. a rail in the bathroom or a wheelchair) and cannot be used to fund other items.

Some support will NOT be funded

A support will not be funded if it:

- Is not related to your disability, such as paying for a holiday or white goods, home renovations to build equity, buying a new car or mag wheels. *Modifying a home or car to promote your independence related to your disability will be funded as it meets the 'reasonable and necessary' supports criteria.*
- Relates to day-to-day living costs, such as groceries, phone bills, electricity and mortgage payments
- Is the same as other supports already funded and/or mainstream services
- Illegal substances, drugs, alcohol and cigarettes.

3. What happens if you are eligible?



This is generally what you can expect will happen after you contact the NDIA to discuss your eligibility:

1. Make an appointment

An appointment will be made for you to meet an NDIS planner or local area coordinator (LAC).

- At your first appointment your planner or LAC will confirm your eligibility

2. Think about what you want from life

Your planner or local area coordinator will discuss how you would like to live your life and the 'reasonable and necessary' supports you need.

- It is important to be as well prepared for this meeting as you can to ensure all your needs are covered
- *Our planning tool (sheet 5) can help you decide on the continence needs best suited for your goals*

3. Choose your supports

If you wish, the NDIA can help you choose your supports based on your individual plan, or you can manage this yourself.

- The NDIA will discuss your preferences with you and, if you wish, your family and carers too

4. Implement your plan

When it comes to implementing your plan you can choose:

- How you want to manage your individual funding
- Your preferred support providers

5. Stay in touch

From time to time your planner or local area coordinator will contact you to check whether your plan is helping you work towards your goals

Bladder Management Assessment

Please take 2 minutes to answer the following questions. Please answer "Yes" or "No" to each question based on how your bladder is currently being managed.

1. Do you experience bladder infections more than once a year?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ 2-4 times a year ☐ 2-4 times a year ☐ 2-4 times a year

2. Does your current bladder management ever restrict how you live your life?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ Rarely ☐ Sometimes ☐ All the time

3. Do you experience urinary leakage more than twice in six months?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ 2-4 times in six months ☐ 5-10 times in six months ☐ More than 10 times in six months

4. Do you ever have difficulty using your products to manage to manage your bladder routine?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ Rarely ☐ Sometimes ☐ All the time

If you answered YES to any of these questions there may be other solutions that can help you manage your bladder better.

Please turn over for the Bowel Management Quiz.

Bowel Management Assessment

Please take 2 minutes to answer the following questions. Please answer "Yes" or "No" to each question based on how your bladder is currently being managed.

1. Do you experience a bowel movement less than once a day?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ Once a week ☐ Less than once a week ☐ There is no routine for my bowel movements

2. Do you spend more than 30 minutes on the toilet when trying to empty?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ 30 minutes – 1 hour ☐ 1-2 hours ☐ Over 2 hours

3. Does your bowel management ever restrict how you live your life?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ Rarely ☐ Sometimes ☐ All the time

4. Do you experience a bowel accident more than once per month?

☐ Yes ☐ No

If YES, how often? (Please tick)

☐ 2-4 times per month ☐ 5-10 times per month ☐ More than 10 times per month

If you answered YES to any of these questions there may be other solutions that can help you manage your bladder better.

The Consumer Care team at Coloplast can be your trusted guide through the NDIS process. Contact Coloplast today:

📞 1800 880 427

Our Clinical Nurse Advisors are here to help

Our clinical Nurse Advisors can provide you with pre-planning and review support for your continence products.

Contact us today to book into one of our free Nursing Support clinics:

📞 1800 316 649

💻 coloplast.com.au/continence-coloplastcareclinics

Coloplast®
Care



5. How Coloplast can support you with continence solutions

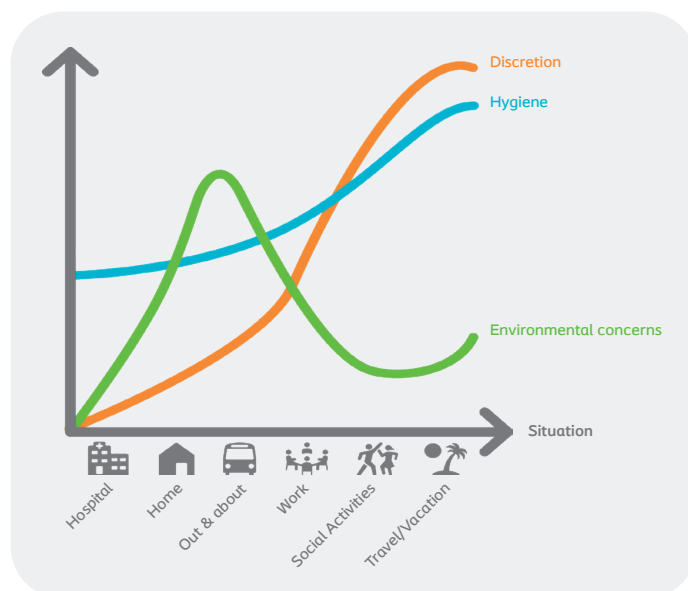


Coloplast sees the NDIS as an opportunity for you to get the right continence solution to enjoy a more active, rewarding life without having to worry about your bladder and bowel.

What products are the right products?

We know that finding the right continence solution is important. Did you know that often more than one continence product is part of that solution?

Often the importance of a product's features depends on the situation we find ourselves in, so incorporating different products into your plan allows you to be ready for whatever opportunities you stand in front of during your plan.



Finding the right continence solutions can help you work towards your goals, allowing you to live your life without being restricted by your current management routines.

It is important to know which continence products will be best suited to your needs before your NDIS planning meeting.

The following page can help you work out which products may best be suited to helping you achieve your goals.

The Consumer Care team at Coloplast can be your trusted guide through the NDIS process and help you come prepared.

I want to: *travel without worry*



SpeediCath® Flex

The dry sleeve maintains catheter sterility when placed on any surface, while the catheter fits discreetly into your pocket, making SpeediCath Flex the ideal travel companion.



SpeediCath® Compact Set

The integrated urine bag and instantly-ready-to-use coating allows you to catheterise in less-than-ideal environments, maintaining proper hygiene wherever you are.

I want to: *get back to study and work*



SpeediCath® Compact

Designed to be stored, carried and used discreetly. The instantly ready-to-use catheter won't take time away from your work or study.



SpeediCath® Compact Set

The integrated urine bag and instantly-ready-to-use coating allows you to catheterise in less-than-ideal environments, maintaining proper hygiene wherever you are.

I want to: *gain back my independence*



SpeediCath® Flex

The dry sleeve provides you with more control, even with poor hand dexterity. The flexible tip navigates easily to the bladder, not requiring special technique to do so.



Peristeen® Transanal Irrigation

Designed for predictable bowel management, Peristeen can help you gain more independence and control over your bowel routine.

Product benefits



Discreet



Hygienic



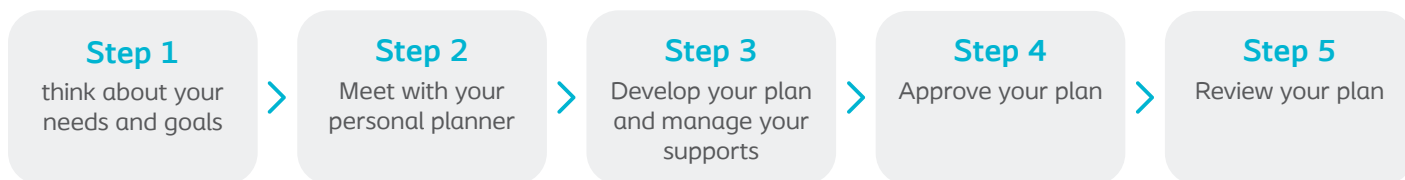
Easy to use

6. How to prepare for your planning meeting



This planning guide has been designed to assist you through the process of developing your NDIS plan in regards to your continence needs. It will help you identify your needs, goals and current supports.

There are a number of questions for you to think about, and you can note your thoughts on the following pages. These next few pages are to help you through Step 1 and to help you discuss your continence needs and supports when you meet with your planner or local area coordinator.



What is your life like now?

Think about:

- How does your current continence management and products impact on your ability to participate in activities such as education, work and social activities?
- What is working well with your continence routine right now?
- Do you ever have any problems with your bladder/bowel management i.e. urinary tract infections, accidents?
- What would you like to change or improve?
- Is there a different product you would like to try which may help assist you better with your continence management?

Write your notes here

Aids, equipment or modifications

Think about:

- What products and equipment you have or you need to help you manage your continence issues. List all products that are part of your continence routine, even the smallest items such as gloves or disinfectant hand gel.
- Is it appropriate for your needs?
- Does it support you in your ability to socialise and meet your other goals through the NDIS?

[illegible]

Your goals

There may be things you want to achieve in the short and longer term which are impacted by your current continence issues.

Think about:

- The supports you already have in place.
- If any part of your continence routine is causing a barrier to you achieving your goals.
- What steps you need to take to get where you want to be.

Goals	Does your current continence product impact on this aspect of your goal setting?
Employment e.g. Would you like to get a job, volunteer or change your work hours?	
Social participation e.g. Would you like to join a club, be more able to attend events, see your friends or make new friends?	
Independence e.g. Would you like to get around the house or community on your own or with less assistance?	
Living arrangements e.g. Would you like to modify your home or live somewhere different?	
Health and wellbeing e.g. Would you like to be more active or take up a sport?	

Sample meeting agenda

Introductions	Your planner/local area coordinator will introduce themselves and outline what you will talk about in the meeting.
Your preparation	Your planner/local area coordinator will ask if you understand the information which you have already received and the materials sent to you before the meeting.
Your participant statement	<p>You will discuss:</p> <ul style="list-style-type: none"> • Your current situation, living arrangements, social activities, employment • Your current supports and what's working well • What you would like to change • Your goals and aspirations. <p>This is where your pre-work done in this flyer can help.</p>
Setting your objectives	You and your planner/local area coordinator will turn your goals and aspirations into a set of actions.
Developing your strategies	<p>Your planner/local area coordinator will help develop the steps you need to take to achieve your goals and aspirations.</p> <p>This may include changes to your continence products if you have discussed how this limits you currently.</p>
Measuring your achievement	You will discuss how you and your planner/local area coordinator will be able to tell if your personal plan is working.
Setting review dates	<p>You and your planner/local area coordinator will agree on review dates for your plan.</p> <p>You may need a second meeting to finish your planning conversation. If this is the case, you will agree on a time.</p> <p>Once your planner/local area coordinator has all the information they need, they will develop a plan of supports for you.</p> <p>Your planner/local area coordinator will tell you when you can expect to receive your plan of supports and what will happen next.</p>