

Home, Community and Life Planning Checklist

Questions that are often asked by people with physical disabilities or are related to concerns that people talk about with regards to their home, community and life planning. Anyone with a physical disability is recommended to review this checklist.

Visit futurethinking.abilitycentre.com.au for more information.

Please note that this checklist is a guide only and should not replace a thorough assessment completed by health professionals.

Question	If you answer...	It is recommended you...
Do you avoid any particular types of foods for any reason?	Yes	<ul style="list-style-type: none">• Find ways to have a balanced diet.• See your speech pathologist for a swallow review.• See your dietitian for food recommendations.• See your GP for a health review.

Home, Community and Life Planning Checklist cont.

Question	If you answer...	It is recommended you...
If you are not employed in open employment, do you know what financial supports are available?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available.
Regardless of your income, do you know what supports you are eligible for to assist you to manage your disability?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available.
If you are interested in leisure activities, do you know the types of services that are available?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available.
Are you thinking about moving into a home of your own?	Yes	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. See your occupational therapist for a full review of your needs. Discuss your plan with your planner to know what supports you would need and plan for these.
Are you and your family thinking of moving to a different home?	Yes	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. See your occupational therapist for a full review of your needs.
Are you or your family having difficulties completing your daily tasks?	Yes	<ul style="list-style-type: none"> Consider asking for help from support staff to help you. Visit the Future Thinking website for information and links to options available. See your therapy team for a full review of your needs. Discuss your difficulties and what you need with your planner to know what supports you would need to include in your plan.
Are you becoming tired easily when doing your everyday tasks?	Yes	<ul style="list-style-type: none"> Consider asking for help from support staff to help you. Visit the Future Thinking website for information and links to options available. See your therapy team for a full review of your needs. Discuss your difficulties and what you need with your planner to know what supports you would need to include in your plan.

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Question	If you answer...	It is recommended you...
Do you think you have the support you need?	No	<ul style="list-style-type: none"> • Be honest about the support you need in all parts of your life. It is ok to ask for help. • Speak to your planner about the areas in your life that you need help. Look at employing support staff to help you. • See your social worker and occupational therapist.
Do you think that those who support you understand what your wishes are now and into the future?	No	<ul style="list-style-type: none"> • Be clear to those who support you about what your wishes are. • Seek advocacy support if you need help making your wishes clear. • Visit the Future Thinking website for information and links to options available. • See your social worker or other advocacy agencies.
If you need support, do you or will you need support with decision making?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • Seek advocacy support if you need help in understanding your options. • See your social worker or other advocacy agencies.
If you need support, do you or will you need support with legal decisions?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • Seek advocacy support if you need help in understanding your options. • See your social worker or other advocacy agencies.
Do you want to make decisions now for future treatments that you do and don't want?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • See your GP to find out about Advance Health Directives.
Would you like to learn to drive a vehicle?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available.
Does your car need modifications?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available.
Do you feel confident to take public transport?	No	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • See your occupational therapist or social worker.
Would you like to further your education?	Yes	<ul style="list-style-type: none"> • Visit the Future Thinking website for information and links to options available. • See your occupational therapist.

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Question	If you answer...	It is recommended you...
If you are still at school, do you have a plan for what you want to do after school?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. Speak to your health and therapy teams to know what your needs are likely to be. Speak with your planner about planning what your needs are likely to be.
Have you looked into potential careers or job pathways?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available.
If you are planning to study, will you also be working?	Yes	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available.
If you are working, do you have a plan for retirement?	No	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available.
Do you use or have trouble using any of your aids, equipment or other assistive technology?	Yes	<ul style="list-style-type: none"> Have all aids, equipment and other assistive technology reviewed every year. See your occupational therapist, physiotherapist and / speech pathologist.
Do you have difficulty with any of the following: bathing, showering, using the toilet, grooming, meal preparation, cooking, eating, drinking, cleaning, washing, accessing parts of your home?	Yes	<ul style="list-style-type: none"> Seek help to either have someone else support you to do these activities or to improve your independence. See your occupational therapist. Speak to your planner. Look at employing support staff to help you.
Do you have any questions or concerns about sex and sexuality?	Yes	<ul style="list-style-type: none"> Visit the Future Thinking website for information and links to options available. Speak to your GP, psychologist, social worker or therapy team.
Do you have any trouble accessing or participating at school, university, TAFE or similar or at your work place?	Yes	<ul style="list-style-type: none"> Find ways to access and participate. Speak to the education setting or workplace to find out what the options are. See your occupational therapist and social worker.