Goals

Part of preparing for your plan review is setting goals. Your goals help work out what supports could be funded by the NDIS. You need to think carefully about the objectives you have in life. This is often more important than thinking about the actual services and supports that you want.

Outcome Domains

The NDIS has developed a list of different parts of ordinary life where people may need support. They call these "Outcome Domains".

There are eight outcome domains, and reflecting on these can help participants think about goals in different areas of their life. They can also assist planners to explore where supports in these areas already exist and where further supports are required. These domains are:

1. Daily Living	5. Work
2. Home	6. Social and Community Participation
3. Health and Wellbeing	7. Relationships
4. Lifelong Learning	8. Choice and Control

Thinking about these different areas of your life and setting goals, you may want to consider such things as:

- Where you live:
- Relationships you have with others, or want to have;
- Your Health and your wellbeing;
- Education, and other learning opportunities;
- Work, both volunteer and paid;
- Social and community activities;
- Your Likes and Dislikes

An NDIS plan usually has two short-term goals and a few medium-to-long-term goals. Short-term goals are the focus for how funding is provided. So, if a goal needs to be achieved in the next twelve months, it should be written as one of the short-term goals. Longer term goals are life goals, things that you aim for over a number of years. You can carry over life goals from one plan to the next.

Goals should focus on an outcome, rather than about the services needed to achieve the outcome. For example, if you attend a day program, the goal might be "To spend more time in my local community and develop skills so that I can be more independent", not "To attend my day program."

Goals need to be broad enough that you can make creative changes throughout the plan period and can use different types of services that would help achieve the goal. For example "I want to access a range of recreational activities that I enjoy", not "I want to do horse riding and swimming".

If assessments or therapies are needed in the plan, you might need to have a goal that refers to the outcomes of those supports. For example, if the person needs an assessment from a Speech Therapist, the goal might be "To improve my verbal communication so that I can be as independent as possible".

It is OK to have a short-term goal that brings a few similar ideas together into one goal. for example, "To meet new people so that I can have more friends, to start volunteering locally, and to get a well-paid job".

If you need multiple therapies or assessments, you can put them all together in one short-term goal. For example, "To improve my relationships, communication and mobility so that I can be as independent as possible."

The 3 NDIS support purposes (budgets) and the 15 support categories are designed to align with the 8 outcome domains. This helps participants choose supports that help them achieve their goals. The following table shows the links between support purpose types, support categories and outcome domains.

SUPPORT PURPOSE	SUPPORT CATEGORY	OUTCOME DOMAINS
CORE	1. Assistance with Daily Life	Daily Living
	2. Transport	Daily Living
	3. Consumables	Daily Living
	4. Assistance with Social & Community Participation	Social & Community Participation
CAPITAL	5. Assistive Technology	Daily Living
	6. Home Modifications and Specialised Disability Accommodation (SDA)	Home
CAPACITY BUILDING	7. Support Coordination	Choice & Control
	8. Improved Living Arrangements	Home
	9. Increased Social and Community Participation	Social and Community Participation
	10. Finding and Keeping a Job	Work
	11. Improved Relationships	Relationships
	12. Improved Health and Wellbeing	Health & Wellbeing
	13. Improved Learning	Lifelong Learning
	14. Improved Life Choices	Choice and Control
	15. Improved Daily Living Skills	Daily Living