

Information for the participant and their family | Adult

What is My Plan?

'My Plan' refers to how icare works with you to plan for the things you want to do, and the assistance and support you need.

What does it involve?

Preparing your plan involves meeting with a planning facilitator, as well as anyone else you would like for support, to work out what you would like to aim for, and your aspirations (your goals), and how best to achieve them.

What is a planning facilitator?

A planning facilitator is a person who is paid by icare to assist you with My Plan.

When will I see a planning facilitator?

Usually, you will first meet with your planning facilitator before you leave hospital. They will visit you again after you leave hospital and ask how you are going, what has helped you, and how you are managing your day-to-day activities. They will talk with you about what you want to do, your goals, and the steps to achieve it.

How can I prepare for My Plan activities?

You can start thinking about things like: What do you want to achieve? What works well for you now and what would you like to do next? What are you interested in? What is important to you?

What if I have trouble coming up with goals?

The planning facilitator is there to guide you through My Plan and help you set goals. As a part of this, they will ask about what works well for you, what things you are good at, and what difficulties you have.

Who will help me to achieve my goals?

The planning facilitator will also ask you what assistance and support you need to achieve your goals. These may include support from friends and family to help you with tasks, or support to be involved in local community services or activities (like going to the gym or attending a course). There may also be services that icare can pay for that relate to your injury and are reasonable and necessary (like specific aids and equipment, treatment, rehabilitation and attendant care services).

After I have done my plan, what happens next?

After you have developed your plan with the planning facilitator, they will give you a copy for your reference. They will also give a copy to icare so they can understand your situation, and if needed, help you to apply for funding for specific services. Your planning facilitator might also assist you to start on the activities you have put down in your plan.

Will I get a chance to do more plans?

Yes. At the planning session, you identify a good time when the planning facilitator will review your progress towards your goals. When you do the review, you might add a new goal or write a whole new plan for the next stage."

For more information visit www.icare.nsw.gov.au