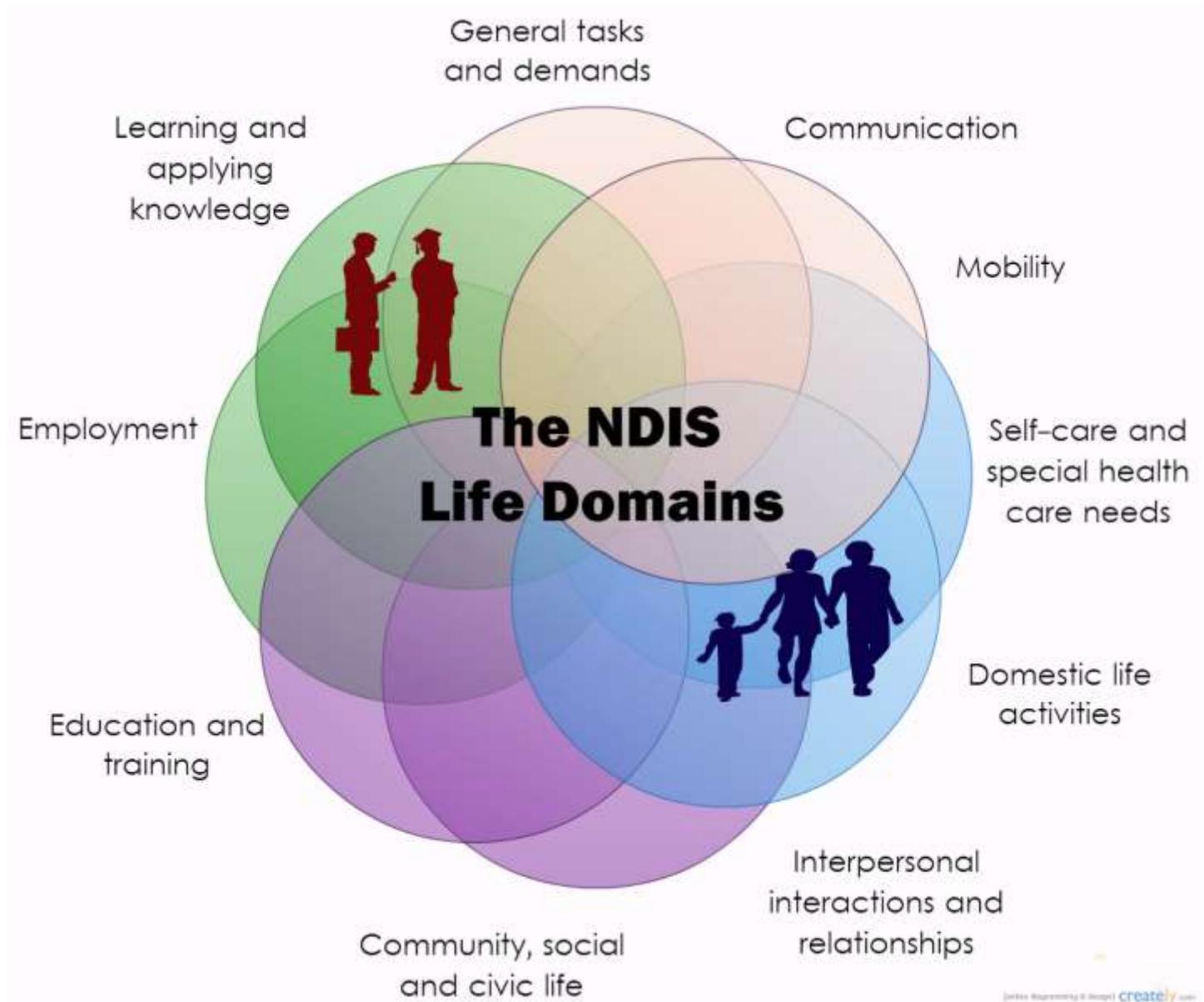


NDIS Life Domains

The NDIS life domains are designed to help you identify different needs you may have based on the different areas of your life. The domains provide a guide to help you to group and describe the supports that you need when you create your individual support plan.



**MUSCULAR DYSTROPHY
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<i>NDIS Life Domains</i>	<i>What might this look like in my life?</i>
Learning and applying knowledge	<ul style="list-style-type: none"> • Building awareness for your staff and other important people in your life about neuromuscular conditions and the nature of your condition • Transitional planning for your future care needs • Support to learn new skills that are important in your life such as learning about new equipment and technology
General tasks and demands	<p>You might find it helpful to consider these questions:</p> <ul style="list-style-type: none"> • What does a typical day look like for you? • What assistance and supports do you need on a day to day basis? • What support might you want to assist in managing your funding?
Communication	<ul style="list-style-type: none"> • Getting your message across to the important people in your life who assist you • Support to use a communication system including accessing and learning how to use and navigate a communication system and teaching others • Support with your hearing needs including using and maintaining your hearing device
Mobility	<ul style="list-style-type: none"> • Assistance with mobility needs and equipment including wheelchair, walking frames and other mobility devices that you might use • Modifications, adaptations and maintenance of these devices • Getting about the community including using public transport or taxi services • Using a modified vehicle or applying for vehicle modifications
Self-care and special health care needs	<ul style="list-style-type: none"> • Assistance with personal care including bathing, dressing, grooming, toileting and continence care • Managing your medication • Overnight care • Equipment in your home including hi-lo beds, shower chairs, transfer benches and hoists • Nutritional support • Respiratory equipment including non-invasive ventilation, B-Pap machine and cough assist machines • Occupational therapist, Physiotherapists, Speech Pathologists, Psychologists or Social Workers that support your health needs

Domestic life activities	<ul style="list-style-type: none"> • Meal preparation • Shopping • Home maintenance such as laundry, gardening, dusting, making beds, dishwashing • Managing money, paying bills, attending appointments
Education and training	<ul style="list-style-type: none"> • Assistance with transport to and from campus • Assistance during the day with your personal care needs, aids and equipment while you are on campus (e.g. for toileting, eating, or drinking) • Educating your support staff and school personnel on your condition and education needs • Support with organising and transitioning into tertiary education or employment
Community, social and civic life	<ul style="list-style-type: none"> • Community activities you participate in, including community outings fundraisers and events • Attending concerts, exhibitions and festivals • Community places you visit such as your local cafe, the library or other special interests you have such as bowling, youth club, rotary or church • Participating in your sports team • Attending community classes such as swimming or aerobics • Assistance with organising your living arrangements • Transitioning to independent living or moving from supported accommodation to independent living.
Employment	<ul style="list-style-type: none"> • Assistance with transport to and from the workplace • Assistance you require during your work day, such as your personal care needs (eg. For toileting, eating or drinking) or managing your aids or equipment • Support to gain employment or access organisations who can assist you with obtaining employment. • Working in conjunction with employment agencies
Interpersonal interactions and relationships	<ul style="list-style-type: none"> • Spending time with friends, family and other important people in your life • Accessing behavioural support, counselling services or support groups for you and your loved ones • Intimacy and sexual education