

Person Centered Approach

WHAT IS A PERSON CENTERED APPROACH?

In the context of the National Disability Insurance Scheme (NDIS) in Australia, a person-centered approach refers to a philosophy and methodology that places individuals with disabilities at the center of decision-making processes regarding their own lives and supports. The NDIS is designed to provide funding and support to eligible Australians with disabilities, aiming to empower them to achieve their goals and participate fully in society.

KEY ASPECTS WITH THE NDIS

Key aspects of the person-centered approach within the NDIS include:

- **Individualised Planning:** Each participant in the NDIS goes through a person-centered planning process where they work with a planner to identify their goals, aspirations, and support needs. This planning process is tailored to the unique circumstances and preferences of the individual, ensuring that the supports provided align closely with their needs and desires.
- **Choice and Control:** The NDIS emphasises the importance of giving participants choice and control over the supports they receive. Participants have the flexibility to choose their service providers, decide how their funding is allocated, and direct their own supports in a way that best meets their goals and preferences.
- **Collaboration and Partnership:** The person-centered approach encourages collaboration and partnership between participants, their families, carers, and support providers. It recognises the expertise and insights of individuals with disabilities and their support networks, seeking to involve them as active partners in decision-making processes.
- **Strengths-Based Approach:** Rather than focusing solely on deficits or limitations, the person-centered approach within the NDIS emphasises individuals' strengths, abilities, and aspirations. It seeks to build on these strengths to support participants in achieving their goals and maximising their independence and quality of life.
- **Regular Reviews and Adaptation:** The NDIS recognises that individuals' needs and circumstances may change over time. Therefore, the person-centered approach involves regular reviews of participants' plans to ensure that they remain aligned with their evolving goals and priorities. Adjustments can be made to the supports provided based on the participant's changing needs and preferences.



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