My Plan
What is My Plan?

- My Plan the planning approach that LTCS uses to assist participants to plan for the things they want to do and achieve, and the assistance and support they need
- My Plan puts participants at the centre of planning and supports participant choice
- My Plan aims to promote a working in partnership with the participant, their family, LTCS and service providers to support participants to plan their participation in life at home and in their community
- My Plan is modular to allow a flexible approach to assessment and planning. It includes a series of modules across 3 phases – Engage, Assess and Plan
**ENGAGE**
E1 General Information
E2 Your lifestyle before your injury
E3 Supports before your injury

**ASSESS**
A1 Previous assessments
A2 Pending assessments
A3 Current living arrangements
A4 Thinking about you
A5 Activities and participation
A6 Personal considerations
A7 Well-being and quality of life
A8 Formal and informal supports
  A8.1 Summary of current formal supports (funded by LTCS)
  A8.2 Summary of current formal supports (funded by other organisations)
  A8.3 Summary of current informal supports

**PLAN**
P1 Planning
  - Reflection (strengths, therapy, goals, supports)
  - Goals for the next plan period
  - Declaration

P2 Request for funding approval
My Plan Toolkit

- 5 eLearning modules available in Lifetime Learning LMS for service providers
- My Plan information sheet (for participants and families)
- My Plan Booklet (for participants and families)
- My Plan Planning Facilitators Manual
- My Plan forms (adult and child versions)