

# Continence and the NDIS

## Pre-Planning and Plan Review Advice

### Incontinence and my NDIS Plan?

#### **Will the NDIS fund my incontinence products?**

If your continence issues are as a **result of your disability** your continence products and aids should be funded through your NDIS plan.

If your continence issues are not due to your disability, you should still be eligible for CAPS.

#### **Continence Aids - How much will the NDIS fund?**

In brief, funding is allocated on an annual basis and based on your usage requirements. Going into your NDIS planning meeting with the details of the products you are currently using will help the LAC or the planner work this out.

#### **NDIS & CAPS?**

If you are eligible for an NDIS funded plan for continence products and you are currently receiving a CAPS payment for your continence products and aids, your CAPS payments will stop when your plan has been finalised and approved.

#### **Reasonable and Necessary**

Reasonable and necessary supports – are defined in section 34 of the NDIS act. This section defines the principle for approving or otherwise a support for the participant – for lovers of fine print the excerpt from this section can be read at the end of this article

#### **\* Important Note \***

*If you're Continence Aids are not performing as you would like, inform your planner or LAC. Most likely they can allow in your plan for a qualified Continence Nurse Advisor to conduct an assessment. As part of the assessment they should provide recommendations, samples and pricing to ensure you have the right products and pricing in place for your NDIS plan*



*Call for Appointment (08) 8347 1343*

## Preparing for your NDIS Planning Meeting

Preparing for a planning meeting is vital. If continence management will be part of your plan then you should begin to look at compiling relevant information and to begin examining your plan goals and what you might need to consider to achieve them. Some questions to help you begin examining this may be.

- *Which products do you use now?*
- *Do the products that you're using manage your incontinence effectively?*
- *Could your incontinence be better managed?*
- *Have your needs changed since your last assessment?*
- *Should you have a continence assessment to make sure you are managing your incontinence as effectively as possible?*

***Is your incontinence preventing you from achieving your goals? If so, you could benefit from getting advice to improve the situation.***

## Caremmunity's 3 guiding principles for the pre-planning

- 1) *"Talk about incontinence at your planning meeting. If you don't talk about incontinence at your planning meeting, it will not be included in your plan - there is no "default" continence component. Mention your current requirements and ask for an assessment to be included in your plan so you get the best advice and products currently available."*
- 2) *Remember if it's not part of the goal, it's not part of the plan.*
- 3) *Remember to consider what is required in the context of "Reasonable and Necessary".*

## Do you have to have a Continence Assessment

**No** - if you are completely happy with the way things are going then take the details of your current products and details on how many you use a day/week/month to your planning the meeting.

### **HOWEVER ....**

If your goals require additional continence management then a change to your continence management plan will be part of your planning. This is best done in consultation with a Continence Nurse Specialist.

### **AND ....**

A continence assessment performed by a qualified continence nurse can be funded through your NDIS plan.



*Assessments, Sample, Advice, Reports*  
*Free Delivery Hills, Metro, Victor Harbour, Barossa*  
[www.caremmunity.com.au](http://www.caremmunity.com.au)

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## Checklist – our most answered queries on getting started with NDIS

- You need to specifically mention continence in your planning meeting or it will be missed altogether.
- If beneficial – take the opportunity to review your existing management and get up to date advice around your Continence Management Plan that are in line with your NDIS goals.
- Ask your NDIS planner or LAC advisor to allow for a continence assessment and follow up review/s (approx. 5 – 7 hours therapy per annum) to be approved for you in your NDIS plan under the category Individual assessment/therapy and/or therapy (including assistive technology).
- Sample continence aids before committing to your plan and agreeing the continence products and aids you will require and have them included in your NDIS plan under CORE SUPPORTS: Consumables. The NDIS principles such as "reasonable and necessary" still apply, so bear this in mind when preparing for your meeting.
- You need to know how your incontinence affects your goals. Your NDIS plan is focussed around you achieving your goals. This means that every part of your funding is related to your goals. For example, if your goal is to gain employment or partake in a new social activity, what incontinence requirements do you have in order to meet this goal?
- A Continence Related Assistive Technology Assessment will document requirements in line with achieving your goals when conducted by an experienced Continence Nurse Advisor – discuss with your NDIS planner or LAC advisor whether this would be a benefit.

*For Continence Assessment call and speak*

*to our Care Staff (08) 8347 1343*

*Email [care@caremmunity.com.au](mailto:care@caremmunity.com.au) or*

*Book an assessment on-line*

*[www.continenceassessment.com.au](http://www.continenceassessment.com.au)*

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Section 34 Reasonable and necessary Excerpt

- 1) For the purposes of specifying, in a statement of participant supports, the general supports that will be provided, and the reasonable and necessary supports that will be funded, the CEO must be satisfied of all of the following in relation to the funding or provision of each such support:
  - a) the support will assist the participant to pursue the goals, objectives and aspirations included in the participant's statement of goals and aspirations;
  - b) the support will assist the participant to undertake activities, so as to facilitate the participant's social and economic participation;
  - c) the support represents value for money in that the costs of the support are reasonable, relative to both the benefits achieved and the cost of alternative support;
  - d) the support will be, or is likely to be, effective and beneficial for the participant, having regard to current good practice;
  - e) the funding or provision of the support takes account of what it is reasonable to expect families, carers, informal networks and the community to provide;
  - f) the support is most appropriately funded or provided through the National Disability Insurance Scheme, and is not more appropriately funded or provided through other general systems of service delivery or support services offered by a person, agency or body, or systems of service delivery or support services offered:
    - i) as part of a universal service obligation; or
    - ii) in accordance with reasonable adjustments required under a law dealing with discrimination on the basis of disability.

