



# Preparing for a Needs Assessment

In order to access government funding for disability supports, you need to have a Needs Assessment. Each region of New Zealand has an organisation responsible for conducting these assessments; this is generally called Needs Assessment and Service Coordination, or NASC for short.

The NASCs are responsible for determining who is eligible for disability services and what disability supports each person can access, which is done through a Needs Assessment. While the Enabling Good Lives (EGL) Demonstrations do not use the term NASC, and their process can vary, the principles are largely the same.

## What can I do to effectively advocate for myself and my whānau in a Needs Assessment?

It is important to go into these Needs Assessments prepared. Use the guide below and think about the best examples to demonstrate your situation.

Be sure to write down all the points you want to communicate so you are not relying on your ability to remember every detail of your life in the moment.

## How often will my supports be reviewed?

The NASC will generally provide the same allocation of support each year, with a more thorough review every 3-5 years.

## What if my situation changes?

You can contact your NASC at any time to let them know if your situation or needs change. If they agree your needs have changed, they will adapt your supports accordingly.

## Before your Needs Assessment:

### ■ Review any existing support

Over the last year, has the support you have received met your needs? Consider how things have changed this year and over the last few years, especially in relation to disability related need.

### ■ Outline what support you need

Consider how much support is required on a daily basis compared with other people of a similar age/living situation as the disabled person. Write a clear list of the support that is needed on a daily, weekly, monthly basis. Consider how weekends/school holidays/sickness change these support needs.

### ■ Be specific about any risks or vulnerabilities

Write a list of the risks that need to be considered. It is important to explain these clearly so that they are not overlooked in the Needs Assessment conversation.

### ■ Prepare examples

Prepare some clear examples/stories that you could share to explain your support needs and how they impact daily life.

### ■ Include the needs of the household

Think about the needs of the main caregiver (if relevant) and the needs of the household in general. Are there any factors in there that need to be shared as they impact support (this includes how overwhelmed family members are, other health or disability issues in the household, the ability for caregivers to take some time out).

### ■ Goals and upcoming changes

Think about your current areas of interest and any changes you are anticipating in the near future. Write these down in the form of clear goals that you can share with the NASC. It is helpful to keep your examples broad as this plan may not be reviewed for a number of years. For example, use 'community and sporting activities' in place of something specific like 'golf'; this will give you flexibility if your interests change.



### Need Help?

If you're feeling overwhelmed, book in a session with Flying Kites and we will help you prepare for this conversation.