

*Living  
my way.*

2019 / 20  
**Service  
Catalogue**

**MORE PEOPLE GETTING ON WITH LIFE**

## Living My Way Values

### **Trustworthy and Helpful**

We hold ourselves accountable to a high standard in all interactions.

### **Respectful**

We treat all individuals with dignity and integrity.

### **Flexible**

We are responsive and adaptable to changing needs of our Members and the industry.

### **Consistent Quality**

You can depend on us to be there for you when you need us.

## Member Benefits



**Experienced staff with sound knowledge of various disabilities**



**Support and assistance in preparing for annual plan reviews**



**Quarterly newsletter communications**



**Invitation to join the Living My Way Member Advisory Committee**



**Access to the Living My Way Member Referral Program**



**Living My Way Member Welcome Pack**

# About Us

**Living My Way Limited is a not-for-profit self directed living specialist organisation with over 27 years' experience in empowering its Members.**

## Our History

In the early 1980s a group of people with severe physical disabilities, led by disability rights advocate, the late Kevin Byrne AM fought for their rights to manage their own funding package. Following a successful fight the Commonwealth Government invited 24 individuals with varying disabilities and lifestyles to apply for the opportunity to participate in a pilot study that would enable them to have choice and control by becoming a registered employer.

The two year pilot was ground breaking and unheard of in the world of disability and was deemed a success. Following on from the learnings from this successful pilot study Living My Way Limited was formed in 1992.

## Evolution

The Commonwealth Government pilot study allowed for the first time for people with a disability to be in the driver's seat. It meant their needs were met, their hours could be adaptable to suit each individual lifestyle and offered flexibility that enables the pursuit of social, recreational and career objectives.

This self-managed approach continued to grow over time under the Aging, Disability and Home Care funding which in turn increased the number of Members to Living My Way.

This approach allowed Living My Way Members to manage and support their own needs and choices with flexibility to employ their own staff and meet their changing needs. In 2013 yet another ground breaking funding scheme was announced by the Australian Federal Government the National Disability Insurance Scheme (NDIS) which rolled out nationally from 1 July 2016.

The NDIS continues to be based on the same principles of the pilot study back in the early 1980s that people with a disability should have choice and control of their own funding, needs and life.

## Our Future

Living My Way will continuously improve and offer quality supports to our Members and support them to be empowered and continue to live self-directed lives.

Led by a Board that consists of several Members with a disability from a range of professional backgrounds who fully understand the importance of having choice and control.

Living My Way's future looks bright in this evolving and changing disability landscape.

Living My Way look forward to supporting Members for many more years to come.

# 1 SUPPORT COORDINATION

### How we can help

Support Coordination, sometimes referred to as Coordination of Supports, is a service designed to assist you in strengthening your ability to design and build your own supports.

Our Support Coordinators are experienced and knowledgeable in the NDIS, and also work with your mainstream and informal supports. We will work with you to make the most of your plan by assisting you to achieve your plan goals and help connect you with the right service providers.

Your Support Coordinator is your main point of contact during the course of your plan period and assists you in understanding how you can make the best use of your plan funding.

### Our Prices

Plan Category	Unit	Price
Coordination Of Supports	Hourly	<b>\$98.06</b>
Specialist Support Coordination	Hourly	<b>\$186.58</b>

### Specialist Support Coordination

This level of Support Coordination is undertaken by a Support Coordinator with an allied health background such as a Social Worker or Occupational Therapist. This category is designed to assist people with significant risks in their environment and is usually written into an NDIS plan as a time limited and outcome focused intervention to minimize risks. This category has its own line item under the Support Coordination category.

*I love Living My Way and my Support Coordinator, there is no company like it around. My Support Coordinator is happy, nice and listens to me.*

**Living My Way Member**

# 2 EMPLOY YOUR OWN SUPPORT WORKERS

## How we can help

Living My Way can help you to recruit and pay your Support Workers whilst ensuring you maintain a safe and compliant workplace.

We can assist you in recruiting your Support Workers by advertising, performing NDIS mandatory screening (e.g. Police Check), provide employment contracts and on-boarding Support Workers. We then process the payroll, pay associated costs and we meet all your ATO employer responsibilities, such as paying Superannuation and complete all the required reporting.

We provide ongoing support in relation to Industrial Relations, Fair Work and Human Resources to keep you updated and compliant with employer responsibilities.

*I do my own recruitment, rosters and day to day management, liaise with my staff and rostering them. I really enjoy doing this. At the end of the day, I am the person they answer to. It's very important to me to have control and choice... My work day can change but I can control and negotiate changes as I manage my staff. I learned a lot of skill negotiating and dealing with people.*

**Living My Way Member**

## Our Prices

Plan Category	Unit	Living My Way Claiming Price	2019/20 NDIS Price	Saving	Support Worker Pay (exc super)
Core Budget - Standard Monday - Friday rate	Hourly	<b>\$45.04</b>	\$52.85	<b>\$7.81</b>	\$33.50
Core Budget - Standard Evening - Monday - Friday rate	Hourly	<b>\$49.63</b>	\$58.31	<b>\$8.68</b>	\$37.69
Core Budget - Active Overnight rate	Hourly	<b>\$50.54</b>	\$59.40	<b>\$8.86</b>	\$38.53
Core Budget - Standard Saturday rate	Hourly	<b>\$60.99</b>	\$72.69	<b>\$11.70</b>	\$41.88
Core Budget - Standard Sunday rate	Hourly	<b>\$73.18</b>	\$94.52	<b>\$21.34</b>	\$50.25
Core Budget - Standard Public Holiday rate	Hourly	<b>\$97.57</b>	\$118.34	<b>\$20.77</b>	\$67.00
Core Budget - Standard Sleepover rate	Each	<b>\$129.33</b>	\$214.03	<b>\$84.70</b>	\$87.45-\$113.45

## Contact Us

For more information, please email [info@lmwl.org.au](mailto:info@lmwl.org.au) or call **(02) 8525 4000**

## 3 OCCUPATIONAL THERAPY

### How we can help

Living My Way can provide you with Occupational Therapy assessments, outlined below;

- Complex Assistive Technology assessment ie: wheelchair and scripted seating assessments and prescription
- General Assistive Technology assessment ie: hoist, commode, beds, as well as low cost items such as grooming or meal preparation devices
- Home modifications (minor and major) i.e. hand rails, small threshold ramps, bathroom modification and access modifications
- Functional assessment, to assess your current abilities and difficulties in your everyday life and make recommendation to increase independence by use of Assistive Technology and / or support to increase funding.

Our Occupational Therapists can train and review formal and informal care supports. This may include:

- Hoist Training
- Transfer / Manual Handling assessment

### Our Prices

Plan Category	Unit	Price
Improved Daily Living (Capacity Building - Daily Activities)	Hourly	<b>\$193.99</b>

*They got me the best wheelchair against all odds...  
I feel truly cared for.*

**Living My Way Member**

## 4 SOCIAL WORK

### How we can help

Social Workers provide the greatest scope of services under the NDIS. These services can be billed under a number of NDIS categories. Our Social Workers can assist you with the below services and support;

- One to one and group counselling
- We can help you find and maintain accommodation
- We can work with you through different life stages and changes

# 5 PLAN MANAGEMENT

## How we can help

Living My Way pay your invoices on your behalf for services you received as part of your NDIS plan and claim through the NDIS portal.

We act as the middle man between you and your service providers by processing the invoices that you authorise for payment as per your NDIS plan.

After processing authorised invoices you will receive a report on your spending, to help you track your plan budgets.

## Our Prices

Plan Category	Unit	Price
Plan Management Monthly Processing Fee	Monthly	<b>\$102.28</b>
Capacity Building and Training in Plan and Financial Management	Hourly	<b>\$58.52</b>

*It's the little things in my life that make the difference, the things other people might take for granted because they are able-bodied. Living My Way has given me the freedom and flexibility to enjoy those little things every day, with those I care about.*

**Living My Way Member**

## Contact Us

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**I have achieved a full and wonderful life in every way and my disability hasn't once held me back. This would have been very different if I hadn't had the support of Self-Directed Living. It is my passion to enable others with disabilities to access the services that Living My Way offer.**

Living My Way Member

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