



## Prepare for an NDIS planning meeting

We invite you to join us at our **NEW Carer Hub Forest Hill** where we will support you as you prepare for an NDIS planning meeting. We are offering two types of sessions: writing a Carer Goal Plan, and writing a Carer Statement.

A **Carer Goal Plan** is an opportunity in an NDIS planning meeting for you, as a carer, to talk about the support that you provide to the person you care for, if the participant agrees.

A **Carer Statement** is an opportunity to write a letter about your caring role to the NDIS Planner.

**Where:** Whitehorse Community Centre, Level 1, 79 Mahoneys Road, Forest Hill  
(Opposite Forest Hill Chase, parking available next to the building)

**Who:** Eligible carers living in the Eastern Metro Region who provide care to a person who is living with a mental illness, intellectual disability, autism, or severe and profound disability.

**Cost:** FREE, respite can be arranged if required.

**When:** All sessions run 9:30am – 11:30am

**Carer Statement sessions:**

Tuesday 11 April, Tuesday 9 May, Tuesday 23 May, Wednesday 14 June

**Carer Goal Planning sessions:**

Tuesday 18 April, Tuesday 16 May, Tuesday 30 May, Wednesday 21 June

**RSVPs are Essential** Please RSVP by the Friday before: [www.research.net/r/carerhub](http://www.research.net/r/carerhub)

### More information

If you are unable to attend this session, but would like a one-on-one appointment with a carer consultant, please advise and a staff member will contact you.

For more information please:  
Email: [events@lifeassist.org.au](mailto:events@lifeassist.org.au)

Call: 1300 ASSIST (1300 277 478)  
If calling from mobile: (03) 9239 2500