# Video transcript – Understanding your current supports

BRYN: Hi I’m Bryn Roberts, I’m a Local Area Coordinator in Toowoomba, more commonly referred to as an LAC.

I’m here today to talk a little about current supports, and what are they, and why are they important to you in relation to your NDIS plan.

We want to get to know you as a person and know how you are currently interacting in the community.

Current supports? Well that’s about the important people in your life, maybe even important organisations in your life.

So what’s a mainstream support? Well just public transport, you might already be currently using that.

You might be involved in a sporting club, well we might call that a community group. You may want to continue to do that.

During the planning meeting with us, we’re going to talk to you a lot about goals, and what you want to do in the future.

In life, you’ll have a goal that might be achieved in the short term, perhaps in the next twelve months.

But then, we want to hear and see what it is that you aspire to do in two years, three years, and four years’ time.

And then see what supports are around you and where the gaps may be in order to help you fulfil that dream.

VOICEOVER: For more information visit www.ndis.gov.au or phone 1800 800 110.