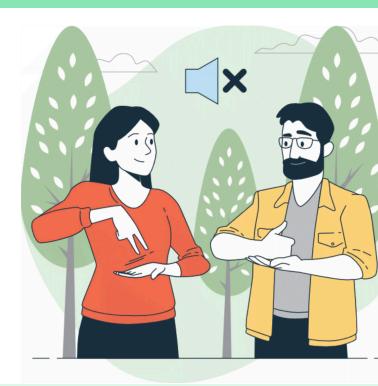
Empowered Connections

INSIDER INFO



NAME:

Empowered Connections



Introduction

Oftentimes the inside information parents/carers have regarding their family member with a disability is unintentionally left out of the communication process. Our 'Insider Info' booklet hopes to address this communication gap.

'Insider Info' is an online resource developed by family members who have a son or daughter with a disability. The resource provides a guided template for family members and carers to record useful information that they can store or share with others.

We hope you find 'Insider Info' a helpful resource and a positive addition to the way in which you record and share information about your family member with others.

MY STORY

Insider Info

Paste Your Photo Here

My Name

Date of Birth

My Home Contact

Address

City

Postcode

State

Telephone

Email

All About My Home



MY STORY

About Me	

MY FAMILY



Name: Relationship: Address: Phone: Email:	Name: Relationship: Address: Phone: Email:
Name: Relationship: Address: Phone: Email:	Name: Relationship: Address: Phone: Email:
Name: Relationship: Address: Phone: Email:	Name: Relationship: Address: Phone: Email:

MY SUPPORT TEAM

Insider Info

Empowered Connections

Name:	Name:
Relationship:	Relationship:
Address:	Address:
Phone:	Phone:
Email:	Email:
Name:	Name:
Relationship:	Relationship:
Address:	Address:
Phone:	Phone:
Email:	Email:
Name:	Name:
Relationship:	Relationship:
Address:	Address:
Phone:	Phone:
Email:	Email:

MY SERVICE PROVIDERS Empowered Connections

Name:	Name:
Relationship:	Relationship:
Address:	Address:
Phone:	Phone:
Email:	Email:
Name:	Name:
Relationship:	Relationship:
Address:	Address:
Phone:	Phone:
Email:	Email:
Name:	Name:
Relationship:	Relationship:
Address:	Address:
Phone:	Phone:
Email:	Email:

MY FRIENDS + IMPORTANT PEOPLE IN MY LIFE Insider Info

Name: What's special about our relationship: Phone: Address: Email:	Paste Photo Here
Name: What's special about our relationship: Phone: Address: Email:	Paste Photo Here
Name: What's special about our relationship: Phone: Address: Email:	Paste Photo Here

MY LEGAL DOCUMENTS Empowered Connections

Insider Info

My Plan - NDIS, WA NDIS, Dept of Communities (DSC)
Here you might like to share: your LC, your Plan, your Service Providers.
Will and Estate Planning
Here you might like to share: your Lawyers details, the Executor of your Will, etc.
My Enduring Power of Attorney
Here you might like to share: Details of your Power of Attorney.

Here you might like to share: My Centrelink Reference Number; My Gov Details; Health Care Card; My Pension Num-

Guardianship

Centrelink

Here you might like to share: contact details of your guardians.

ber; My Nominee; Mobility Allowance, DSP, Health Care Card

MY FINANCES

Insider Info



Here you might like to share: details of your funding/ hours or support; which allowances you receive; whether you can manage your own money or need help; your bank account details.

My Bank Account	Do I Need Help Managing My Money?
My Salary	YES NO
Tax File Number	YES NO
NDIS Funding / DSC Funding/ CAEP Funding	
Disability Support Pension	
Mobility Allowance	

MY HEALTH



My Medical Information All medical information/routines of care/medication administration/specific care plans.

MY HEALTH



My General Practitioner	My Specialist
Name:	Name:
Address:	Address:
Phone:	Phone:
Email:	Email:
My Dentist	My Optician
Name:	Name:
Address:	Address:
Phone:	Phone:
Email:	Email:
Audiologist	My Allied Health Therapists
Name:	Name:
Address:	Address:
Phone:	Phone:
Email:	Email:

TAKING CARE OF MYSELF

What I Like To Do For Exercise/Fitness
What I Like To Do For Pampering/Me Time
e.g. manicure/pedicure, socialising with my friends
What I Do For Relaxation
eg. listening to music, bubble bath, massage, peace and quiet

TAKING CARE OF MYSELF

Insider Info



Here you might like to share: what time you get up; what time you go to bed; when you like to take a rest; what times you like to eat.

My Personal Hygiene Routine

Here you might like to share: when you like to shower, who helps you with personal care; what help you need with your personal care.

My Diet and Nutrition

Here you might like to share: food allergies; if you need help with feeding; what types of food you like/don't like; meal times.

TAKING CARE OF MYSELF

My Sleep Routine Here you might like to share: what time you go to bed; what your routine is for settling down in the evening; if you need help to get into bed; if you like a night light to be on
Speaking up For Myself/Self-Advocacy
How to check in with me to make sure I am not feeling vulnerable/suffering quietly.
Signs/Behaviours that communicate I am not happy/feeling unwell/frightened.

Empowered Connections

(08) 9274 7760 info@empoweredconnections.org.au Belmont Hub, 213 Wright Street Cloverdale, WA, 6985