

# Empowered Connections

## INSIDER INFO



**NAME:**



## 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**

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Connections

# MY STORY

Insider Info

## About Me

# MY FAMILY

## Insider Info

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**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

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**Name:**

**Relationship:**

Address:

Phone:

Email:

**Name:**

**Relationship:**

Address:

Phone:

Email:

**Name:**

**Relationship:**

Address:

Phone:

Email:

**Name:**

**Relationship:**

Address:

Phone:

Email:

**Name:**

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**Name:**

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# MY SERVICE PROVIDERS

Insider Info

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**Name:**

**Relationship:**

Address:

Phone:

Email:

**Name:**

**Relationship:**

Address:

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**Name:**

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**Relationship:**

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**Name:**

**Relationship:**

Address:

Phone:

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

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## **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.

## **Centrelink**

Here you might like to share: My Centrelink Reference Number; My Gov Details; Health Care Card; My Pension Number; My Nominee; Mobility Allowance, DSP, Health Care Card

## **Guardianship**

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

# MY FINANCES

## Insider Info

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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**

**My Salary**

**Tax File Number**

**Do I Need Help Managing  
My Money?**

**YES**

**NO**

**NDIS Funding / DSC Funding/ CAEP Funding**

**Disability Support Pension**

**Mobility Allowance**

## My Medical Information

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

# MY HEALTH

## Insider Info

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### **My General Practitioner**

Name:

Address:

Phone:

Email:

### **My Specialist**

Name:

Address:

Phone:

Email:

### **My Dentist**

Name:

Address:

Phone:

Email:

### **My Optician**

Name:

Address:

Phone:

Email:

### **Audiologist**

Name:

Address:

Phone:

Email:

### **My Allied Health Therapists**

Name:

Address:

Phone:

Email:

# TAKING CARE OF MYSELF

## Insider Info

### **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

### **My Daily Routine**

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

## Insider Info

### **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

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