

People with disability and their NDIS Goals

31 December 2019

National Disability Insurance Agency

ndis

Introduction



Goals are discussed and recorded as part of the NDIS planning process. Goals are the things that participants tell the NDIS that they want to achieve. They can be short, medium, or long term.

This paper looks at the goals identified by NDIS participants.

Understanding participant goals provides insight into:

- expectations of people with disability;
- how community, markets and governments should respond to support the goals of people with disability;
- assist people with disability to think about their own goals.

Introduction



Goals are things that NDIS participants want to achieve with support from the NDIS and other support services.

They focus on what is important to the participant.

Goals will depend on the person and their personal circumstance.

The NDIS has found strong links between a participant's goals, age and disability.

The NDIS has considered the impact of other factors* on goals. While these may influence the specifics of the goal there was not sufficient evidence that these influence the mix of goals identified.

* Factors considered include: Cultural and linguistic diversity, Aboriginal and/or Torres Strait Islander status, geography

Definitions

Goals

Describes what the participant wants to achieve, develop or learn.

Goals are used to think about all aspects of life and what is really important.

Goal domain

Goal domains are groups of similar goals. This paper groups goals into 8 domains: Choice and control over my life, Daily life, Health and wellbeing, Learning, Relationships, Social and community activities, Where I live, and Work.

These domains are used to understand how goals vary between groups of participants.

New goal

New goals are goals that have not been previously discussed with the LAC or Planner.

Key words

A frequently occurring word or word pair.

Key words add depth to the goal domains described in this paper.

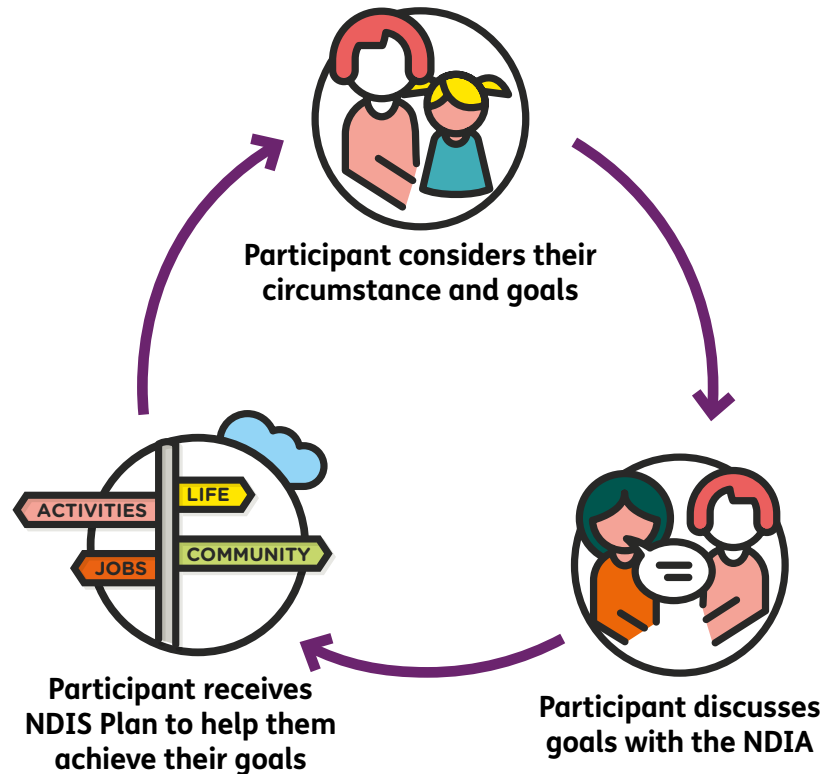
Goal setting

Goal setting is an important process for the participant and the NDIA.

The participant leads the goal setting process, though the NDIA representative may ask clarifying questions.

Participants receive planning booklets aimed at guiding them through this process. The booklets are provided prior to the planning meeting so the participant may prepare appropriately. They are designed to help participants articulate their circumstances and goals.

If the participant is a child or has severe communication difficulties then the goals will be set by the carer or representative on behalf of the participant.



Summary



This introduction presents information on the frequency with which participants have developed various types of goals. The following sections will explore how the types of goals developed vary with Disability and Age.



Key statistics

As at 31 December 2019	338,982 Active participants	4.04 Goals per active plan
	259,931 New NDIS goals developed in the previous quarter	19.5 months Average goal tenure*
Since 1 July 2016	849,081 Plans approved with goals	2,216,606 Unique goals developed

* Goal tenure is defined as the length of time the participant has included a particular goal in their NDIS plan. Goals are not back dated, as such goal tenure cannot exceed the participants tenure in the scheme. The functionality to record goals was introduced on 1 July 2016.

Summary

Goals domains and age

Goal domains identified by participants vary by age.

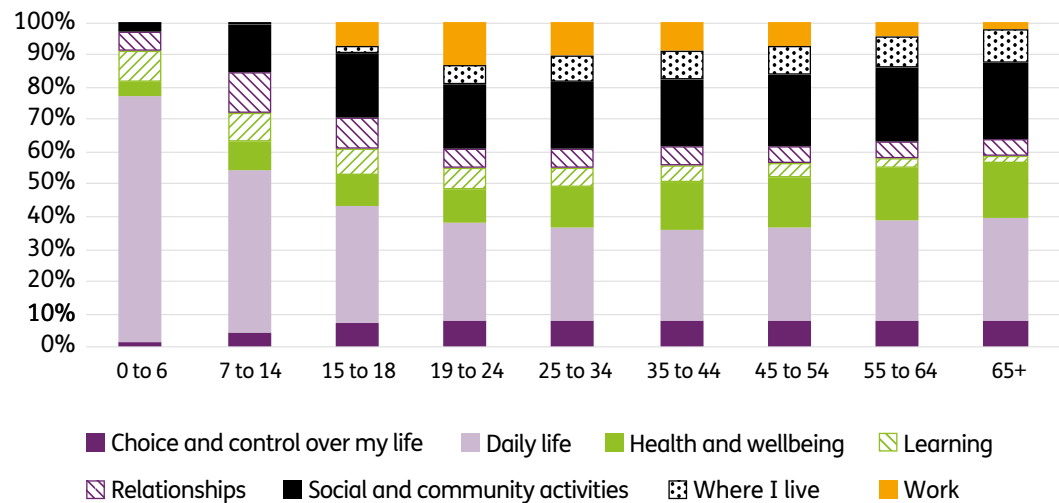
Goals relating to the Daily Life domain are the most common across all age bands and disabilities. However children include Daily Life goals in their plan more frequently than adults. Similarly goals relating to Learning and Relationships are also more frequently stated by children than adults.

Goals relating to Social and Community Activities, Health and Wellbeing, Choice and Control, and Where I Live all become relatively more common as a participant ages.

Goals relating to Work are most common amongst participants aged 19 to 24.

Section 1 further explores how the types of goals developed by participants change with age.

Relative frequency of goal domains across participant age band in active plans



Summary

Goals domains and disability

Goal domains identified by participants vary by disability.

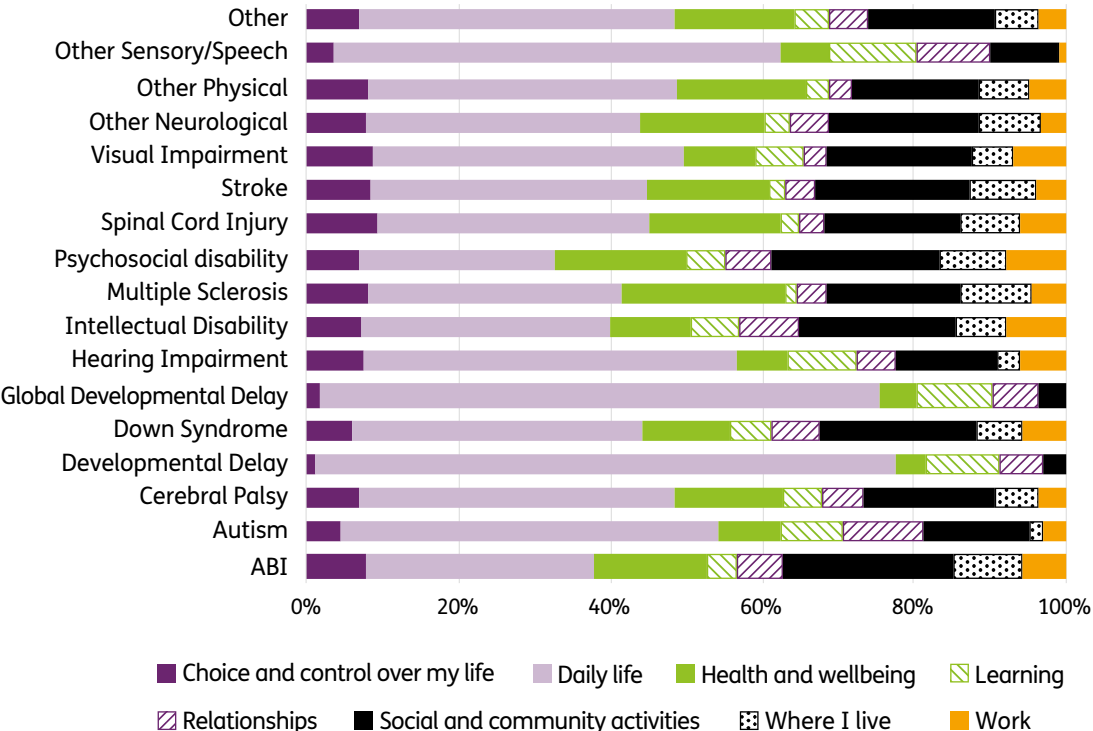
Goals relating to the Work domain are relatively more common amongst participants with Intellectual Disability, Psychosocial Disability, Hearing and Visual impairment.

Participants with Autism, Developmental Delay, Global Developmental Delay and Hearing Impairment include goals relating to Learning more frequently than other disabilities, though this is at least partially driven by the young age profile of this cohort.

Goals relating to the Social and Community Activities domain are more common amongst participants with Acquired Brain Injury, Psychosocial Disability, and Intellectual Disability.

Section 2 further explores how the types of goals developed by participants is unique to their disability.

Relative frequency of goal domains across disabilities in active plans



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Goals and participant age

As participants age the goals which they include in their NDIS plans also changes. This section explores the variation in goals pursued by participants in each age bracket.

For each age bracket the spread of goal domains is supplemented with detail drawn from the goals recorded in the participants own words.

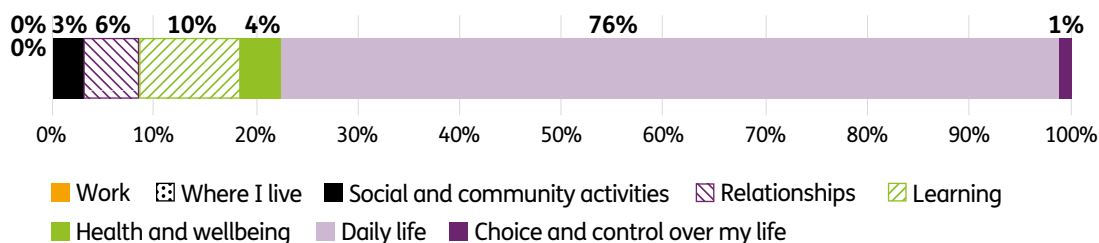
Age 0 to 6

Goals for participants aged 0 to 6 focus primarily on the Daily Life domain with Daily Life goals making up 76% of the goals for participants in this age bracket. Learning (10%) and Relationships (6%) are the second and third most frequently identified goal domains within this age bracket.

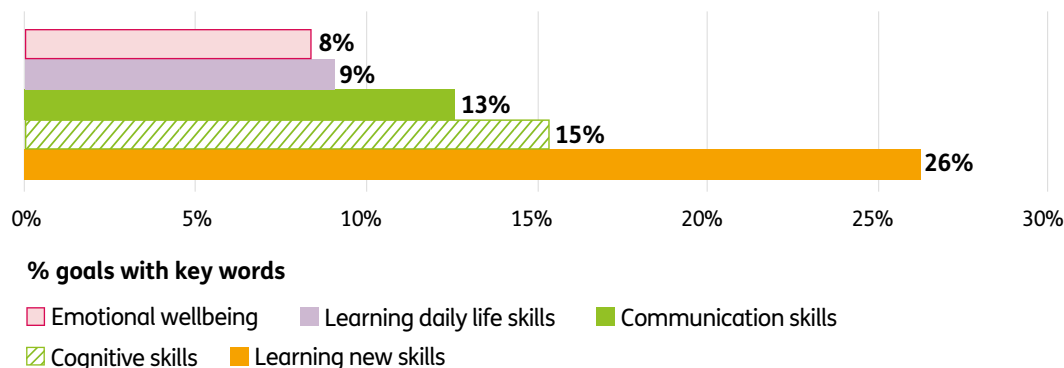
Learning New Skills (26%), Cognitive Skills (15%), Communication Skills (13%), Learning Daily Life Skills (9%), and Emotional Wellbeing (8%) were the key words common amongst goals identified by participants aged 0 to 6.

Participants aged 0 to 6 identify more new goals in each plan than any other age group. Reporting is not yet available for goal achievement, but the high rate of new goals included in plans indicates that participants in this age bracket have quickly evolving circumstances.

Relative frequency of goal domains in active plans for participants aged 0 to 6 at plan review



Top 5 key words in goals stated by participants aged 0 to 6 at plan review



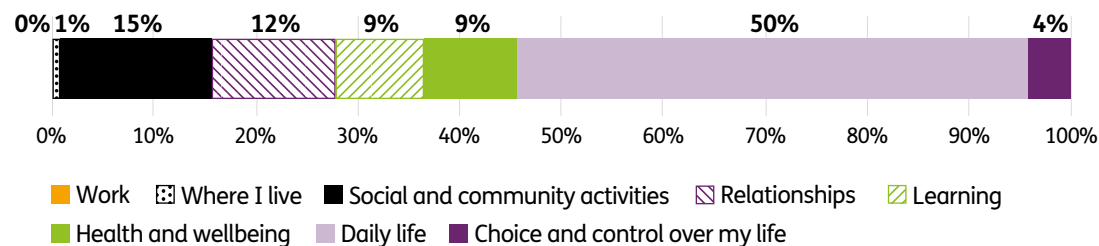
Age 7 to 14

Goals for participants aged 7 to 14 primarily focus on the Daily Life domain, representing 50% of the goals identified by this age bracket. When compared to younger participants there is a greater emphasis on goals outside the Daily Life domain. Social and Community Activities (15%) and Relationships (12%) are the second and third most frequently identified goal domains in this age bracket.

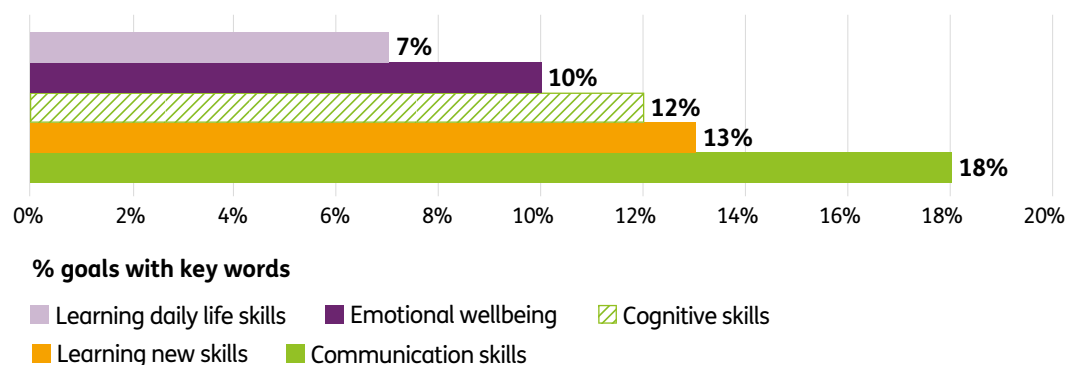
Communication skills (18%), Learning New Skills (13%), Cognitive Skills (12%) Emotional Wellbeing (10%), and Learning Daily Life Skills (7%) were the key words common amongst goals identified by participants aged 7 to 14.

Participants aged 7 to 14 have fewer new goals in each plan than younger participants, however they have more new goals than older participants.

Relative frequency of goal domains in active plans for participants aged 7 to 14 at plan review



Top 5 key words in goals stated by participants aged 7 to 14 at plan review



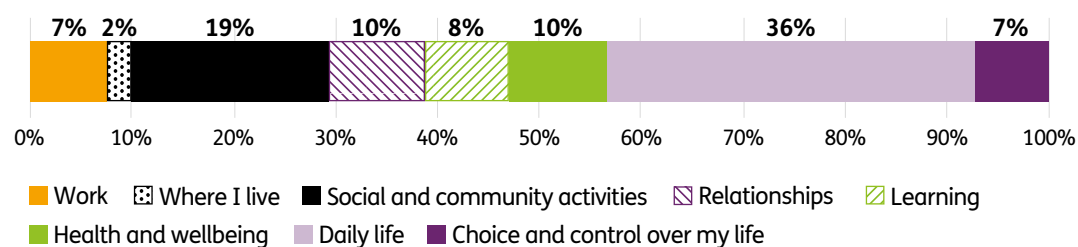
Age 15 to 18

Participants aged 15 to 18 are the youngest group for which Daily Life goals do not make up the majority of goals, though Daily Life goals are still the most commonly identified goals. This is also the youngest age bracket for which goals relating to Work are identified (7%). Social and Community Activities (19%) and Relationships (10%) are the second and third most frequently identified goal domains in this age bracket.

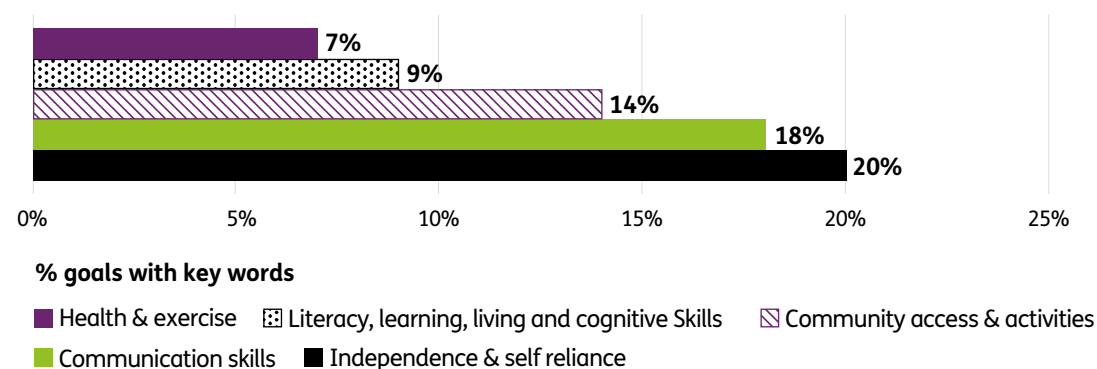
Independence & Self Reliance (20%), Communication Skills (18%) and Community Access & Activities (14%), Literacy, Learning, Living and Cognitive skills, (9%) and Health & Exercise (7%) were the key words common amongst goals identified by participants aged 15 to 18.

Participants aged 15 to 18 have fewer new goals in each plan than younger participants, however they have more new goals than older participants.

Relative frequency of goal domains in active plans for participants aged 15 to 18 at plan review



Top 5 key words in goals stated by participants aged 15 to 18 at plan review



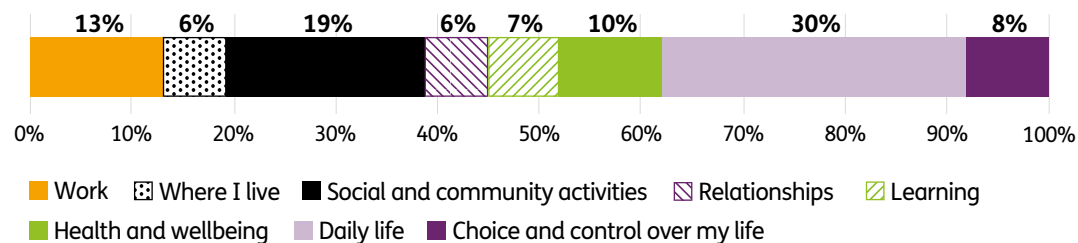
Age 19 to 24

Goals relating to the Daily Life (30%) domain are the most commonly identified goals amongst participants aged 19 to 24. Social and Community Activities (19%) and Work (13%) are the second and third most frequently identified goal domains in this age bracket. Participants aged 19 to 24 have the highest frequency of Work related goals.

Employment (21%), Community Access & Participation (13%), Independence & Self Reliance (4%), Accommodation (4%) and Health & Exercise (3%) were the key words common amongst goals identified by participants aged 19 to 24.

Participants aged 19 to 24 have fewer new goals in each plan than younger participants, however they have more new goals than older participants.

Relative frequency of goal domains in active plans for participants aged 19 to 24 at plan review



Top 5 key words in goals stated by participants aged 19 to 24 at plan review



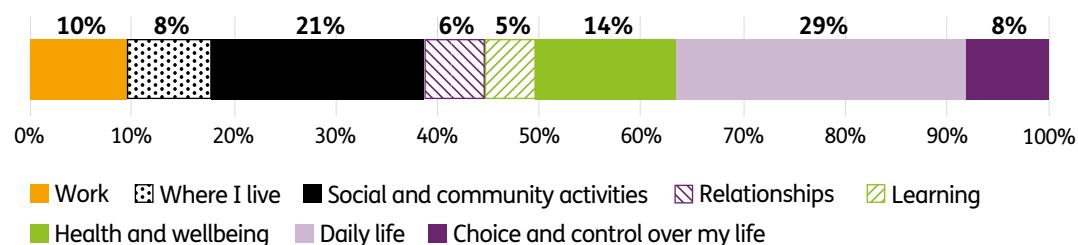
Age 25 to 44

Daily Life (29%), Social and Community Activities (21%), and Health and Wellbeing (14%) are the most frequently stated goals for participants in this age bracket. Participants aged 25 to 44 have fewer goals relating to Work and more goals relating to Health and Wellbeing when compared to younger participants.

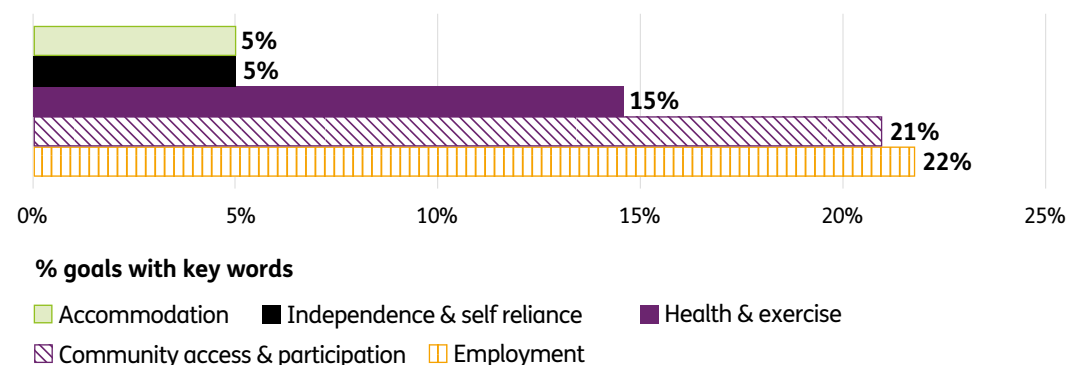
Employment (22%), Community Access and Participation (21%), Health & Exercise (15%), Independence & Self Reliance (5%), and Accommodation (5%) were the key words common amongst goals identified by participants aged 25 to 44.

Participants aged 25 to 44 have fewer new goals in each plan than younger participants, however they have more new goals than older participants.

Relative frequency of goal domains in active plans for participants aged 25 to 44 at plan review



Top 5 key words in goals stated by participants aged 25 to 44 at plan review



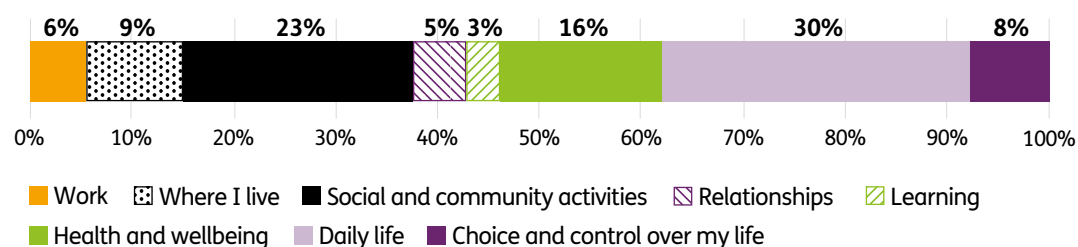
Age 45 to 64

Daily Life (30%), Social and Community Activities (23%), and Health and Wellbeing (16%) are the most frequently stated goals for participants aged 45 to 64. Participants aged 45 to 64 have fewer goals relating to Work and more goals relating to Health and Wellbeing when compared to younger participants.

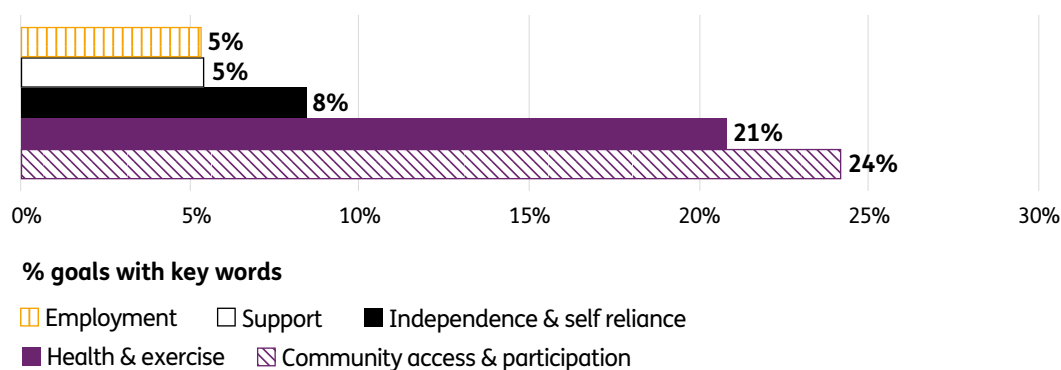
Community Access and Participation (24%), Health & Exercise (21%), Independence & Self Reliance (8%), Support (5%) and Employment (5%) were the key words common amongst goals identified by participants aged 45 to 64.

Participants aged 45 to 64 have fewer new goals in each plan than younger participants, however they have more new goals than older participants.

Relative frequency of goal domains in active plans for participants aged 45 to 64 at plan review



Top 5 key words in goals stated by participants aged 45 to 64 at plan review



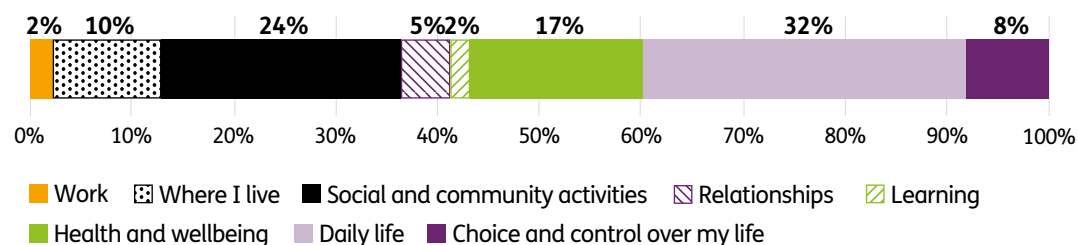
Age 65+

Goals relating to the Daily Life domain (29%) are the most common type of goals amongst participants aged 65+, though this is less frequent than younger participants. Participants aged 65+ also state more goals relating to the Social and Community Activities (22%) and Where I Live (9%) domains when compared with younger participants. Conversely, goals relating to the Work (7%) and Learning (4%) domains are much less common.

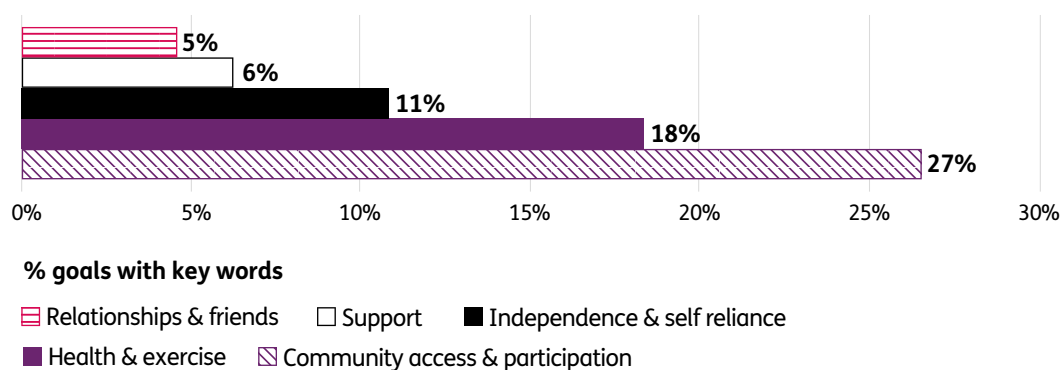
Community Access and Participation (27%), Health & Exercise (18%), Independence & Self Reliance (11%), Support (6%) and Relationships & Friends (5%) were the key words common amongst goals identified by participants aged 65+

Participants aged 65+ identify fewer new goals in each plan than younger participants.

Relative frequency of goal domains in active plans for participants aged 65+ at plan review



Top 5 key words in goals stated by participants aged 45 to 64 at plan review



Goals and disability

The mix of goals included in NDIS plans varies according to the participant's disability. This section explores how goals vary with primary disability.

For each disability the spread of goal domains is supplemented with detail drawn from the goals recorded in the participants own words.

The prevalence of many disabilities is skewed towards older or younger age demographics. Differences or similarities in goal topic trends amongst particular disabilities will be at least partially due to this correlation.

Autism, Global Developmental delay, Developmental Delay and Other Sensory primary disabilities are more prevalent amongst younger participants.

Acquired Brain Injury, Psychosocial Disability, Other Neurological, Other Physical, Visual Impairment, Multiple Sclerosis, Stroke and Spinal Cord Injury are more prevalent amongst older participants.

30% of all active NDIS participants have a primary disability of Autism.

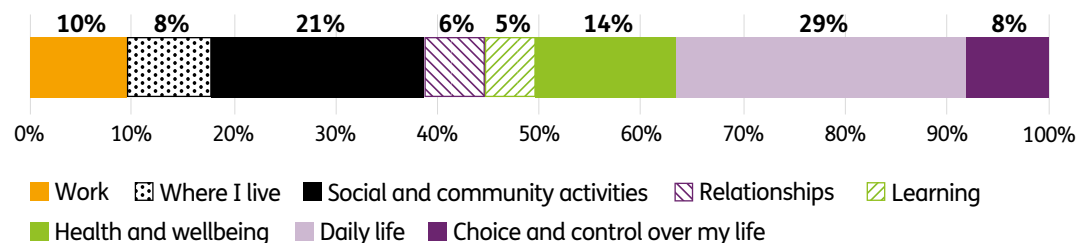
The majority of goals recorded by participants with Autism relate to the Daily Life domain (50%). The majority (69%) of participants with Autism are aged 0 to 14, meaning the high frequency of Daily Life goals may be related to the age of these participants.

Goals relating to the Social and Community Activities (14%) and Relationship (11%) domains are the second and third most common amongst participants with Autism.

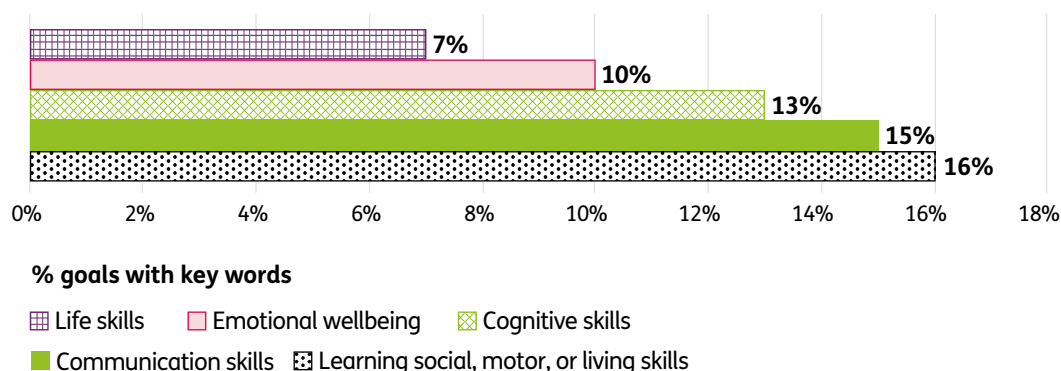
The proportion of goals relating to Work for participants aged 15+ with Autism (10%) exceeded the average proportion for this age cohort (8%).

Learning Social, Motor or Living Skills (16%), Communication skills (15%), Cognitive Skills (13%), Emotional Wellbeing (10%) and Life Skills (7%) were the key words common amongst goals identified by participants with Autism.

Relative frequency of goal domains in active plans for participants with a primary disability of Autism



Top 5 key words in goals stated by participants with a primary disability of Autism



Intellectual Disability and Down Syndrome

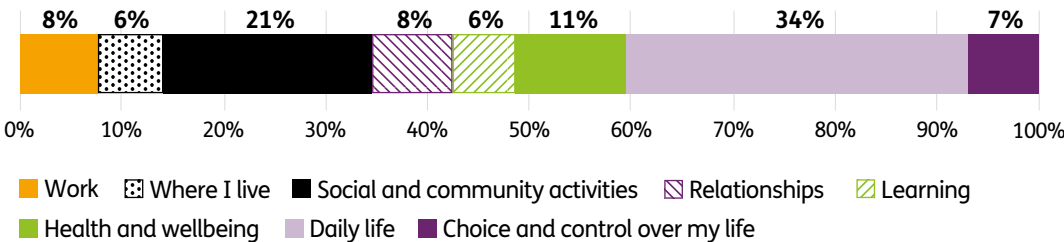
23% of all active NDIS participants have a primary disability of Intellectual Disability or Down Syndrome.

Daily Life goals are the most commonly recorded goal amongst participants with Intellectual Disability and Down Syndrome. Though the proportion of daily goals (34%) is lower than other disability groups (47%).

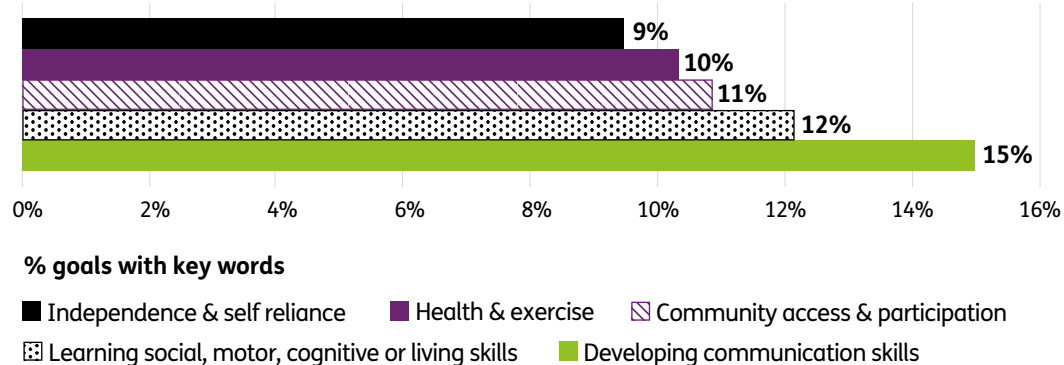
Goals related to the Social and Community Activities (21%) and Health and Wellbeing (11%) domains are the second and third most common amongst participants with Intellectual Disability and Down Syndrome. Across every age band participants with Intellectual Disability or Down Syndrome had a higher proportion of goals relating to Social and Community Activities when compared to the averages for the corresponding age groups.

Developing Communication Skills (15%), Learning Social, Motor, Cognitive or Living Skills (12%), Community Access & Participation (11%), Health & Exercise (10%) and Independence and Self Reliance (9%) were the key words common amongst goals identified by participants with Intellectual Disability primary disabilities.

Relative frequency of goal domains in active plans for participants with a primary disability of Intellectual Disability or Down Syndrome



Top 5 key words in goals stated by participants with a primary disability of Intellectual Disability or Down Syndrome



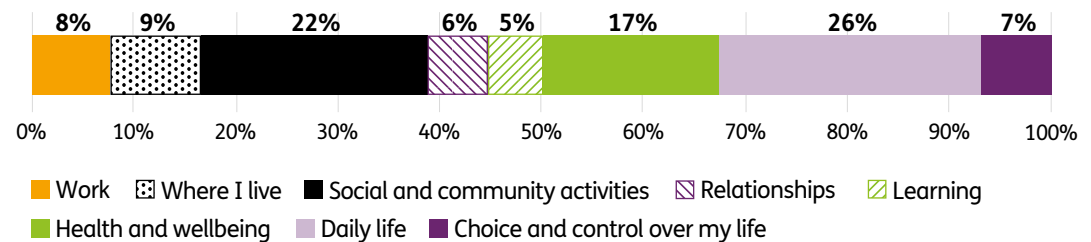
Psychosocial Disability

9% of all active NDIS participants have a primary disability of Psychosocial Disability.

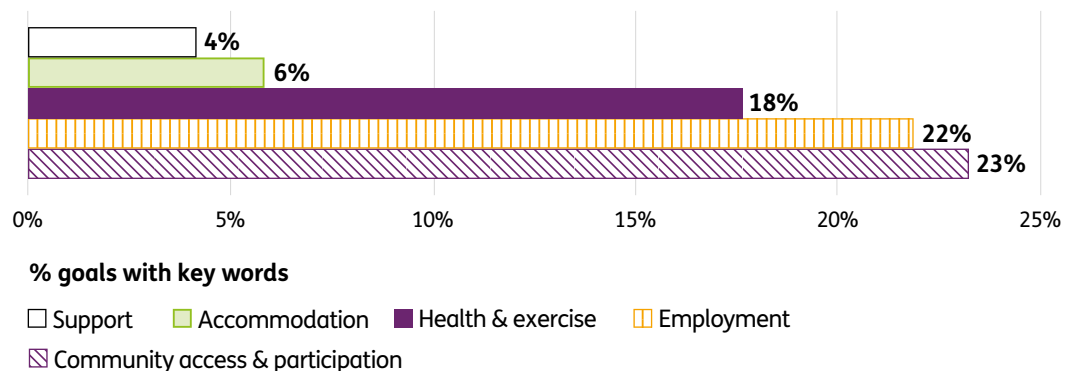
Daily Life goals (26%) are the most commonly recorded goal amongst participants with Psychosocial Disability.

Community Access & Participation (23%), Employment (22%), Health & Exercise (18%), Accommodation (6%) and Support (4%) were the key words common amongst goals identified by participants with Psychosocial primary disabilities.

Relative frequency of goal domains in active plans for participants with a primary disability of Psychosocial Disability



Top 5 key words in goals stated by participants with a primary disability of Psychosocial Disability



Developmental Delay and Global Developmental Delay

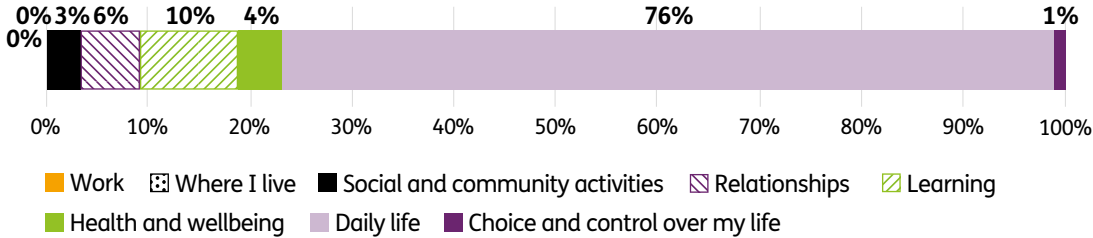
8% of all active NDIS participants have a primary disability of Global Developmental Delay or Developmental Delay.

Daily Life goals (76%) are the most commonly recorded goal amongst participants with a Global Developmental Delay or Developmental Delay primary disability. The majority (99%) of participants with Global Developmental Delay or Developmental Delay are aged 0 to 14, indicating that the high frequency of Daily Life goals is correlated to the age of these participants.

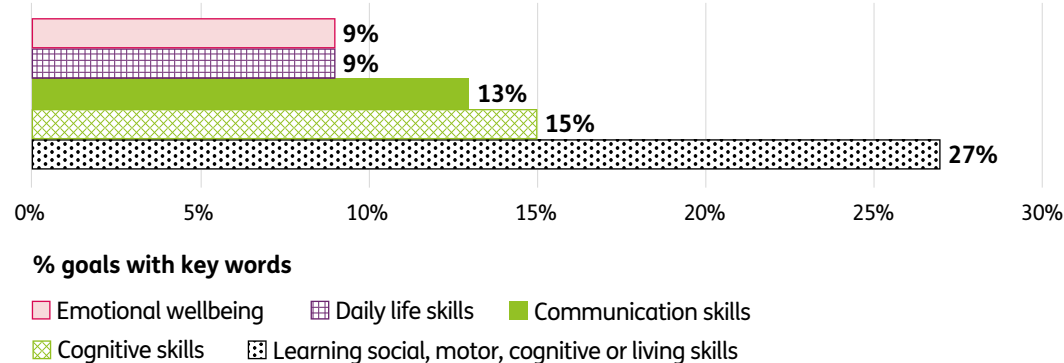
Goals relating to the Learning (10%) and Relationship (6%) domains are the second and third most common amongst participants with Global Developmental Delay or Developmental Delay.

Learning Social, Motor, Cognitive or Living Skills (27%) Cognitive Skills (15%), Communication Skills (13%), Daily Life Skills (9%) and Emotional Wellbeing (9%) were the key words common amongst goals identified by participants with Global Developmental Delay or Developmental Delay primary disabilities.

Relative frequency of goal domains in active plans for participants with a primary disability of Developmental Delay and Global Developmental Delay



Top 5 key words in goals stated by participants with a primary disability of Developmental Delay and Global Developmental Delay



Other Neurological

5% of all active NDIS participants have a primary disability of Other Neurological.

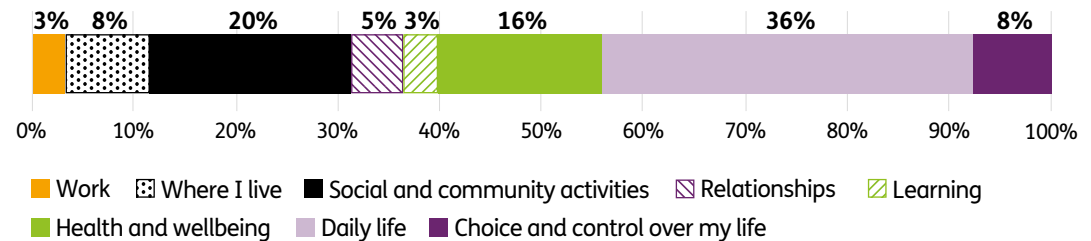
Alzheimer's Disease, Motor Neuron Disease, Parkinson's Disease are included in this category.

Daily Life goals (36%) are the most commonly recorded goal amongst participants with a Other Neurological primary disability.

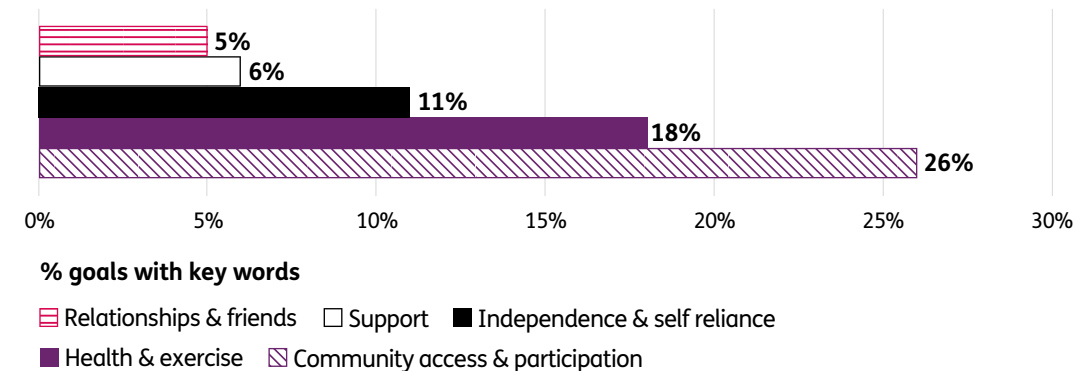
Goals relating to the Social and Community Activities (20%) and Health and Wellbeing (16%) domains are the second and third most common amongst participants with Other Neurological primary disabilities. Participants in this cohort have a higher than average proportion of Social and Community Activities and Health and Wellbeing goals across all age groups.

Community Access and Participation (26%), Health & Exercise (18%), Independence & Self Reliance (11%), Support (6%) and Relationships & Friends (5%) were the key words common amongst goals identified by participants with Other Neurological primary disabilities.

Relative frequency of goal domains in active plans for participants with an Other Neurological primary disability



Top 5 key words in goals stated by participants with an Other Neurological primary disability



Hearing Impairment

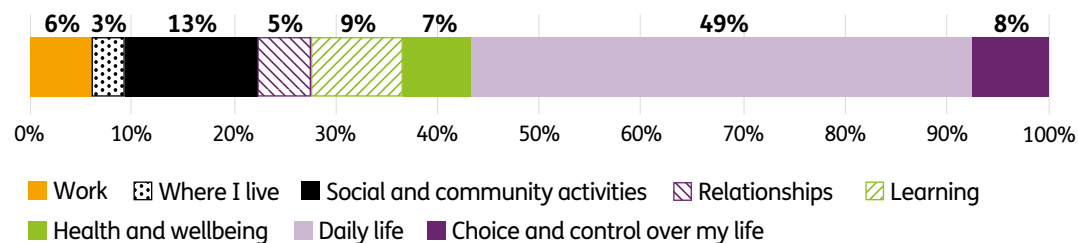
5% of all active NDIS participants have a primary disability of Hearing Impairment.

Daily Life goals (49%) are the most commonly recorded goal amongst participants with a Hearing Impairment primary disability.

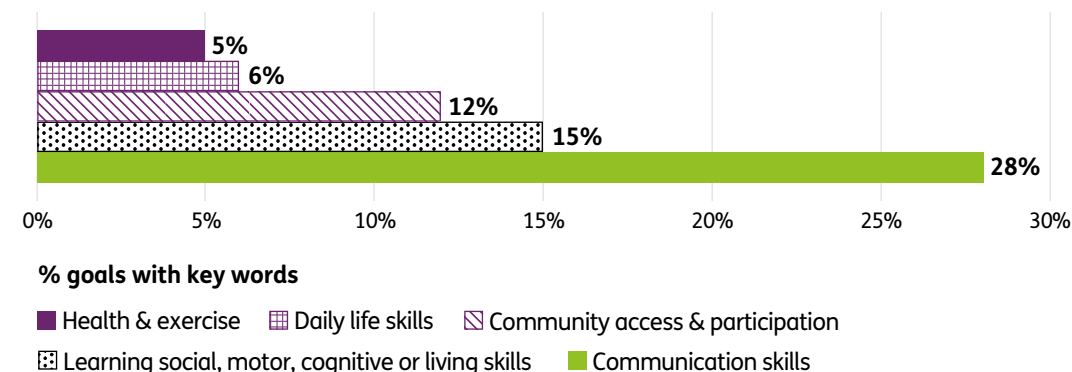
Goals relating to the Social and Community Activities (13%) and Learning (9%) domains are the second and third most common amongst participants with Hearing Impairment. When compared to other disabilities participants in this cohort have a higher than average proportion of Work goals across all age groups. Participants with a Hearing Impairment aged 0 to 14 and 55+ have a higher than average proportion of Learning goals while those aged 15 to 54 have a lower than average proportion of Learning goals when compared to other participants in these age groups.

Communication Skills (28%), Learning Social, Motor or Living Skills (15%), Community Access and Participation (12%), Daily Life Skills (6%) and Health & Exercise (5%) were the key words common amongst goals identified by participants with Hearing Impairment primary disabilities.

Relative frequency of goal domains in active plans for participants with a Hearing Impairment primary disability



Top 5 key words in goals stated by participants with a Hearing Impairment primary disability



Other Physical

4% of all active NDIS participants have a primary disability of Other Physical.

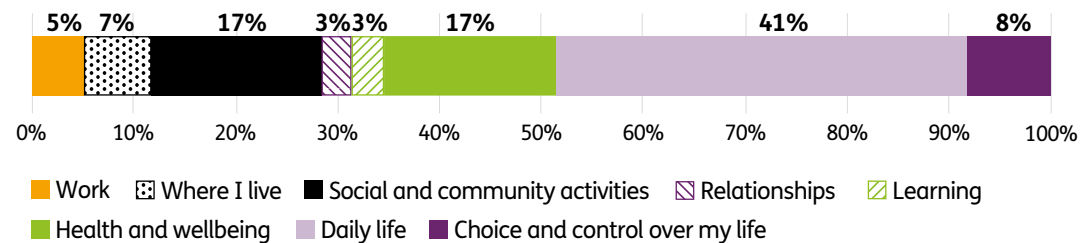
Muscle Dystrophy, Cystic Fibrosis, Epilepsy, Spina Bifida are included in this category.

Daily Life goals (41%) are the most commonly recorded goal amongst participants with a Other Physical primary disability.

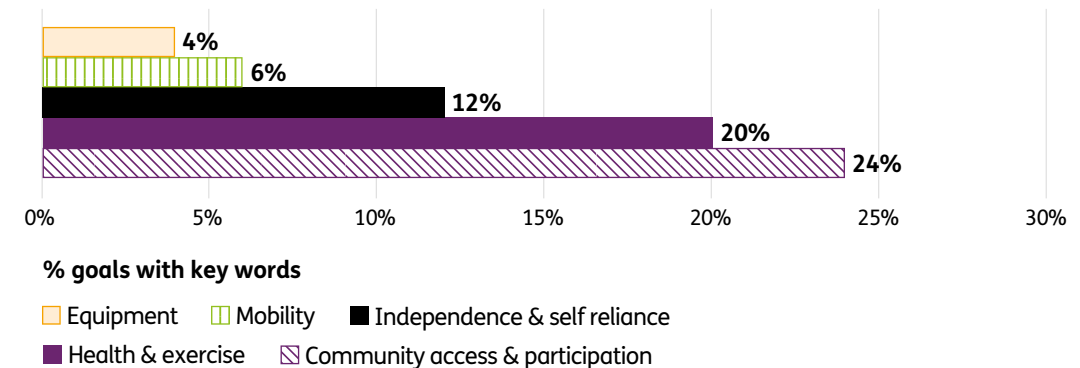
Goals relating to the Social and Community Activities (17%) and Health and Wellbeing (17%) domains are the second and third most common amongst participants with Other Physical primary disabilities.

Community Access & Participation (24%), Health & Exercise (20%) and Independence & Self Reliance (12%), Mobility (6%) and Equipment (4%) were the key words common amongst goals identified by participants with Other Physical primary disabilities.

Relative frequency of goal domains in active plans for participants with an Other Physical primary disability



Top 5 key words in goals stated by participants with an Other Physical primary disability



Cerebral Palsy

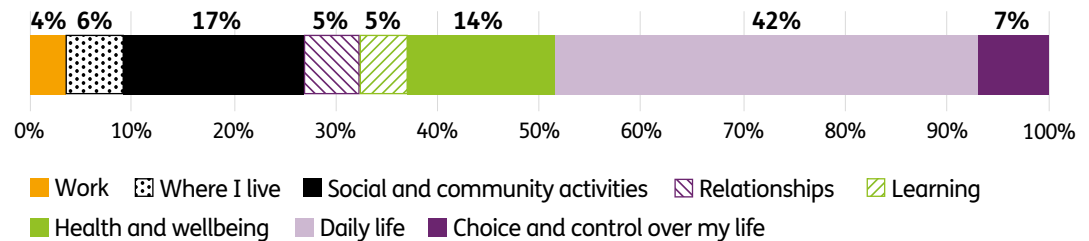
4% of all active NDIS participants have a primary disability of Cerebral Palsy.

Daily Life goals (42%) are the most commonly recorded goal amongst participants with a Other Physical primary disability.

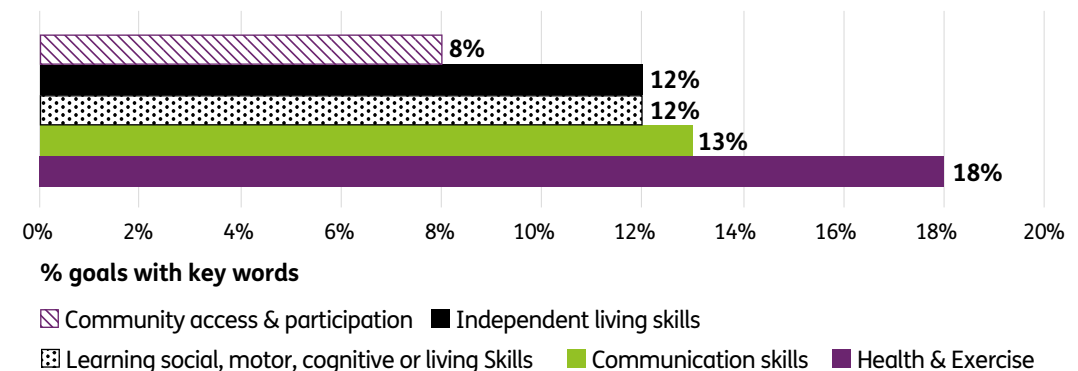
Goals relating to the Social and Community Activities (17%) and Health and Wellbeing (14%) domains are the second and third most common amongst participants with Other Physical primary disabilities.

Health & exercise (18%), Communication Skills (13%), Learning Social, Motor or Living Skills (12%) and Community access & Participation (8%) were the key words common amongst goals identified by participants with Cerebral Palsy.

Relative frequency of goal domains in active plans for participants with a primary disability of Cerebral Palsy



Top 5 key words in goals stated by participants with a primary disability of Cerebral Palsy



Acquired Brain Injury

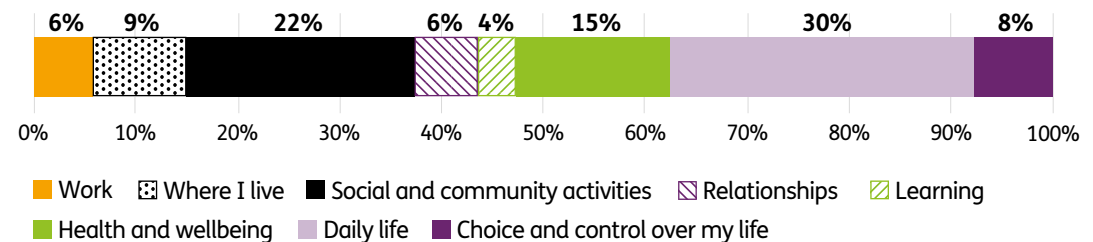
3% of all active NDIS participants have a primary disability of Acquired Brain Injury.

Daily Life goals (30%) are the most commonly recorded goal amongst participants with a ABl primary disability.

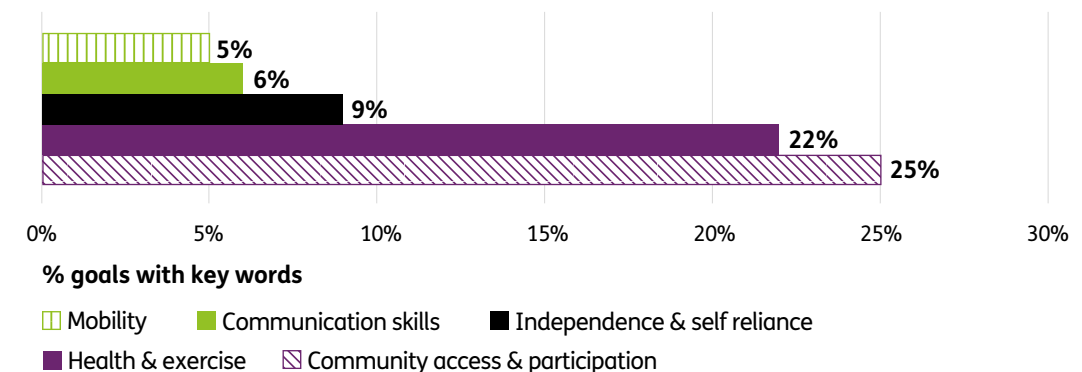
Goals relating to the Social and Community Activities (22%) and Health and Wellbeing (15%) domains are the second and third most common amongst participants with Acquired Brain Injury primary disabilities. Participant also have higher proportion of participant seeks goals in "Where I Live" domain (9%) when compared to averages of other disability groups (4%).

Community Access & Participation (25%), Health & Exercise (22%), Independence & Self Reliance (9%), Communication Skills (6%) and Mobility (5%) were the key words common amongst goals identified by participants with Acquired Brain Injury.

Relative frequency of goal domains in active plans for participants with an Acquired Brain Injury primary disability



Top 5 key words in goals stated by participants with an Acquired Brain Injury primary disability



Visual Impairment

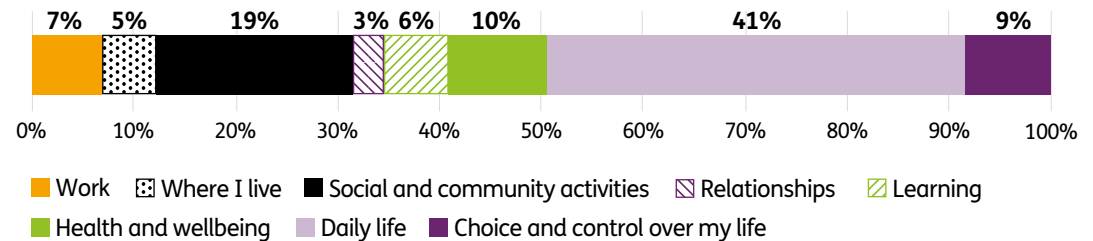
2% of all active NDIS participants have a primary disability of Visual Impairment.

Daily Life goals (41%) are the most commonly recorded goal amongst participants with a Visual Impairment primary disability.

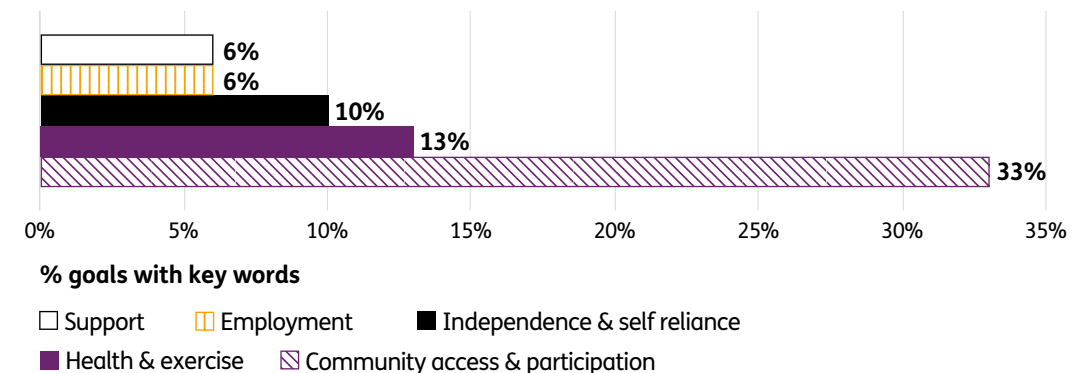
Goals relating to the Social and Community Activities (19%) and Health and Wellbeing (10%) domains are the second and third most common amongst participants with Visual Impairment primary disabilities. Higher proportion of participant are seeking goals related Work domain (9%) as compared to average of similar age groups (8%).

Community Access & Participation (33%), Health & Exercise (13%), Independence & Self Reliance (10%), Employment (6%) and Support (6%) were the key words common amongst goals identified by participants with Visual Impairment.

Relative frequency of goal domains in active plans for participants with a Visual Impairment primary disability



Top 5 key words in goals stated by participants with a Visual Impairment primary disability



Multiple Sclerosis

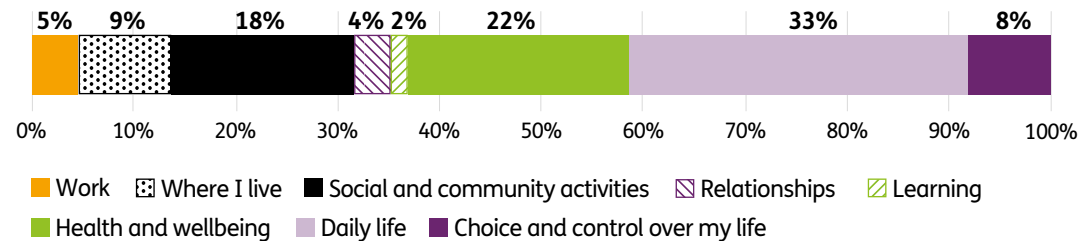
2% of all active NDIS participants have a primary disability of Multiple Sclerosis.

Daily Life goals (33%) are the most commonly recorded goal amongst participants with a Multiple Sclerosis primary disability.

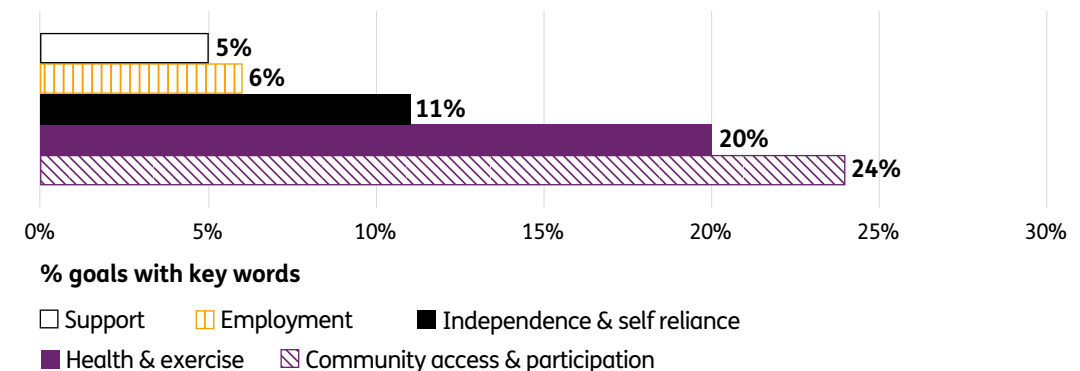
Goals relating to the Health and Wellbeing (22%) and Social Community Activities (18%) and domains are the second and third most common amongst participants with Multiple Sclerosis primary disabilities.

Community Access & Participation (24%), Health & Exercise (20%), Independence & Self Reliance (11%), Employment (6%) and Support (5%) were the key words common amongst goals identified by participants with Multiple Sclerosis.

Relative frequency of goal domains in active plans for participants with a primary disability of Multiple Sclerosis



Top 5 key words in goals stated by participants with a primary disability of Multiple Sclerosis



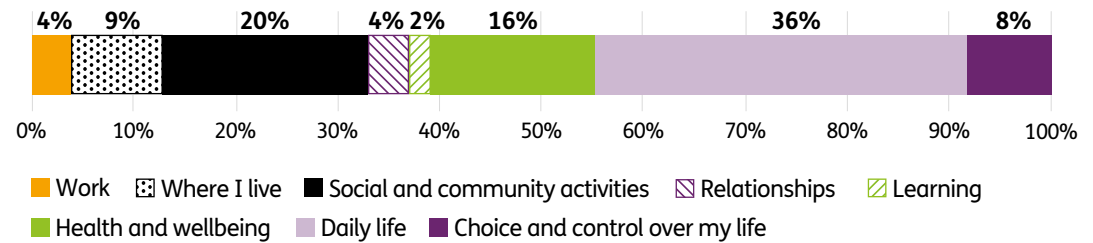
1% of all active NDIS participants have a primary disability of Stroke.

Daily Life goals (36%) are the most commonly recorded goal amongst participants with a Stroke primary disability.

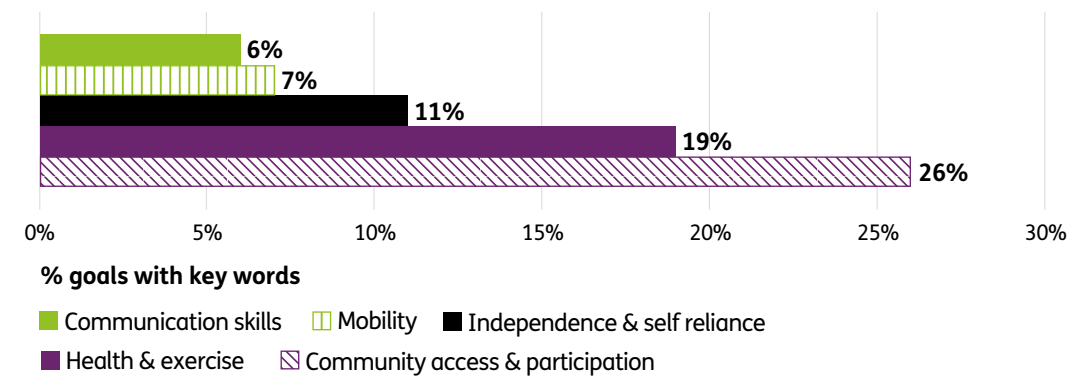
Goals relating to the Social and Community Activities (20%) and Health and Wellbeing (16%) domains are the second and third most common amongst participants with Stroke. Goals relating to Where I Live (9%) were more common when compared to other disability groups (5%).

Community Access & Participation (26%), Health & Exercise (19%), Independence & Self Reliance (11%), Mobility (7%) and Communication Skills (6%) were the key words common amongst goals identified by participants with Stroke.

Relative frequency of goal domains in active plans for participants with a Stroke primary disability



Top 5 key words in goals stated by participants with a Stroke primary disability



Spinal Cord Injury

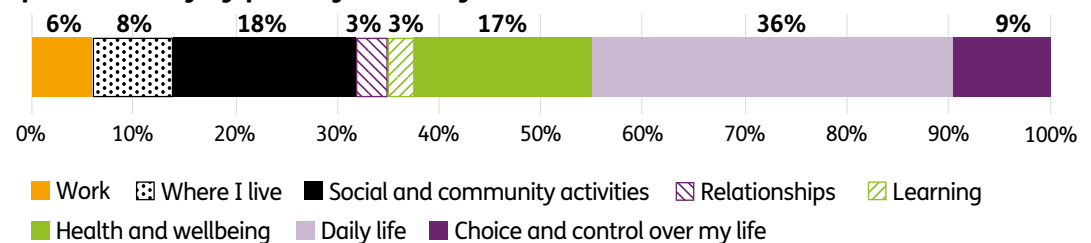
1% of all active NDIS participants have a primary disability of Spinal Cord Injury.

Daily Life goals (36%) are the most commonly recorded goal amongst participants with a Spinal Cord Injury primary disability.

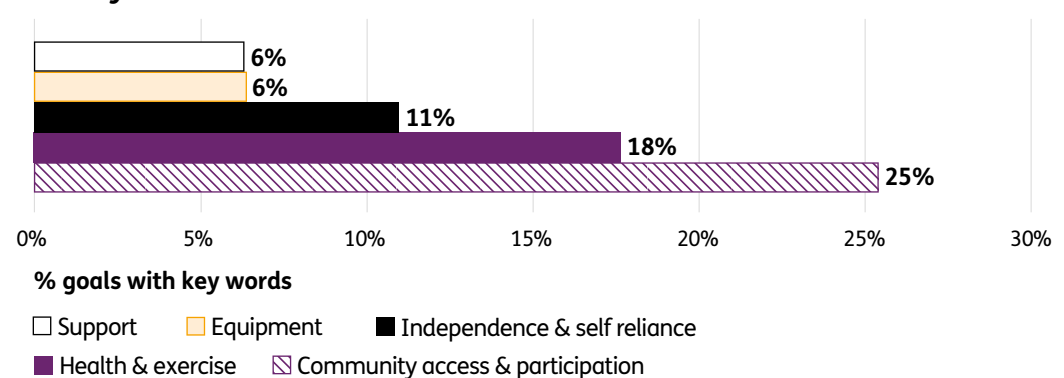
Goals relating to the Social and Community Activities (18%) and Health and Wellbeing (17%) domains are the second and third most common amongst participants with Spinal Cord Injury primary disabilities. Goals relating to Where I Live (8%) were more common when compared to other disability groups (5%).

Community Access & Participation (25%), Health & Exercise (18%), Independence & Self Reliance (11%), Equipment (6%) and Support (6%) were the key words common amongst goals identified by participants with Spinal Cord Injury.

Relative frequency of goal domains in active plans for participants with a Spinal Cord Injury primary disability



Top 5 key words in goals stated by participants with a Spinal Cord Injury primary disability



Other Sensory/Speech

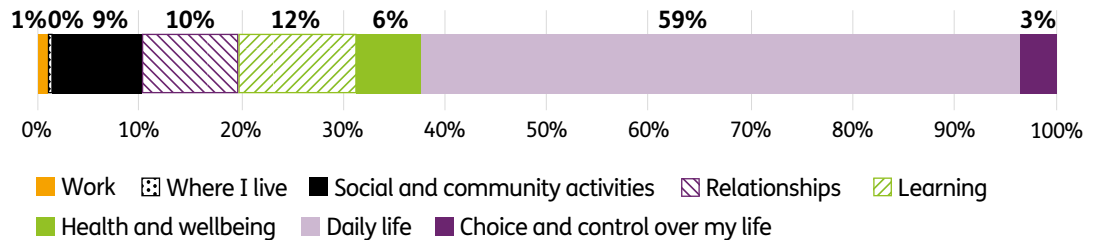
1% of all active NDIS participants have a primary disability of Other Sensory/Speech.

Daily Life goals (59%) are the most commonly recorded goal amongst participants with a Other Sensory/Speech primary disability.

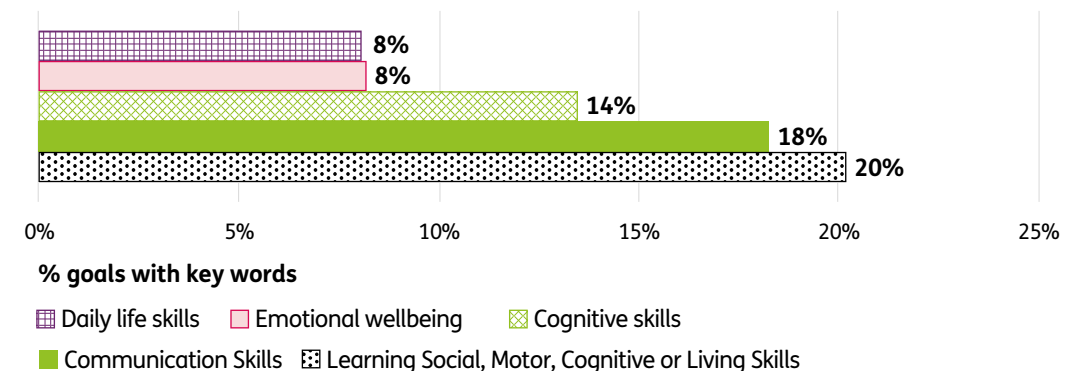
Goals relating to the Learning (12%) and Social and Community Activities (9%) domains are the second and third most common amongst participants with Other Sensory/Speech primary disabilities.

Learning Social Skills, Motor Skills or Living Skills (20%), Communication Skills (18%), Cognitive Skills (14%), Emotional Wellbeing (8%) and Daily Life skills (8%) were the key words common amongst goals identified by participants with Other Sensory/Speech primary disabilities.

Relative frequency of goal domains in active plans for participants with an Other Sensory/Speech primary disability



Top 5 key words in goals stated by participants with an Other Sensory/Speech primary disability





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