

+ Your guide to
wound & pressure
care supports
on the NDIS

Smith+Nephew



What is the NDIS?

The National Disability Insurance Scheme (NDIS) is a national scheme to support people living with a permanent disability. The scheme enables participants to build their skills to be independent, encourage community participation, employment, life skills and wellbeing.

Depending on how you chose to manage your plan you may work with a local area coordinator (LAC) and/or a support coordinator to help create a plan custom to your life needs. You are also in control of how you receive and manage your supports.

For more information visit <https://www.ndis.gov.au>



Which wound & pressure care related products are covered by the NDIS?

From 1 October 2019, the NDIS now includes more health supports that are related to your disability. This means the NDIS will now pay for health supports such as wound and pressure care because some people have wounds or are at risk of getting one.

Wound and pressure care supports include:

- Development of a care plan by a suitably qualified and competent clinician
- Wound care and pressure care (including pressure injury management) by an NDIS-funded, suitably qualified and competent worker
- Training of support workers/families in prevention of pressure areas and wounds
- Wound care and pressure care consumables (e.g. dressings, gauze, bandages, tape, lymphoedema garments and pressure wraps)
- Provision of assistive technology as required due to a participant's disability, to prevent pressure areas/wounds occurring
- Devices to help manage lymphoedema as well as assistance with the use of the equipment and the training of an NDIS-funded suitably qualified and competent worker to use the machine

For more information on all disability-related health supports visit:

<https://www.ndis.gov.au/understanding/supports-funded-ndis/disability-related-health-supports>

Who is likely to need wound and pressure care supports?

People with disabilities causing immobility, poor circulation and incontinence are at higher risk of skin breaking down and developing a chronic wound (a wound that takes longer to heal). People that have diabetes, heart diseases, obesity and kidney disease are also at greater risk of chronic wounds. It is very important that skin is kept as healthy as possible to avoid chronic wounds such as skin tears, pressure injuries (sores) or leg ulcers.



Wellbeing is linked to your wound improvement

Wellbeing is important because your wound healing and overall health can be affected if your wellbeing is not at the right level for both you and your wound. Wellbeing affects all areas of your life and can be loosely divided into four areas:



Your state of wellbeing across these areas can affect many things, including your:

- Ability to look after yourself
- Ability to cope
- Happiness and contentedness with life
- Wound healing progress
- Financial and family stability

Am I eligible for wound and pressure care supports?

To use these health supports, you must be using the NDIS. The supports must be reasonable and necessary. This means the supports should:

- Be about your disability
- Be good value for money
- Work well and help make your life better

There are some other important rules. The supports must be about a health problem that is:

- **Significant** – it has a big impact on your life
- **Permanent** – it will last your whole life
- **Ongoing** – you must need constant support

The NDIS is the best way to get and use these supports. If you are using the NDIS, health supports will be discussed in your plan review.

You can ask for a plan review by contacting:

- The NDIS contact centre
- Your Local Area Coordinator (LAC)
- Your NDIS/NDIA planner

How can I add wound and pressure care support to my NDIS plan?

If you have an NDIS plan you can use any part of your unspent core support budget in your NDIS plan to buy disability-related health supports (with the exception of the assistive technology valued over \$1500). If your plan is being reviewed you can ask for these supports to be included in your future plans. This will give you budget to access:

- **Consumables** – the wound & pressure care items you need to use every day (e.g. dressings, gauze, bandages, tape, lymphoedema garments and pressure wraps)
- **Assistance** – getting support from a qualified nurse to help you manage your wound and or pressure care needs
- **Assistive technology** – devices and equipment to help you manage your health

Do I need a wound assessment?

An accurate wound assessment by a qualified professional should be carried out before planning appropriate care. Different types of wounds require different types of wound care, it is important that you ask for a wound care assessment and care plan from a suitably qualified and competent clinician. You can find many nursing providers in the NDIS website that can provide you this service, they are often able to visit you at home.

Always speak to your healthcare professional about the type of wound care best suited for you.

To find a registered provider visit:

<https://www.ndis.gov.au/participants/working-providers/find-registered-provider>

Things to do before your NDIS meeting

Consider collecting information about why you need wound and pressure care supports. You may have previous reports or care plans; bring these to your plan review so that your planner understands your health needs better.

If it's the first time in a planning meeting think about your life now and what you would like it to be like in the future. Think about the areas that need to improve. Think about how living with a chronic wound impacts your ability to do the things in life that you'd like to do.

My life now	The life I want

It would be useful to think about the following questions and write down the answers to take to your planning meeting:

- Do you have a disability that puts you at high risk in developing a wound?
- Do you have diabetes, heart disease, obesity, kidney disease or other health issues?
- Have you had previous skin breakdown? This could be previous pressure wounds
- Is your skin dry or itchy?
- Do you use skin friendly products to cleanse your skin? (not soap and water)
- Are you using medications like topical or systemic steroids?
- Do you have bladder or bowel incontinence?
- Do you develop irritation/rashes often?
- Do you have an existing wound?

Estimating a budget

Think about the wound and pressure care products that you use on a day to day basis (e.g. dressings, gauze, bandages, tape, lymphoedema garments and pressure wraps).

- Estimate how many pieces per month of each you would use
- Multiply by 12 to get a yearly quantity
- Multiply the yearly quantity by the cost of each product
- Add all the different products that you have been using as advised

Use the table on the next page to help you calculate an estimated budget.

Product	Cost	Pieces per month	Pieces per year (x12)	Estimated yearly cost
Foam dressing				
Compression bandage				
Barrier film				
Skin cleanser				
Skin moisturiser				
Other				
Other				
			TOTAL	

Receiving your plan

Once you have met with your planner and they collect all the required information you can access your plan via the NDIS my place portal using myGov account login credentials. It is important that you review your plan carefully to ensure all your needs are supported. When you accept the plan, it will be reviewed once per year.

NOTES

Use this section to answer the questions on page 9

A series of horizontal dotted lines for writing notes.

What we do...

Physical health is never just about our body. It's our mind, feelings and ambitions. When something holds it back, it's our whole life on hold.

We're here to change that. To use technology to take the limits off living.

Then go on stronger inspired by a simple promise. Two words that bring together all we do.

Life Unlimited

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For more information on our products and where to buy them visit www.smith-nephew.com/ndis or scan the QR code

