

YOUR 30-DAY ACTION PLAN

Ready to take action? Here's your first month plan:

WEEK 1: ASSESSMENT AND DOCUMENTATION

- ☐ Book GP appointment for referrals
- ☐ Start documenting developmental concerns
- ☐ Research assessment options in your area
- ☐ Join a local parent support group

REMINDER

WEEK 2: PROVIDER RESEARCH

- ☐ Research therapy providers in your region
- ☐ Contact NDIS Early Childhood partner
- ☐ Prepare questions for initial consultations
- ☐ Download and fill out provider comparison template

NOTES

WEEK 3: APPLICATION PREPARATION

- ☐ Gather existing reports and assessments
- ☐ Prepare functional impact statements
- ☐ Research support options while waiting
- ☐ Begin implementing simple home strategies

WEEK 4: SUPPORT NETWORK DEVELOPMENT

- ☐ Connect with other parents in similar situations
- ☐ Meet with childcare/school staff to discuss supports
- ☐ Identify community resources in your area
- ☐ Schedule regular self-care activities