

making the **ndis** a piece of cake

a little cookbook
for kitchen table
conversations



about this book

It isn't always easy for disabled people to connect with each other.

This makes it hard when you want to plan.

The National Disability Insurance Scheme (NDIS) is a new disability scheme in Australia.

It helps you get what you need to be who you are.

To make a plan, you need to set goals.

You need to tell the NDIS what you want your life to look like.

Then you need to work out what you need to make that happen.

Sometimes it is easier to plan with other people, especially if they know you well.

This little cookbook gives you some fun ideas about how to plan with other people.

why a cookbook?

Kitchen tables aren't just a place to make food.

They are also places to connect with other people.

They are places to get together and plan.

Kitchen tables are places where people often feel safe.

Food changes the feeling in a space.

If we feel safe and comfortable it is easier to have a conversation.

We think cake is a great way to come together to talk to each other.

Not everyone likes connecting with other people around food.

Not everyone eats food in the same way.

If that is true for you, think of other ways you can connect with friends and family in a place that works for you.

how to use this book

The NDIS asks disabled people to plan their lives.

The plan asks us what we want and need.

It also asks us how we want to be supported.

Before you go and meet with a planner, you can have a 'kitchen table conversation'.

You can make one of the cakes in this book or you can ask someone to bring one along.

You should invite people who know you to come to your kitchen table conversation.

They can help you think about what could go in your plan.

The book also gives you some fun ways to plan - and bake!

types of cakes

We picked the cakes in this book to represent parts of your life you should think about.

They are:

1. **Community** (Discovery Cakes)
2. **Freedom** (Kate Hepburn Brownies)
3. **Home** (Gingerbread House)
4. **Life** (Carrot Cake)
5. **Love** (Better than Sex Cake)
6. **Money** (Coincakes)
7. **Purpose** (Black Forest Cake)

Each cake recipe comes with questions you can ask at your kitchen table conversation.

You can bake or bring different cakes or food to your kitchen table conversation.

contents

Community.....

Freedom.....

Home.....

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before you start

Tips

Make sure the people who are coming know why they are there.

You could tell them 'I want people who are important to me to help me plan my life'.

We like to plan with six to eight people.

They should be people who know you well.

Make sure you have tea, coffee (or cocktails!)

Decide on the amount of time you have for the session.

Make sure you have paper and textas or pens for your 'scribe' to write or draw with.

Think about ways to start the Conversation.

You can use the cards at the back, or write your own.

When you have finished, thank everyone for coming.

how to have a kitchen table conversation

Invite people for morning or afternoon tea in a place that is comfortable and accessible.

Make a cake or ask someone else to bring a cake.

Give everyone a copy of the 'Conversation Starter Questions'.

Ask the Questions and brainstorm the answers.
When you've answered the Questions, ask;

How will I make this happen?

What else might I need?

Who or what can help me?

Record your conversation by getting someone to draw or take notes. Use the Conversation to help draw up your NDIS Plan.

discovery cake

Discovery Cakes are molten lava cakes.

They represent 'community'.

In the past, a lot of disabled people in Australia have not had the supports they needed.

That means they might not have tried new things.

Some of the things you might like to think about are:

What kind of communities do I belong to?

(they are not just about where you live)

What kinds of things have I tried before?

What did I like and why?

How can I find out what else is out there?



The Conversation Starter Questions for Community (Discovery Cakes) are at the back of this book.

recipe:



You will need:

Whipped cream

- 1 cup cold thickened cream, cold
- 2 ½ tablespoons icing sugar

Cake

- 1 cup dark chocolate chips
- 10 tbsp (141g) of butter
- 2 tablespoons brewed coffee
- ½ cup plain flour
- 1 ½ cup icing sugar
- 3 large eggs, lightly beaten
- 3 egg yolks, lightly beaten
- 1 teaspoon pure vanilla extract
- 2 tablespoons unsweetened cocoa powder

Preheat oven to 200 degrees C.

Lightly coat a 12-cup muffin tin with cooking spray.

Make the whipped cream

Use an electric mixer to beat the cream in a large cold bowl until soft peaks form.

Gradually beat in 2 tbsp. of the icing sugar.

Cover and put in fridge while you make the cakes.

Make the cakes

Melt the chocolate chips and butter in a medium saucepan over low heat, stirring frequently.

Once the chocolate and butter are melted, stir in the coffee until smooth.

In a medium bowl, sift together the flour and icing sugar. Stir in the chocolate mixture.

Add the whole eggs and egg yolks one at a time, beating well after each addition. Stir in the vanilla.

Divide the batter evenly among the muffin cups.

Bake until the cakes are slightly jiggly in the center, about seven minutes.

Allow the cakes to sit for two or three minutes. Run a butter knife around the edges of each cake and transfer the hot cakes to dessert plates.

Top with a dollop of whipped cream and dust with cocoa powder.



Eat immediately!

Makes: 12

kate hepburn's brownies

Kate Hepburn was a famous actress who wasn't afraid to speak up for herself.



We've used her famous brownie recipe to represent 'Freedom'.

The NDIS is about being independent, being in control and being able to make your own choices.

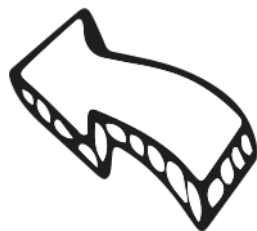
It's also about knowing your rights and telling people what you want.

Some of the things you might like to think about are:

- Do I speak up when things go wrong?
- Are there good choices available to me?
- Am I in control of my life?

The Conversation Starter Questions for Freedom (Kate Hepburn's Brownies) are at the back of this book.

recipe:



You will need:

- 1 stick (8 tablespoons) butter
- 2 squares unsweetened chocolate
- 1 cup sugar
- 2 eggs
- 1/2 teaspoon vanilla
- 1/4 cup plain flour
- 1/4 teaspoon salt
- 1 cup chopped walnuts
- Optional: Crème fraîche and shaved chocolate

Melt together butter and unsweetened chocolate and take the saucepan off the heat.

Stir in sugar, add eggs and vanilla, and beat the mixture well.

Stir in plain flour, salt and walnuts.

Bake the brownies in a buttered and floured 20cm square pan at 160°C for about 40 minutes. Cut into squares when cooled.

Optional: Serve with a little blob of crème fraîche and a scattering of shaved chocolate.

gingerbread house

Our gingerbread house represents 'home'.

The NDIS will not pay for your rent, or for a new house.



It might pay for changes to your home to make it safer or more accessible, or someone to help you at home or with the house and garden.

Some of the things you might like to think about are:

Am I happy living where I am living now?

Do I want to live with myself or others?

Am I safe in the home I live in now?

Do I want a home of my own?

How can I find out what others are doing?

The Conversation Starter Questions for Home (Gingerbread House) are at the back of this book.

recipe:



You will need:

- 250g butter, softened
- 1 cup firmly packed brown sugar
- 1 cup treacle
- 2 egg yolks
- 5 cups plain flour
- 2 tablespoons ground ginger
- 2 teaspoons mixed spice
- 2 teaspoons bicarbonate of soda
- 1 sheet cardboard
- 28cm x 33cm covered board
- 45g summer roll (or similar chocolate bar for chimney)
- 600g assorted sweets
- pure icing sugar for dusting

Glaze

- 1 tablespoon caster sugar
- 2 tablespoons water
- ½ teaspoon powdered gelatine

Icing

- 2 egg whites
- 3¼ cups pure icing sugar, sifted
- ½ teaspoon lemon juice



Beat butter and sugar in a large bowl with an electric mixer until combined. Beat in treacle and egg yolks, then stir in the sifted dry ingredients.

Knead dough on a lightly floured surface until smooth, cover; refrigerate for 30 minutes.

Preheat the oven to 160°C/140°C fan forced.

Cut cardboard into a 20cm square and 20cm equilateral triangle. Roll one dough portion on a piece of baking paper large enough to cut out one square and one triangle. Cut shapes from dough using cardboard patterns.

Slide shapes, still on baking paper, onto an oven tray. Repeat with remaining dough and cardboard patterns.

Cut out a door and window from one triangle; bake door with shapes.

Bake door for about 15 minutes and larger shapes for about 20 minutes or until firm. Stand 10 minutes before transferring to wire racks.

Glaze: While the gingerbread is still warm, combine the sugar, water and gelatine in a small microwave safe dish. Microwave on MEDIUM (55%) for about 30 seconds; stir until dissolved. Brush all gingerbread

shapes with the glaze while still warm.

Icing: Beat the egg whites in a small bowl with an electric mixer until just frothy, gradually beat in enough sifted icing sugar until the mixture forms stiff peaks, stir in juice. Keep icing covered with plastic on the surface to prevent drying.

Spread a thin layer of icing on the board as a non-slip base. Trim shapes to form straight edges, if needed.

Assemble gingerbread house on the board, using the icing to secure pieces together. Spoon icing into a piping bag, pipe along all joins as pictured.

Position door in place with icing.

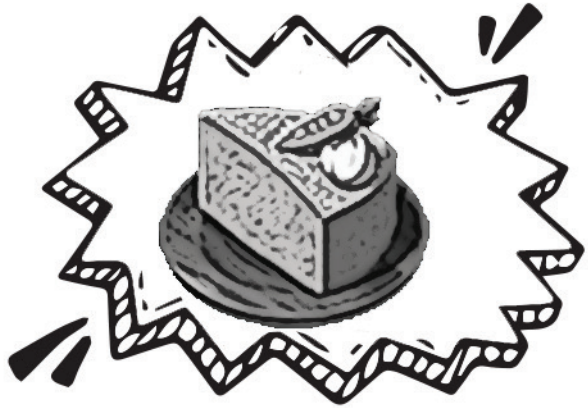
Cut the base of the Summer Roll at an angle to represent a chimney. Join chimney to house with icing.

Thin down a small amount of remaining icing with a little water and use this to pipe peaks of icing on the underside of roof to represent snow. Using a small plain tube, pipe outline decorations on window and door.

Decorate the house with sweets, attaching with icing. Dust house all over with sifted icing sugar.

zelda carrot cake

We asked some disabled people what kind of cake should represent 'life'.



In the game 'The Legend of Zelda', the main character can restore his health with a piece of carrot cake.

The 'Zelda' recipe is as follows:

Any carrot, Goat Butter, Cane Sugar, Tabantha Wheat

But we were all out of Tabantha Wheat, so we're using another recipe.

'Life' represents every part of what we do to live fully. Some of the things you might like to think about are:

Do I want to learn or study?

Do I want to get or keep a job, or find another job?

Am I healthy enough and am I happy with my life?

The Conversation Starter Questions for Life (Zelda Carrot Cake) are at the back of this book.

recipe:

You will need

Cake:

375g plain flour

2 tsp baking powder

1 ½ tsp bicarb soda

2 tsp ground cinnamon

½ tsp ground nutmeg

½ tsp allspice

2 tsp salt

345g castor sugar

375ml vegetable oil

4 eggs

3 medium carrots, grated

220g tin crushed pineapple, drained

200g pecans, chopped

Glaze:

2 tbsp vegetable oil

110g brown sugar

2 tbsp milk

40g pecans, chopped

Icing:

250g cream cheese, room temperature, cut into cubes

125g unsalted butter, room temperature, cut into cubes

500g icing sugar
1 tsp vanilla extract

Preheat the oven to 180C (160C fan). Grease a 23cm round cake tin and line with baking paper.

Sift the dry ingredients together into a bowl.

In a separate bowl, beat the eggs and oil, then add to the dry ingredients.

Mix well then add the carrots, crushed pineapple and pecans.

Mix to form a smooth batter and pour into the cake tin.

Bake for 30 minutes then quickly prepare the glaze by placing all the ingredients for it in a small saucepan and heating over medium heat, stirring, until all the ingredients are combined.

Pull the cake out on the oven rack and carefully pour the glaze over the cake.

Bake for the rest of the baking time, roughly 40 minutes or until a bamboo skewer inserted into the centre of the cake comes out clean.

Remove from the oven and allow to cool for 10

minutes in the tin on a wire rack.

The glaze will have melted onto the tin, so take a butter knife or metal spatula and run it carefully around the inside of the tin.

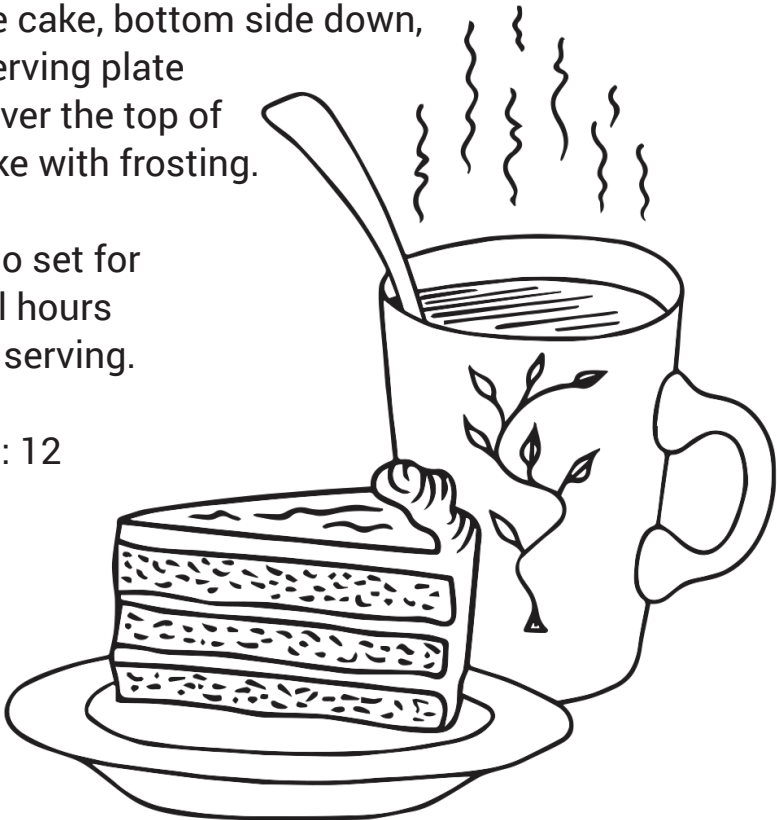
Turn upside down and allow to cool on the wire rack.

Prepare the frosting by whipping the cream cheese, butter, icing sugar and vanilla essence together in a bowl.

Put the cake, bottom side down, on a serving plate and cover the top of the cake with frosting.

Allow to set for several hours before serving.

Serves: 12



better than sex cake



This is an American cake.

You might have to go to the speciality aisle to find some of the ingredients, like Cool Whip.

But it's worth the trouble!

We've chosen this theme because Love is one of the areas that people often forget to think about.

Love represents your relationships - friends, family and people you care about. And, yes, sex!

Some of the things you might like to think about when planning around Love are:

- Do I want to find new ways to make more friends?
- Do I need aids and equipment for sexual activity?
- Do I want help with learning about my sexuality?

The Conversation Starter questions are at the back.

recipe:

You will need

Ingredients

- 1 box of Betty Crocker devils chocolate cake mix
- 1/2 small can sweetened condensed milk
- 1 jar of caramel ice cream topping
- 1 container of Cool Whip topping (or whipped cream)
- 1/2 cup chopped pecans
- 1/2 cup toffee bits (Skor bits/health bar, chopped)

Instructions

Bake the cake according to the instructions on the box. Note: you will need additional ingredients, for example, eggs, water/milk, oil to make the cake.

Let the cake cool completely and poke holes about one inch apart, using the end of a wooden spoon.

Pour the condensed milk into the holes of the cake.

Pour the caramel topping over the cake and spread evenly.

Spread the Cool Whip over the caramel topping then sprinkle with the chopped pecans and toffee bits. Refrigerate for about an hour or so then serve.

coin-cakes

Our coin-cakes represent 'money'.

The NDIS will not pay your rent or buy you food.

But money is important - we all need it to live on.

The NDIS can help support you to get a job (or a better job) or start a microbusiness.

Disabled people have the right to have enough money to live a good life.

We have the right to economic security.

Here are some things you might like to think about.

Do I need help opening a bank account?

Do I need help with taxation or financial planning?

Do I need help with finding or keeping work?

The Conversation Starter Questions for Money (Coin-Cakes) are at the back of this book.

recipe:

You will need

Ingredients

125 g butter

1 tsp vanilla essence

3/4 cup caster sugar

2 eggs

1/2 cup milk

1 1/2 cups self-raising flour

Chocolate covered coins



Buttercream icing

430g butter

1kg icing sugar

1/2 cup (125ml) milk

2 teaspoons vanilla essence

Instructions

Line 2 x 12 hole cup cake pan trays with paper cases.

Combine all ingredients in medium bowl of electric mixer, beat on low speed until all ingredients are combined.

Then beat on medium speed until mixture is smooth

and has changed in colour.

Divide into paper cases and bake at 180C for approximately 20 minutes. Turn onto a wire rack to cool.

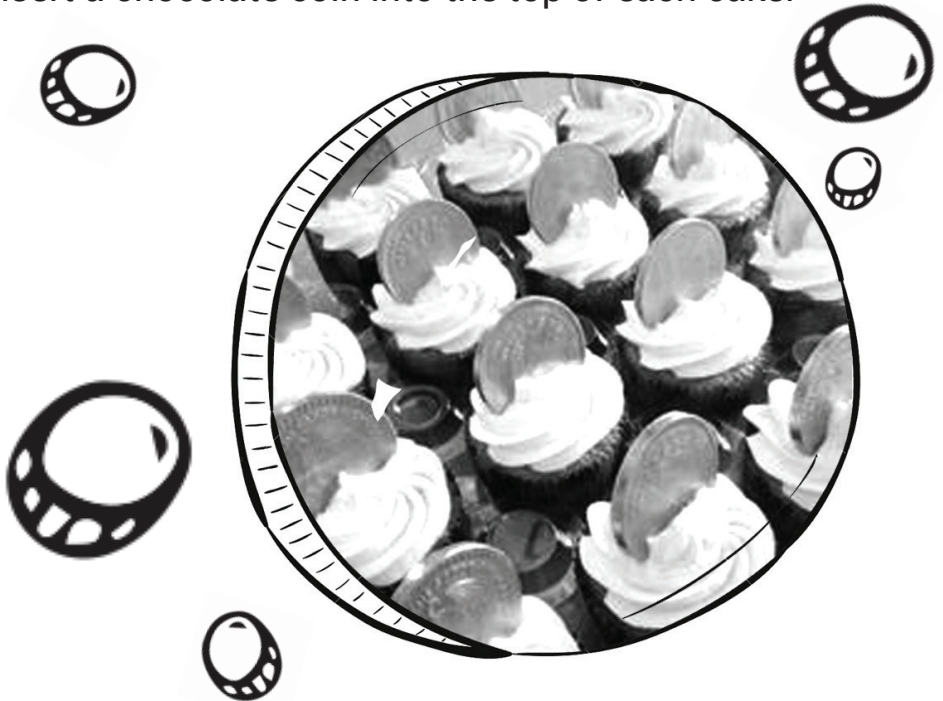
Making the icing

Cream the butter together until soft and smooth.

Gradually add the sugar, milk, and vanilla essence.

Mix until smooth and pipe or smooth onto cupcake.

Insert a chocolate coin into the top of each cake.



black forest cake

Black Forest cakes are a 'special occasion' cake, but they are not too hard to make!

We have chosen them to represent 'purpose'.

Everyone has the right to set their own direction and have a meaningful life.

That includes being valued by other people and being part of the community.

Here are some questions you might like to think about;

Do I need help planning for the future?

Do I need to have help with making decisions?

Do I need help with learning about my identity, spirituality or culture?

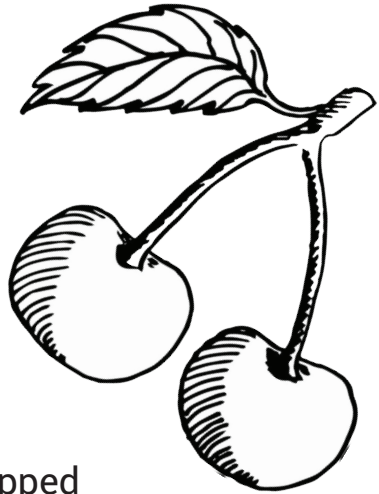
The Questions for 'Purpose' are at the back of this book.

recipe

You will need

Ingredients

250g unsalted butter, chopped.
1 tbsp instant coffee
1 ½ cups hot water
200g dark eating chocolate, chopped
2 cups caster sugar
1 ½ cups SR Flour
1 cup plain flour
¼ cup cocoa powder
2 eggs, at room temperature
2 tsp vanilla extract
600ml thickened cream
¼ cup cherry flavoured liqueur
2 cans seeded black cherries, drained and halved
Chocolate curls, to decorate



Preheat oven to 180C. Grease 4 8-inch round cake pans, and line bases with baking paper.

Melt butter in medium saucepan, stir in combined coffee and hot water, then chocolate and sugar.

Stir over low heat (without boiling) until smooth.

Transfer to an electric mixer, and allow to cool.

Beat the cooled mixture on low speed, gradually beating in sifted dry ingredients, in three batches.

Beat in eggs, one at a time, then add the vanilla.

Pour mixture evenly into prepared pans.

Bake for 35-40 minutes.

Allow cakes to cool a little, then turn out of the pans.

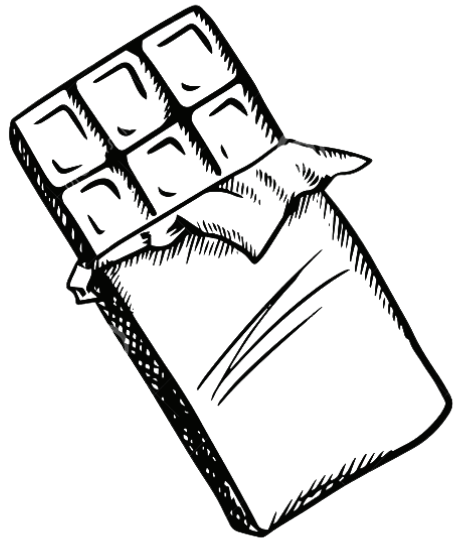
Once completely cool, begin to assemble.

Beat cream until firm peaks form.

Place one layer on a cake plate, brush with one tablespoon of the liqueur, top with a layer of cream and cherries.

Repeat until all four layers are stacked.

Cover with remaining cream, decorate with cherries and chocolate curls.



community questions

We live 'in the community' and it is not a tourist destination!

There are all kinds of communities.

They do not have to be place based.

Discovering your communities can be something you can be supported to do through your NDIS plan.

Conversation Starter Questions:

What kind of communities do I belong to?

What kinds of things have I tried before?

What did I like and why?

How can I find out what else is out there?

Do I need help to find friends, not paid workers?

What are my roles in the community now?

Map what your communities look like.

How could I do this? Who could help me?

freedom questions

The NDIS is about being independent, being in control and being able to make your own choices.

It's also about knowing your rights and telling people what you want.

Conversation Starter Questions:

Do I speak up when things go wrong?

Do I need help to make decisions?

Do I need to know and understand my rights?

What kind of help might I need with mobility or transport?

Am I safe? How can I be safe without being 'bubble wrapped'?

Are there good choices available to me?

Am I in control of my life?

How could I do this? Who could help me?

home questions

We have the right to live on our own, or
with the people we choose.

We also have the right to live in the
community with the support we need.

Conversation Starter Questions:

Am I happy living where I am living now?

Do I want to live with myself or others?

Am I safe in the home I live in now?

Do I want a home of my own?

How can I find out what others are doing?

If I have never tried living independently,
how could I try that out?

How could I do this? Who could help me?

life questions

Living a good life means living life to the full, without restrictions.

We have the right to be included and to give back to the community.

Conversation Starter Questions:

Do I want to learn or study?

Do I want to get or keep a job, or find another job?

Am I healthy enough and am I happy with my life?

Do I want to plan a holiday, or travel?

What do I do for fun? Is my social life okay?

Do I need help to vote, or be involved in politics?

How could I do this? Who could help me?

love questions

Sex, sexuality, relationships and love are important.

We have the right to love, be loved and have friends and relationships. We also have the right to sexuality and intimacy.

Conversation Starter Questions:

Do I want to find new ways to make more friends?

Do I need aids and equipment for sexual activity?

Do I want help with learning about my sexuality?

Do I need support with dating?

What kind of support might I need to have a better social life?

How could I do this? Who could help me?

money questions

Half of all disabled people live in poverty.

We have the right to economic security.
The NDIS will not pay our rent or bills, but
it can help us make this happen.

Conversation Starter Questions:

Do I need help opening a bank account?

Do I need help with taxation or financial
planning?

Do I need help with finding or keeping work?

Do I need help with self directing services
and supports?

Do I need help managing my money?

Could I start up a microbusiness?

How could I do this? Who could help me?

purpose questions

We have the right to set our own direction
and have a meaningful life.

Conversation Starter Questions:

Do I need help planning for the future?

Do I need to have help with making decisions?

Do I need help with learning about my identity,
spirituality or culture?

Am I disconnected from family?

Do I have a 'calling' or a passion in life?

Do I need help with setting goals?

Have I had enough life experiences?

How will I find out what my purpose is in life?

How could I do this? Who could help me?

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releasing our capacity

