

# Workbook 3

my **choice** matters  
NSW Consumer Development Fund

Living Life  
My Way

# What will give me a good life?



Can funding get me a good life?





My name

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Where I live

---

---

---

My phone number

---



The book you are looking at has ideas about what will give you a good life.



You can use this book

- by yourself
- with your family
- with a friend
- with a group of people.



There are 3 books that will help you say what will give you a good life.

They are called

- What are my needs and dreams?
- What I do  
Who I know  
What I hope for
- Can funding get me a good life?





This book helps you think about things that can make your life good.



The book will talk about

- changes to funding
- how you use funding
- how funding can help you get a good life.



This will help you plan your good life!

# Changes to funding



Do you need funding to have a good life?



You may have funding now to support you to do things.

Like get ready in the morning.

Or to go out in your community.



**The way you get funding is changing.**

You will get funding from the National Disability Insurance Scheme.

This is called the NDIS.



Not from the State Government like you used to.



The NDIS is a new way to get support.

Some people get money from the NDIS now.



All people with disability who need funding support will get funding from the NDIS by July in 2018.



It does not matter where your funding comes from.



It is how **you** can use funding that matters.



Now you will have funding that is just for you.

Not for a group of people.



You can say what you want to do.

Then think about funding that will make it happen.

But there are some rules.

# How can I use funding?



Not everyone with a disability will get funding.



It is for people who need support to do every day things.

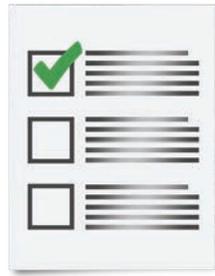
You may need equipment.

Or a person to help you.



And you cannot use it to buy things that everyone needs.

Like food.



You can use funding to do things you want.

You can use funding do the things you have dreamed about.

These may be things you could not do before.

The NDIS will call this your goals and aspirations.



You can get equipment.



You can use funding to keep your life good.

Or make your life better.

Pages 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 and 18 show 10 ways you can use funding from the NDIS.

# Ways you can use funding to get a good life



John used funding to learn to travel on a train.

This is a new skill.

Now he can go to places he wants to by himself.

TODAY'S LESSON...

**Do you want new skills?**



Yes



Not Sure



No

Here is a space for you to write or draw any new skills you want to have.





Zoe uses funding to help her get ready in the morning.

She is being supported to choose what to wear.



**Do you need help to get things done?**

Like knowing the time?

Or making choices?



Yes



Not Sure



No

Here is a space for you to write or draw things you need help to get done.





Vlad uses funding to help him say what he wants when he goes to the bank.



**Do you need help to tell people what you want?**



Yes



Not Sure



No

Here is a space for you to write or draw any time you would like help to tell people what you want.





Carl has a new wheel chair that makes it easier for him to go where he wants.



**Do you need support to move around?**  
Like going to the places you want in your community?



Yes

Not  
Sure

No

Here is a space for you to write or draw any places where you need help to move around.





Gina gets support to eat her meals each day.



**Do you need support to get ready?**  
Like cleaning your teeth?



Yes



Not Sure



No

Here is a space for you to write or draw any support you need to do things like – shower, dress, go to the bathroom or eat.





Glen gets support so he can live in his own home.

He gets support to go shopping and cook dinner.



**Do you need support to do things at home?**

Like

- cooking meals
- cleaning



Yes



Not  
Sure



No

Here is a space for you to write or draw support you need to do things at home.





Pam gets help to phone her friends.

And to do things with her friends



**Would you like  
to be better  
at making  
friends?**

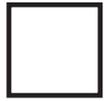
And keeping  
the friends you  
have?



Yes



Not  
Sure



No

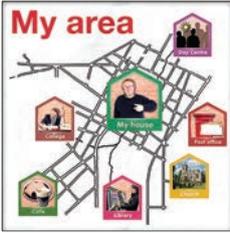
Here is a space for you to write or draw any support you would like to make friends or to do things with them.





Shiva gets support to go to a horse club.

My area



Do you do things in your local area?



Yes



Not  
Sure



No

Here is a space for you to write or draw any things you would like to do in your local area.





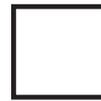
Tom is going to TAFE to learn about how to work in a shop.



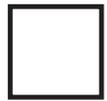
Are there any things you would like to learn about?



Yes



Not  
Sure



No

Here is a space for you to write or draw anything you would like to learn about.





Kate volunteers at the local library.

She wants to work at a library in the future.



**Would you like a job?  
Or to volunteer?**



Yes



Not  
Sure



No

Here is a space for you to write or draw about any job you would like to do.



Say any more ideas you have about how you can use funding

You can write or draw your answers below.

A large white rectangular area for writing or drawing, enclosed in a black border. At the top of this area is a blue header bar with a white notch on the left side. The header bar contains a series of white icons: a person at a telescope, a person's face, a couple with a musical note, crossed cutlery (knife and fork), a person swimming, an airplane, and a person assisting someone in a wheelchair.



You just wrote lots of ideas about what could make your life great.



The things you dream about.  
And things you need.



You could use funding to do these things.



You can say what you want to do.  
And use funding to do the things that will give you a good life.



This book has talked about changes to funding.

It has asked you to think about ways you could use funding.



**Have you found out anything new about funding?**

There is a space to say what you think below.



**Say 2 things you have found out about funding.**

Write or draw your answers below.

1.

---

2.

---

# Do you want to know more?



You can look at book 1.



You can look at book 2.

**mylearningmatters**

You can get more ideas from a website called **My Learning Matters**

[www.mylearningmatters.org.au](http://www.mylearningmatters.org.au)

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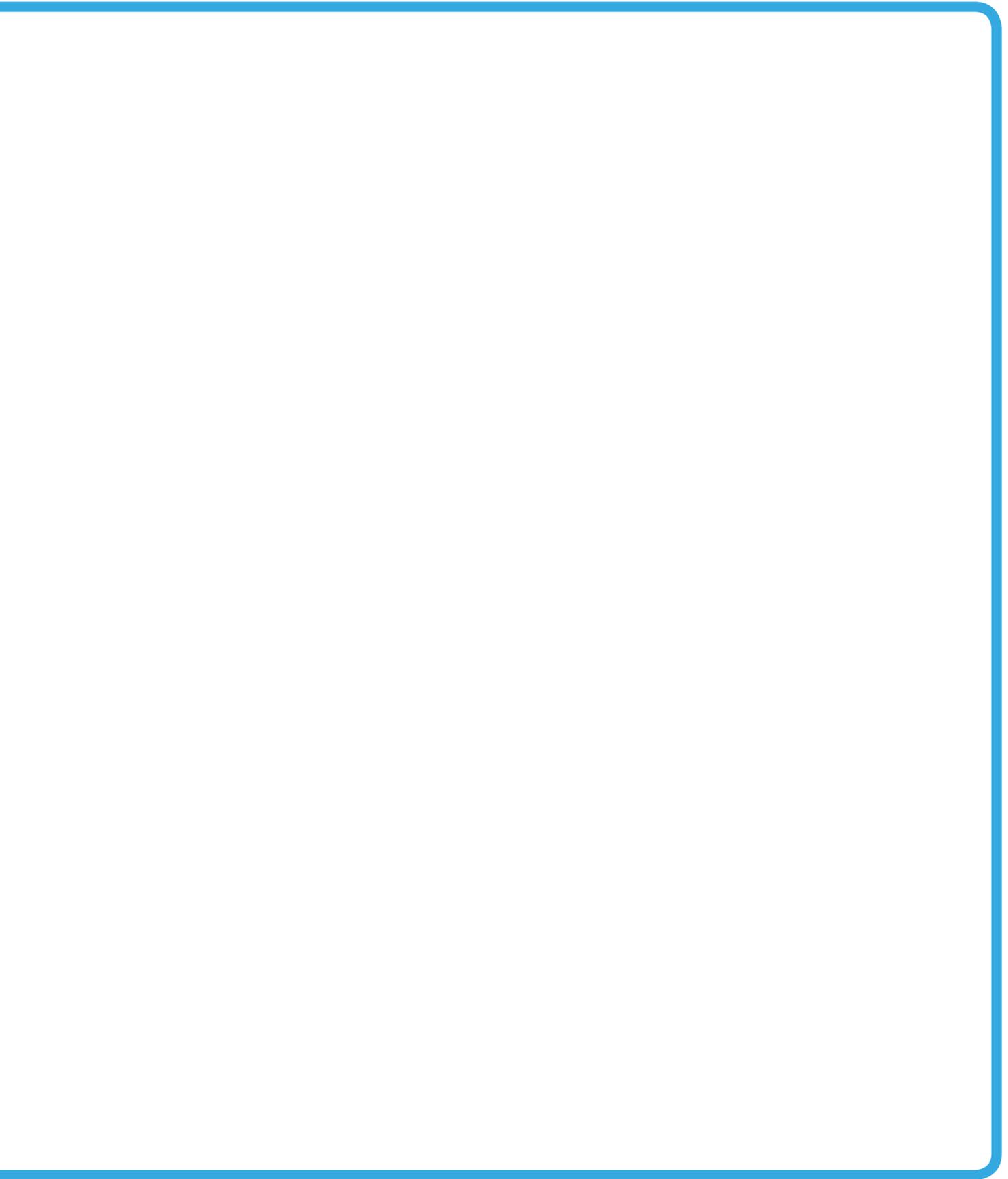
You can contact **My Choice Matters**.

The ways you can contact us are on the last page.

## Thinking space

Here is a space for you to write or draw any other things about funding





# Ways you can contact us



## My Choice Matters

Level 2, 418A Elizabeth Street, Surry Hills, NSW 2010



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my **choice** matters  
NSW Consumer Development Fund

Living Life  
My Way



Council for  
Intellectual Disability

This book was made by **My Choice Matters**



Based on a workbook made by

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 @mcmnsw

**My Choice Matters**, the NSW Consumer Development Fund,  
is an initiative of the New South Wales Government.

