

Workbook 2

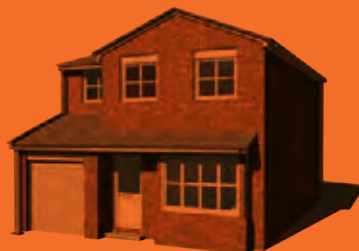
my **choice** matters
NSW Consumer Development Fund

Living Life
My Way

Setting goals



Where do I want to live?





My name

Where I live

My phone number



This book talks about having goals about where you live.



You can use this book

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



There are 2 more books that will help you get your dreams and have goals.

They are called

- Workbook 1 - Setting goals: Thinking about what you want
- Workbook 3 - Setting goals: Where do I want to work?





In Workbook 1 you got ideas about what goals are.



And how to make goals.



This workbook will give you ideas **about making goals about where you live.**



There are lots of things to think about before you make goals.

We will start by thinking about where you want to live.

Where do I want to live?



Are you happy about where you live now?



Would you like to live somewhere else?



What are the things that are most important about where you live?

☐

Yes

☐

Not
Sure

☐

No

There are some questions to help you think about where you want to live on pages 4 and 5.

These questions will help you think about where you want to live.



Tick **yes** if this is important to you.

Tick **not sure** if you do not know.

Tick **no** if it is not important to you.



I want to live
in the country

☐

Yes

☐

Not
Sure

☐

No



I want to live
in the city

☐

Yes

☐

Not
Sure

☐

No



I want to live
near shops

☐

Yes

☐

Not
Sure

☐

No



I want to live
near my family

☐

Yes

☐

Not
Sure

☐

No



**I want to live
near to my
work**

☐

Yes

☐

Not
Sure

☐

No



**I want to live
close to a bus
or train**

☐

Yes

☐

Not
Sure

☐

No



**I want stay
in the area
I live now**

☐

Yes

☐

Not
Sure

☐

No



**I want to live
near places I
like to go**

☐

Yes

☐

Not
Sure

☐

No



**I want to live in a
place where it is
easy to meet people**

☐

Yes

☐

Not
Sure

☐

No

On pages 4 and 5 you answered questions about where you live.



People have lots of reason for choosing where they live.

Is there any thing else that is important to you about where you live?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header bar. The header bar contains six white icons: a speech bubble, a smiley face, a bus, a house, a shopping cart, and a family of three (two adults and a child).

What kind of home do I want?



Home can mean different things to different people



Things that matter to you will effect the kind of home you want.



You may want to visit different types of homes to choose what suits you.

☐

Yes

☐

Not
Sure

☐

No

There are some questions to help you think about the kind of home you want on page 8.

These questions are to help you think about the type of home you want.



Tick **yes** if this is the type of home you want.

Tick **not sure** if you do not know.

Tick **no** if it is not the type of home you want.



I want to live
in a house

☐

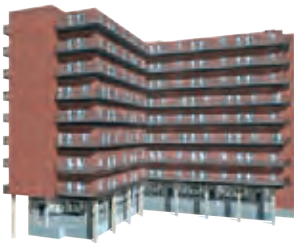
Yes

☐

Not
Sure

☐

No



I want to live
in a flat or unit

☐

Yes

☐

Not
Sure

☐

No



I want to live
in a terrace

☐

Yes

☐

Not
Sure

☐

No



I want to live
in a granny flat

☐

Yes

☐

Not
Sure

☐

No

What do I want my home to be like?



The things you have at home are what make it your place.



The size of your home makes a difference to what you can do there.



You may want to talk to people you know about making the place you live in just right for you.

☐

Yes

☐

Not
Sure

☐

No

There are some questions to help you think about what you want your home to be like on pages 10 and 11.

These questions are to help you think about what you want your home to be like.



Tick **yes** if this is what you want your home to be like.

Tick **not sure** if you do not know.

Tick **no** if it is not what you want your home to be like.



I want a
big garden

☐

Yes

☐

Not
Sure

☐

No



I want a
small garden

☐

Yes

☐

Not
Sure

☐

No



I do not want
a garden

☐

Yes

☐

Not
Sure

☐

No



I want some
pot plants

☐

Yes

☐

Not
Sure

☐

No



**I want
white walls**

☐

Yes

☐

**Not
Sure**

☐

No



**I want
coloured
walls**

☐

Yes

☐

**Not
Sure**

☐

No



I want a bath

☐

Yes

☐

**Not
Sure**

☐

No



**I need a place
where visitors
can sit**

☐

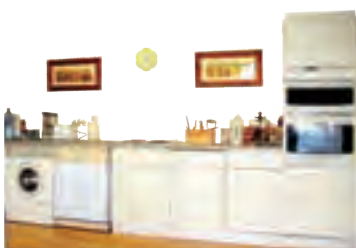
Yes

☐

**Not
Sure**

☐

No



**I want a
big kitchen**

☐

Yes

☐

**Not
Sure**

☐

No

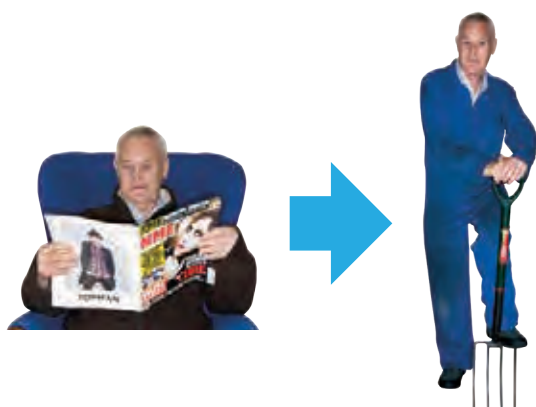
What do I want to do at home?



Having a home that suits you makes it easier to do the things you want.



How do you want to spend time in your home?



How you spend time could change as you get used to having your own space.

☐

Yes

☐

Not
Sure

☐

No

There are some questions to help you think about what you want to do at home on pages 13 and 14.

These questions are to help you think about what you want to do at home.



Tick **yes** if you want to do this at home.

Tick **not sure** if you do not know.

Tick **no** if you do not want to do this at home.



I want to work
in my garden

☐

Yes

☐

Not
Sure

☐

No



I want to
spend some
time by myself

☐

Yes

☐

Not
Sure

☐

No



I want to
have a pet

☐

Yes

☐

Not
Sure

☐

No



I want to invite
my family to
my home

☐

Yes

☐

Not
Sure

☐

No



**I want to
do my own
house work**

☐

Yes

☐

**Not
Sure**

☐

No



**I want to cook
my meals**

☐

Yes

☐

**Not
Sure**

☐

No



**I want a
big party**

☐

Yes

☐

**Not
Sure**

☐

No



**I want a
dinner party**

☐

Yes

☐

**Not
Sure**

☐

No



**I want to be
independent**

☐

Yes

☐

**Not
Sure**

☐

No

Are there other things you want to do at home?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header bar. The header bar contains six white icons: a person kneeling next to a dog, a person reading a book, two people sitting at a table with glasses, a steaming pot on a stove, a potted flower, and a person vacuuming. The main area is a large white rectangle with a thin black border, intended for the user's response.

Who do I want to live with?



Who you live with will make a big difference to your life.



Do you want a housemate?

Do you want more than 1 housemate?

Would you like to be by yourself?



If you do not want a housemate, you can skip the next 4 pages and start reading again on page 20.



If you think you may want a housemate, there are some questions to help you think about who you want to live with on pages 17 and 18.

Here are some ideas about housemates.



Tick any of the things you would like your housemate to be like.

I want a housemate who



Is at home during the day

☐

Is at home at night

☐

Likes having dinner together

☐

Does things with me,
like going out.

☐

Is someone I know

☐

I want a housemate who



Has lots of friends

☐

Does house work

☐

Is noisy

☐

Is quiet

☐

Likes cooking

☐

Can help me do things

☐

Are there other things that are important about a housemate?

You can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header. The header contains five white icons: a person vacuuming, a stove with steam, two people sitting and talking, two people standing with speech lines, and a person sitting next to a fire while another person stands nearby.

What should I do to get ready?



There are lots of things you can do to get ready to move to a home that suits you.



You can get new skills.



You can work out how you will get things done.



You do not have to do everything yourself.

Lots of people who live alone do not know how to cook.



You just need a plan to get ready.



Your plan could say the help other people will give you.



There are some ideas to help you get ready on the next few pages.

Here are some ideas about things to get ready before you move.



Tick any of the things you need to plan for before you move.

To get ready to move I will



Learn to cook

☐

Learn to shop

☐

Work out how I will get food

☐

Learn to clean

☐

Practice keeping the house tidy

☐



Learn to use public transport

☐

Work out how I get from place
to place

☐

Practice keeping track of time

☐

Work out the clothes I need

☐

Practice taking care
of my clothes

Like washing

☐

Learn about budgeting

☐

To get ready to move I will



Practice paying bills

☐

Get a plan so that my money is managed

☐

Practice keeping myself looking good

☐

Tell people I know I am moving

☐

Have a plan to stay in touch with people I care about

☐

Get to know my new area

☐

To get ready to move I will think about things that will keep me safe like



Have a list of phone numbers I can call – like my mum and the police

☐

Organise for someone I know to call me each day

☐

Live near other people

☐

Keep track of my health needs

☐

Have a plan if I need help

☐

My dream about my home



You have thought about how you want your home to be.



Now you can think about your dream for your home.

Imagine yourself living in your home.



What does it feel like?

What is happening?



If you could have anything you want, what would it be like?

Turning your dreams into goals



It is ok if your dreams are unclear.



But goals about your move to a new home need to be

- clear
- able to be measured
- able to be done by a date you say
- something you want or need



You can look back at **Workbook 1 – Thinking about what you want** to remind yourself of your dreams for your life.

And for more information about goals.

Trent's goal about moving



Trent is 34 and lives with his mum and dad.



His goal is to to move to a flat where he can walk to shops within 12 months.

Steps Trent could do to reach this goal include



- Getting cooking skills by cooking dinner 2 times a week



- Learning to travel on a bus by practicing 3 times a week



- Finding a local barber so he can make sure his hair looks nice



- Making a list of phone numbers he can call if he needs help.

What matters most for me



There are lots of things to think about before you move to a home that suits you.



It can be good to think about what matters most to you.



This will help you plan.

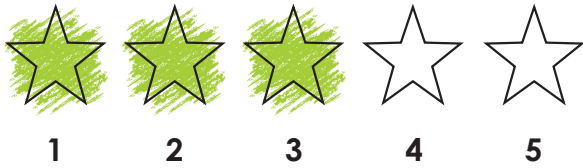
It will help you work out the steps you want to take first.



There is some space to help you work out your priorities on pages 30 and 31.

Say how much each thing matters to you.

What about my home matters most to me?



1 star means it does not matter much.
5 stars means it matters a lot.

You can colour in the stars.
Or draw a circle around your score.



Where I live



The type of home



Who I live with



Feeling safe and secure when I move



On page 30 you said what matters most about your home.



Are there other things that matter?

If there are, you can write or draw your answer below.

A large white rectangular area for writing or drawing, framed by a blue header bar. The header bar contains seven white icons: a directional signpost, a house, a fishbowl with a fish, a person on stairs, two people standing, a person at a desk, and a bus. The main area is empty, providing space for a response.

Setting goals about your move

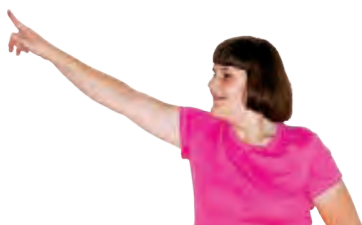


Look at everything you have said in this workbook.



Look at what matters most to you about your move from home on pages 30 and 31.

1



Choose 1 part of your move from home to set a goal.



There is a space to practice thinking about your goal on the next page.

My goal about home



Think about your dreams about where you live.

Think about a goal to make it happen.

You can write or draw your answer below.

My goal is

My goal will be reached when I do this thing

My goal will be done by this date

I need or want my goal because

My goal about home



Think about what you have said on page 33.

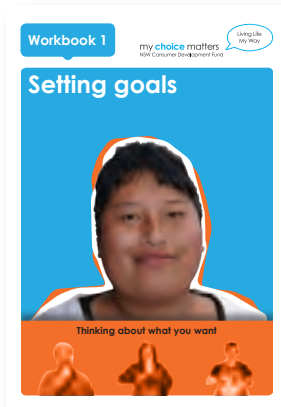
Say 2 steps you could take to achieve your goal.

You can write or draw your answer below.

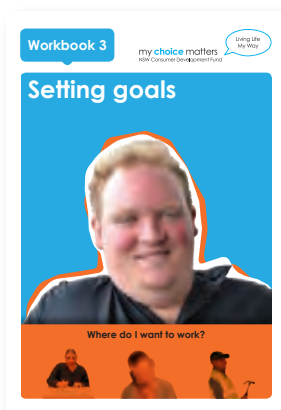
1.

2.

Do you want to know more?



You can look at book 1.



You can look at book 3.



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

www.mylearningmatters.org.au

my **choice** matters



You can contact **My Choice Matters**.

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

Ways you can contact us



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Living Life
My Way



Council for
Intellectual Disability

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