

Workbook 1

my **choice** matters
NSW Consumer Development Fund

Living Life
My Way

What will give me a good life?



What are my needs and dreams?





My name

Where I live

My phone number

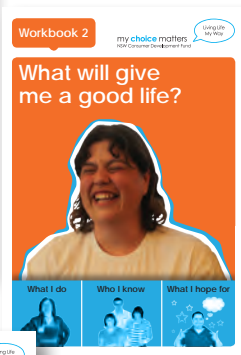
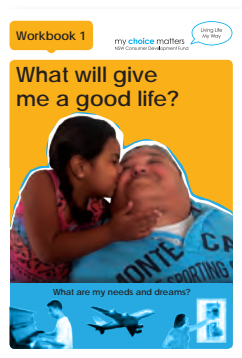


The book you are looking at has ideas about what will give you a good life.



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?



We all want a good life.



And there are laws that say all people should have the chance to have a good life.

Laws are rules you must follow.



This means you should

- have dreams like everyone else
- be able to do things in your community
- get the help you need
- have rights.



Every person has rights.

These rights mean that people with disability should be treated the same as all other people.



But how do you know if your life is good?



Could your life be better?



Things change in life.

What you want changes over your life time.

So it is good to think about what could make your life good.



There are some examples of what other people want to change on pages 4 and 5.

What Nathan wants to change to make his life better



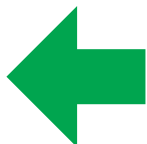
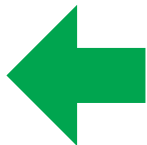
Nathan loves his job.



He works at a radio station.



He has great friends.



But he wants to try more things.

And he wants to know more about what he likes.

What Shu wants to change to make her life better



Shu likes where she lives.



And Shu likes having a job in an office.



But she would also love a job where she can work with animals.

One idea is a job walking dogs.



Change is also taking place about how you get support.

Soon you could get support from the **National Disability Insurance Scheme.**

This is called the NDIS.

There is more about the NDIS in book 3.



A person from the NDIS could ask you what you want to happen in your life.

You will know what to say if you think about this now.



You can show people from the NDIS this book.

You can show people who support you.

You can show your family and friends.

It could help you say what you want.



There are some more examples of what makes life good for people on page 7.

Examples of what makes life good for Nidhi, Anthony and Emma



Nidhi feels part of things when she gets involved in her local community.

She wants to do more things in her local area.



Anthony feels good about himself when people tell him he is doing a good job.

Like when he gets told he is a great help at Meals on Wheels where he delivers food.



Emma loves art.

And she is a talented artist.

Painting helps her be the best she can be.



Yes



Not
Sure



No

We have made some questions to help you think about what you want in your life.

The questions start on page 8.

Here are some things that lots of people need.
They are basic needs.



Tick **yes** if you need them.

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

Tick **no** if you do not need them.



Food




Yes



Not
Sure



No



A place to live




Yes



Not
Sure



No



Water




Yes



Not
Sure



No



Keep warm



Yes



Not
Sure



No

Do you have more needs like the ones on page 8?

What are your other needs?

You can write or draw your answers below

A large white rectangular area for writing or drawing, framed by a blue border. The border contains several white icons: a knife and fork, a bed, a water tap with a drop, two people, a heart, a t-shirt, and a person sitting on a toilet.


Here are some things that make people feel safe.



Tick **yes** if they would help you feel safe.

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

Tick **no** if they would not help you feel safe.



A lock on my door




Yes



Not Sure



No



A phone to contact people




Yes



Not Sure



No



Share my house with someone I trust




Yes



Not Sure



No



Someone to help me get ready in the morning



Yes



Not Sure



No

Are there more things that make you feel safe like the ones o

What are the extra things that make you feel safe?

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 containing seven white icons: a dog, a police officer, a padlock, a nurse, a family, a piggy bank, and a construction worker. The rest of the area is blank white space.


Here are some things that make people feel part of things. That they belong.



Tick **yes** if they would help you feel part of things.

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

Tick **no** if they would not help you feel part of things.



Join a club


Like where you can sing



Yes

Not
Sure

No




See my family when I want to



Yes

Not
Sure

No




Have some friends



Yes

Not
Sure

No



Have a girlfriend or boyfriend



Yes

Not
Sure

No

Are there more things that would make you feel part of things like the ones on page 12?

What are they?

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 horizontal header bar containing seven white icons: two people playing basketball, a picnic table with three trees behind it, a sad face with two speech bubbles above it, a happy face, a person walking a dog, a movie camera on a tripod, and two people shaking hands.


Here are some things that make people feel good about themselves.



Tick **yes** if these things would help you feel good about yourself.

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

Tick **no** if these things would not help you feel good about yourself.



Have choices




Yes



Not
Sure



No



**Have something
I want to achieve
And achieve it**



Yes



Not
Sure



No



**Other people
know me and
say hello**




Yes



Not
Sure



No



Do things I want



Yes



Not
Sure



No

Are there more things like the ones listed on page 14 that make you feel good about yourself?

What are they?

You can write or draw your answers below.

A large white rectangular area for writing or drawing, framed by a blue border. The blue border contains several white icons: a medal with a star, a person with arms raised, a graduation cap over a smiling face, a house, a thumbs-up gesture, two people hugging, a trophy, and a person kicking a ball.


Some people feel happy when they have a chance to be the best they can be.






Tick **yes** if these things would help you be the best you can.


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

Tick **no** if these things would not help you be the best you can.







Learn new things

		
<input data-bbox="1093 654 1189 750" type="checkbox"/>	<input data-bbox="1241 654 1337 750" type="checkbox"/>	<input data-bbox="1390 654 1485 750" type="checkbox"/>
Yes	Not Sure	No







Get fit

		
<input data-bbox="1093 1050 1189 1146" type="checkbox"/>	<input data-bbox="1241 1050 1337 1146" type="checkbox"/>	<input data-bbox="1390 1050 1485 1146" type="checkbox"/>
Yes	Not Sure	No






Do art

		
<input data-bbox="1093 1447 1189 1543" type="checkbox"/>	<input data-bbox="1241 1447 1337 1543" type="checkbox"/>	<input data-bbox="1390 1447 1485 1543" type="checkbox"/>
Yes	Not Sure	No



Do things I am good at

		
<input data-bbox="1093 1845 1189 1942" type="checkbox"/>	<input data-bbox="1241 1845 1337 1942" type="checkbox"/>	<input data-bbox="1390 1845 1485 1942" type="checkbox"/>
Yes	Not Sure	No

Are there more things than the ones listed on page 16 that would make you be the best you can?

What are they?

You can write or draw your answers below.

A large white rectangular area for writing or drawing, framed by a blue header bar. The header bar contains eight white icons: a person at a telescope, a trophy, a thought bubble with a smiley face, a person reading a book, a computer monitor, a paintbrush, a sewing machine, and a person climbing a rope.



We do not know if all your dreams will come true.

But you can take steps now to get your dreams.

There is a space below where you can write or draw what you will do.



Say 3 things you will do to get your dreams.

Write or draw your answers below.

1.

2.

3.

Do you want to know more?



You can look at book 2.



You can look at book 3.

mylearningmatters

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

www.mylearningmatters.org.au

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You can contact **My Choice Matters**.

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

Ways you can contact us



My Choice Matters

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Living Life
My Way



Council for
Intellectual Disability

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



Based on a workbook made by

Barbel Winter who is the Managing Director
of **futures Upfront**.







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