

# Workbook 1

my **choice** matters

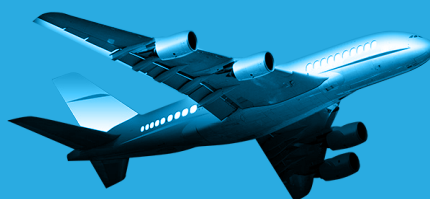
A project of Council for Intellectual Disability

Living Life  
My Way

## What will give me a good life?



What are my needs and dreams?





**My name**

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**Where I live**

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---

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**My phone number**

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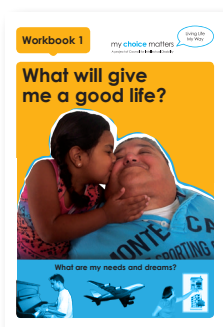


The book you are looking at has ideas about what will give you a good life.



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 **5** and **6**.

# What Nathan wants to change to make his life better



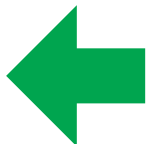
Nathan loves his job.



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.



You can 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 will 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 header bar. The header bar contains a series of white icons representing different needs: a knife and fork (food), a house with a bed (shelter), a water tap with a drop (water), a family of three (family), two hearts (love/emotion), a t-shirt (clothing), and a person sitting on a toilet (sanitation). The main area below the header is a large white space for the user to provide answers.

# 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 on page 10?

What are the extra things that make you feel safe?

You can write or draw your answers below

A large, empty white rectangular area for writing or drawing. Above 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 entire form is enclosed in a thin black border.


# 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

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No






See my family when I want to

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No






Have some friends

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yes	Not Sure	No



Have a girlfriend or boyfriend

		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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, framed by a blue header. The header contains a series of white icons: two people playing basketball, a picnic table with three trees, a sad face with speech bubbles, a happy face, a person walking a dog, a movie camera, and two people shaking hands. The main area is a large white rectangle with a thin black border, intended for the user's response.

# 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.

	<b>Have choices</b>	 <input data-bbox="1094 651 1190 748" type="checkbox"/> Yes	 <input data-bbox="1243 651 1339 748" type="checkbox"/> Not Sure	 <input data-bbox="1391 651 1487 748" type="checkbox"/> No
	<b>Have something I want to achieve  And achieve it</b>	 <input data-bbox="1094 1048 1190 1144" type="checkbox"/> Yes	 <input data-bbox="1243 1048 1339 1144" type="checkbox"/> Not Sure	 <input data-bbox="1391 1048 1487 1144" type="checkbox"/> No
	<b>Other people know me and say hello</b>	 <input data-bbox="1094 1451 1190 1547" type="checkbox"/> Yes	 <input data-bbox="1243 1451 1339 1547" type="checkbox"/> Not Sure	 <input data-bbox="1391 1451 1487 1547" type="checkbox"/> No
	<b>Do things I want</b>	 <input data-bbox="1094 1845 1190 1942" type="checkbox"/> Yes	 <input data-bbox="1243 1845 1339 1942" type="checkbox"/> Not Sure	 <input data-bbox="1391 1845 1487 1942" type="checkbox"/> 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 header bar. The header bar contains nine 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

☐

Yes

☐

Not  
Sure

☐

No



## Get fit

☐

Yes

☐

Not  
Sure

☐

No



## Do art

☐

Yes

☐

Not  
Sure

☐

No



## Do things I am good at

☐

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 smiling cloud, a person reading, a computer monitor, a paintbrush, a sewing machine, and a person climbing a rope. The main area is empty, providing space for the user's response.



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.**

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**2.**

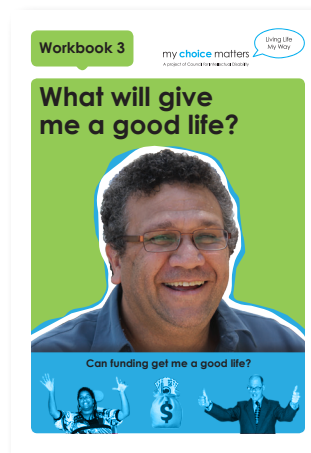
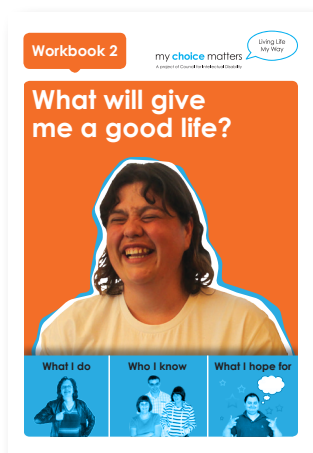
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**3.**

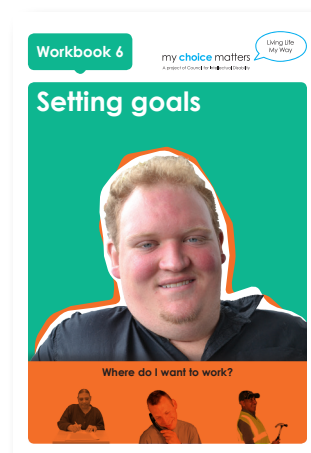
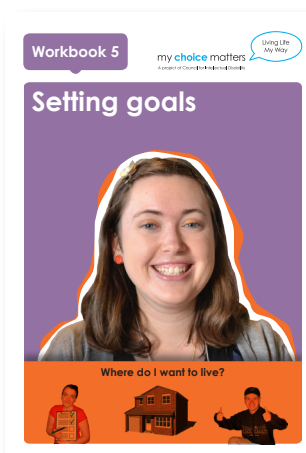
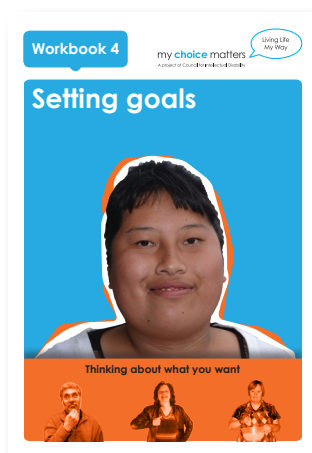
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# Do you want to know more?

You can get more ideas from these books about good life.



You can get ideas from these books about goals.



You can contact **Council for Intellectual Disability**.

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

# Ways you can contact us



## Council for Intellectual Disability

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



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



[info@cid.org.au](mailto:info@cid.org.au)



1800 424 065



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my **choice** matters

Living Life  
My Way



Council for  
Intellectual Disability



This book was made by **My Choice Matters**  
a project of Council for Intellectual Disability.



Based on a workbook made by

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





**1800 424 065**



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**My Choice Matters**, A project of Council for Intellectual Disability