

## Workbook 3

my **choice** matters

A project of Council for Intellectual Disability

Living Life  
My Way

# What will give me a good life?



**Can the NDIS support me to get a Good Life?**





**My name**

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**Where I live**

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**My phone number**

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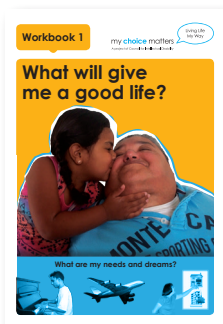


The book you are looking at has ideas about what will give you a good life.



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 the NDIS support me to have a Good Life?



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



The book will talk about

- how you use NDIS funding for supports
- how NDIS supports can help you get a good life.



This will help you plan your good life!





Do you need funding for supports to help you 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 NDIS is a new way to get support.

Some people get funding for supports from the NDIS now.



All people with disability who need support can apply for funding from the NDIS.

Not everyone with a disability will get NDIS support.



If you get NDIS funding for support **you will have funding that is just for you.**

Not for a group of people.

You get funding to support you to reach your goals.



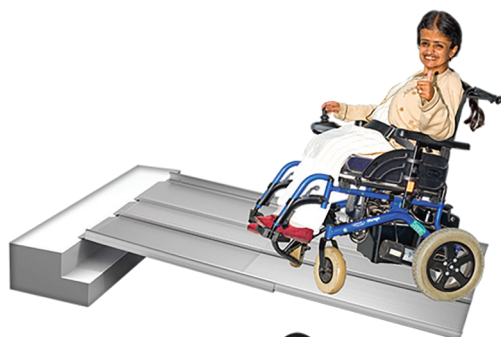
You can say what you want to do.

Then think about supports that will help make it happen.

# How can the NDIS help me?



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



You may need equipment.



Or a person to help you.

Or help to learn to do things on your own.



You cannot use it to buy things that everyone needs.

Like food.



You can use NDIS funding to get support to do things you want.

The NDIS will call this goals.

Your goals can be things you have dreamed about.

You might want to keep things the same as they are now.

Or, you might want to do things you could not do before.



You can get equipment.



You can get support 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 NDIS supports.



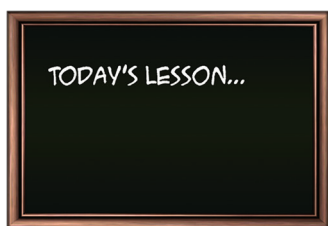
# Ways you can use NDIS support to get a good life



John's goal was to learn to go places by himself.

John used support from the NDIS to learn to travel on a train.

This is a new skill.



**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 NDIS support to help her get ready in the morning.

She is being supported to choose what to wear.



**Do you need help to do things on your own?**

Like knowing the time?

Or making choices?

☐

**Yes**

☐

**Not  
Sure**

☐

**No**

Here is a space for you to write or draw things you want to do on your own.





Vlad uses NDIS support to help him speak up when he goes to the bank.



**Do you need help to speak up?**

☐

**Yes**

☐

**Not  
Sure**

☐

**No**

Here is a space for you to write or draw any time you would like help to speak up.





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**

☐

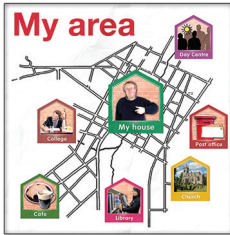
**No**

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.



**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 NDIS funding for supports.

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: a person at a telescope, a person's head, two people hugging with a musical note, crossed cutlery, a person swimming, two airplanes, and a person assisting someone in a wheelchair. The main area is a large white rectangle with a black border, intended for the user to provide their answers.



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 NDIS supports funding to help you do these things.



You can say what you want to do.

And use supports to help you do the things that will give you a good life.



This book has asked you to think about ways you could use NDIS funding.



**Have you found out anything new about the NDIS?**

There is a space to say what you think below.



**Say 2 things you have found out about the NDIS.**

**Write or draw your answers below.**

**1.**

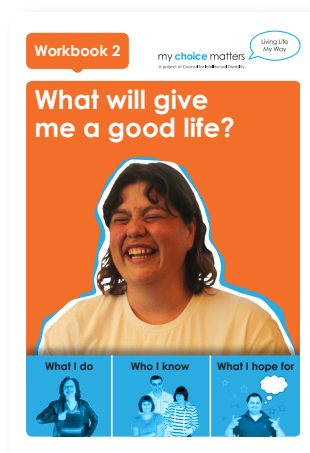
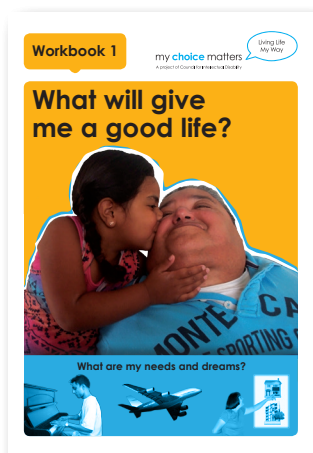
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**2.**

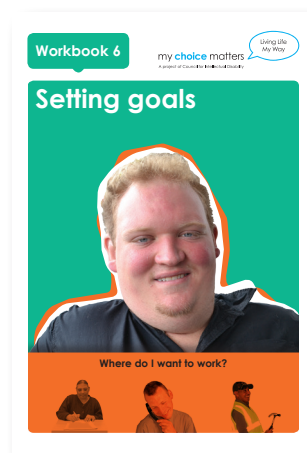
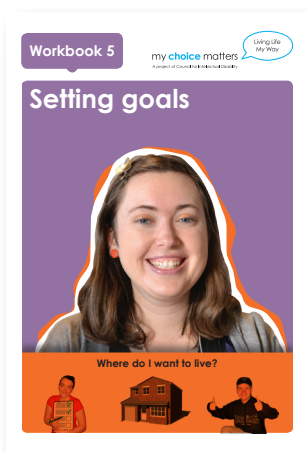
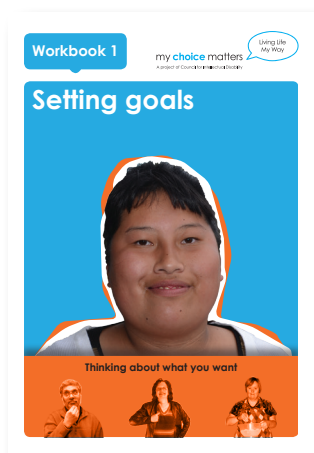
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# Do you want to know more?

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**.

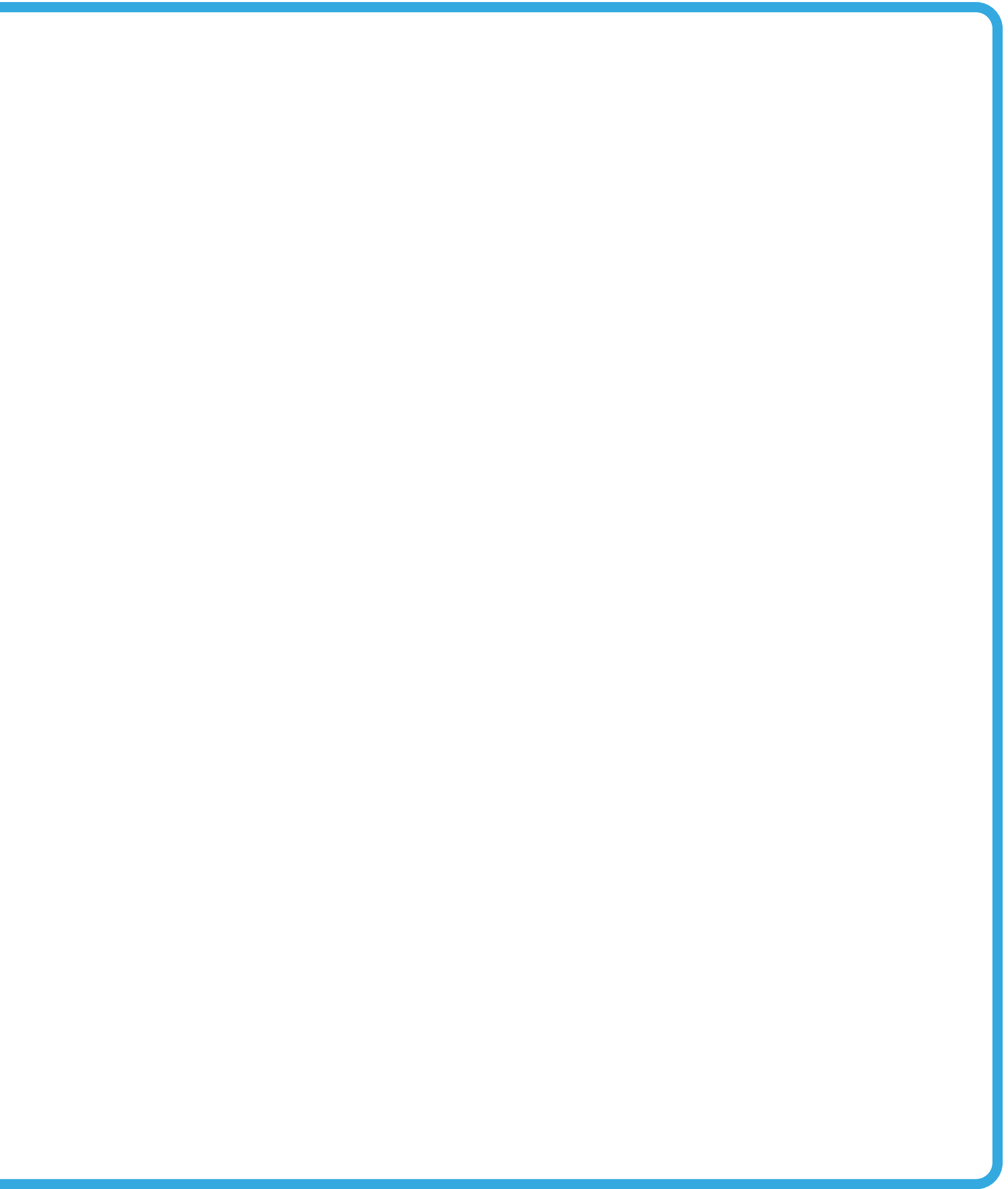
The ways you can contact us are on the last page.

## Thinking space

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







# Ways you can contact us



## Council for Intellectual Disability

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



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1800 424 065



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my **choice** matters

Living Life  
My Way



Council for  
Intellectual Disability



This book was made by 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