



My Name:

Today's date:

Phone:

Email:

Best way to contact me:

Representative name:

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My LifeWorld

About this workbook



What is this workbook for?

The aim of this workbook is to help you think about how you would like to live your life in the future and what you may need to make that happen. It will also look at your life now, what and who is important to you and what keeps you safe and well.

Why do I need this workbook?

The aim of this workbook is to help you prepare for your planning meeting with the NDIS. Helping you understand the NDIS planning process, think about what your goals are and how you might achieve them. It will help you be prepared for your meeting with the NDIS as much as possible, so that you can be clear about what you want to achieve.

How do I fill out this workbook?

Ask someone such as a family member or a close friend to help with completing this workbook. We will also be able to help you think about the support you have now and you may need in the future.

Take your time to complete this workbook, and come back at any time to make changes or add to it.

My Life

What makes me who I am

My one-page profile. If you already have a one-page profile, you can add it in here. If not, you can start to fill in the one below.

What people like about me

What makes me happy

How I like to be supported

My life now

Thinking about your life now, what is working and what isn't. You might want to think about what you do, your health and safety.

What is working well?



What could be working better?



My support network

Who are the people you trust and are important in your life and how do they help you?

Who are you close to?	Important person	How they help me	How often they help me	Contact information, phone, email
Family				
Friends				
Work & learning				
Paid Support				

My Independence

The elements of my life I want to have a say in.

The most important things to me, so that I feel listened to and respected

My Rights	Ways that I am able to apply my rights now	Ways that I would like to apply this right in the future	The support and skills I need to make this happen
e.g. To be able to go out when I want to	I go out but would like to feel I can do it on my own	I would like to be able to choose when and where I go each day depending on how I feel	My team need to support me to learn how to plan a day out, thinking about travel options and what I need to think about to keep myself safe

My World

You and Your Home

My current living arrangements:

<p>I live in: (type of home)</p>	
<p>Who I live with:</p>	
<p>The supports I need at home:</p>	
<p>The things that I really enjoy:</p>	

You and Your Daily Life

My week and the routines that are important to me:

	Morning	Afternoon	Evening	Night
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My current supports:

My Supports (type of supports you get)	The amount of support I get	Who gives me the support now	Who I would like to give me the support in the future
E.g. help with daily personal activities	2 hours every day	Karakan	Karakan

You and Your Community

The activities that I like to do regularly:

What I do now		Things I would like to try
Social/Community	Learning	

You and Your Work

My work and any volunteering that I do regularly:

What I do now	Things I would like to try
Work	

My Tomorrow

Create your Tomorrow

The things that I want to change and do in the next year, my short term goals

My goals (what I would like to change/do)	How I will achieve this goal	What I will need to help me achieve the goal	The things that are stopping me from doing this at the moment
e.g. visit a new place			

Create your Tomorrow

The things that I want to change and do in the next couple of years, my long term goals

My goals (what I would like to change/do)	How I will achieve this goal	What I will need to help me achieve the goal	The things that are stopping me from doing this at the moment
e.g. finding a job			

My Next Steps

My focus areas and who will help me

What are the things that you want to do next and is there someone you need to support you?

What I want to do next with my plan?

Who will support and help me manage my plan?

My Journey

You may want to think of this as a journey and indicate what you want to do next, what support you think you will need along the way and when you hope you will reach your goal.

