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WHAT WOULD A GREAT LIFE BE FOR ME?



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3. WHAT WOULD A GREAT LIFE BE FOR ME?




Setting goals

To be able to get the supports you need in your NDIS plan, you will be asked 'what are your goals and aspirations?' Goal setting can be really useful, but the experience that people with a disability have had over and over again is that, when someone asks 'what are your goals?' you don't know what to say. Most people wouldn't. We don't tend to think about our lives or ourselves in this defined way.

The prompts below might help you answer the 'goals' question in a way that makes more sense to you – a way that helps you picture the life you want.

- If someone walked into my house in 12 months, what would they see me doing in my life?
- If someone bumped into me in the community in 12 months, what would I be doing? Where would I be going? Who would I be with?
- A good day for me would be
- A good life for me means I'd be ...
- The three most important things to me are ...

TIP: Use the worksheet below to complete the sentences that you find useful. Once you have written them down, translate your sentences into goals and write them in the second column. Examples are provided to help.

PICTURING A GREAT LIFE	TRANSLATING IT INTO GOALS FOR YOUR PLAN
e.g. If someone bumped into me in the community in 12 months I would be at a café on my lunch break with a work colleague.	I want to be able to get around independently, maintain my skills and work networks, and return to a stimulating job in a team environment.
e.g. A good life for me means I'd be living in my own place, with my own space to work and rest in, in a community and neighbourhood where I feel I belong.	I would like to look for suitable housing and think about where I could live and the kinds of supports I would need to be connected and involved in community life.
1.	
2.	
3.	

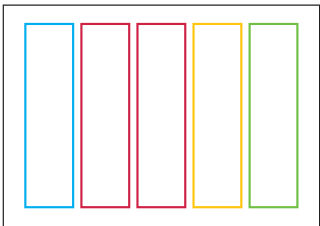
 **TIP:** Transcribe these goals into the **first** column of the planning template on page 5.

Taking stock

Setting goals is also about taking stock. It involves thinking about the different areas of life, and identifying what you're happy with and what you'd like to change. The following list might help you to think broadly as you plan so that parts of life that are important to you are not left out.

- Employment and volunteer work
- Study or education
- Living arrangements
- Meeting new people
- Seeing family and friends
- Things that absorb you, entertainment, creative work, sport
- Health and wellbeing

 **TIP:** Use the **2nd** and **3rd** columns of the template to write down what's already working well, and what needs to change, in working towards your goal(s).



Making sure you can monitor progress


So you can measure the changes you plan to make, describe what you want to change, and how this will happen, in a way that covers:

- What it is?
- Who will be there too?
- When will you do it?
- How often, how many times?
- How much?
- How long will you do it for?
- Where will it happen?

 **TIP:** Use the **4th** column of the planning template to write down what's needed to make the changes possible.

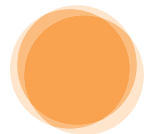
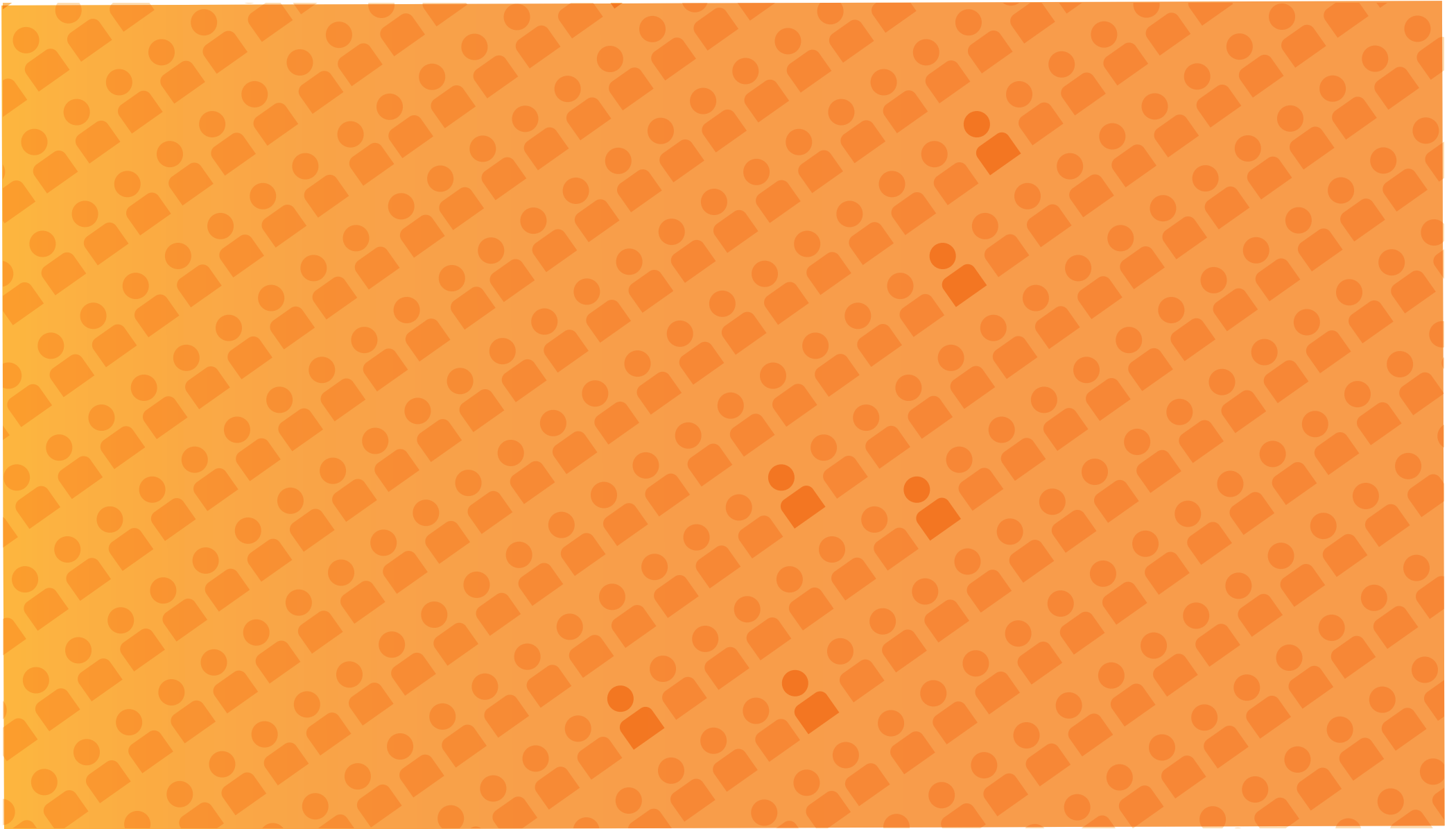
Breaking it down into steps

Breaking it down into steps will help make your goals, and the changes needed to make them happen, feel real and possible. Think about all the steps that you'll need to take to make the changes you've identified and get to the life you've envisaged. An example is provided.

 **TIP:** Use the **last** column in the template to list each step. Be specific. This is where you get down to the detail – the 'to do' list!

MY GOALS	WHAT TO KEEP (list the things that are working well already - what's already supporting me to reach my goal)	WHAT TO CHANGE (list the things to improve on - what needs to change for me to reach my goal)	WHAT'S NEEDED TO MAKE THE CHANGES HAPPEN (list support you might need - communication assistance, equipment or resources, specific people, workers or health practitioners, changes in your living environment ...)	THE STEPS TO TAKE TO GET THERE (1,2,3 ... the action to take, when and by who)
E.g. I want to be able to get around independently, maintain my skills and work networks, and return to a stimulating job in a team environment	E.g. I have a good work network I have transferable skills I am motivated to work I have daily speech pathology in hospital where I am practising to communicate by myself I have daily occupational therapy and physio in hospital where I am practising to do things for myself We have had a look at home and I will be able to go back there with some small changes	E.g. I need to reconnect with my work colleagues and boss I am borrowing the hospital wheelchair I need to be able to communicate my needs by myself I need to work out how I would get to work I need to work out what work I could do I need to work out if I can get around at work by myself I need to be able to get home so that I can get into a routine that enables me to go to work	OT assessment of my workplace and exploring the jobs I could do Permanent access to a wheelchair that I can operate without help Help getting in touch with and connecting with my colleagues again - they don't know what's happened Therapy staff to help me work out public transport to work, and then help once I am home to practise it I need to make sure the changes required at home are done - so I can leave hospital I might need support once I get home to help me get ready in the morning	Research and decide on wheelchair Arrange for the chair to be customised if need be Get accustomed to operating the chair Contact OT to finalise changes at home Talk to therapy team about having some support at home to help me get ready in the morning Contact work Organise support to prepare for and visit the workplace and meet with employer to start the process Contact OT. Arrange meetings & assessments of workplace and job options Identify and contact therapy staff to assist with working out and practising to use public transport Organise regular on-going emotional support with settling back in to work

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1				
2				
3				



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