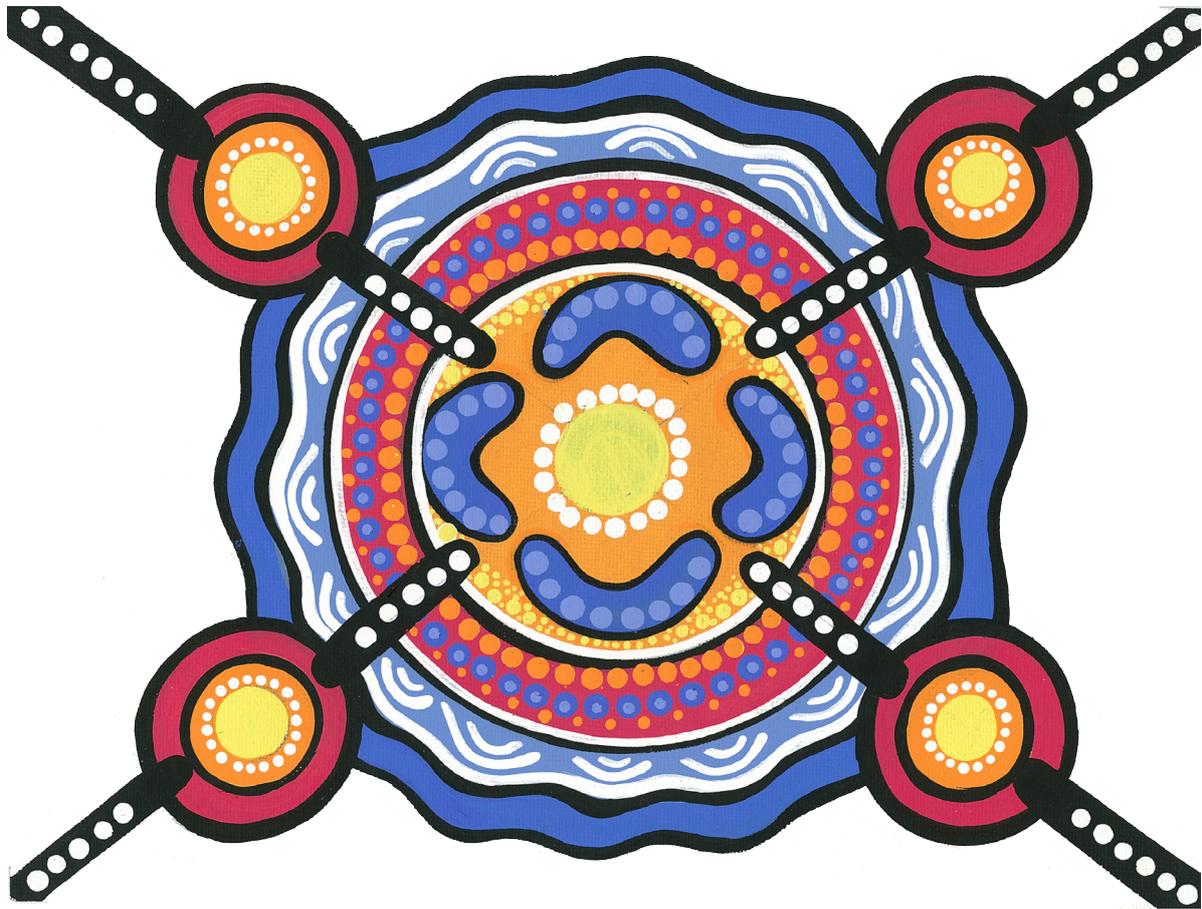


my **choice** matters
NSW Consumer Development Fund

Living Life
My Way

Get More **Skills**



Thinking about a Good Life

My needs and dreams.

Workbook 1

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

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Council for
Intellectual Disability

NSW Council for Intellectual Disability

2014





Who is this workbook for?

This workbook is for people with disability and their families.

You can use this workbook:

- by yourself
- with a friend, family member or support worker
- with a group of people

How do I use this workbook?

- You can ring My Choice Matters on 1800 144 653 and we will send you a copy.
- You can download and print it.
- You can download the workbook and work through it on your screen or with your screen reader.

How many workbooks are there?

There are 3 workbooks in the **Get More Skills – Thinking about a good life** series.

1. **My needs and dreams** (this workbook)
2. **Something to do, someone to love and something to look forward to**
3. **Can funding get me a good life?**

We suggest you do number 1 first, then 2 and then 3.

Introduction

This workbook is for people with disability and their families.

It is to help you get ready for the changes to the disability support system.



This workbook talks about:

- your needs and dreams
- the sort of life that interests you
- things you could do to get the life you want

There are 2 parts to this workbook:

Part 1: Why are we talking about a good life?

Part 2: Thinking about your needs and dreams

At the end of this workbook you will find links to more information that could be useful.

Part 1

Why are we talking about a good life?

People with disability and their family members should:

- be part of the community
- be supported to live a good life
- enjoy the same rights and responsibilities as other people in the community



To make those things happen, Australian governments have agreed to:



United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)



The Australian Disability Discrimination Act (DDA)



The National Disability Strategy (NDS)



The National Disability Insurance Scheme (NDIS)

What does this mean for you?

- You have the same rights and responsibilities as other members of the community.
- You have abilities and dreams like other people without disability.
- You and your family should get supports and services to meet your needs and support your dreams and goals.
- Governments and society have a responsibility to make sure you and your family are involved in the community.



**Everyone has to think about people with disability
being part of the community**

It is time to ask yourself



- What do I need?
- What do I want to do?
- What makes my life good?



Part 2

Thinking about your needs and dreams



What do you think makes a good life for any person?



Write or draw your ideas in the space below.

Here are some ideas to get you started.

- Having enough food
- Feeling respected
- Feeling loved
- Having a voice
- Being heard
- Family and friends
- Having dreams
- Being included
- Working or volunteering
- Being healthy

Do you know what you need?



There are many different ideas about what makes a good life. One of these ideas is the 'Hierarchy of Needs'.

Abraham Maslow created this idea. He said that different people have different needs. He organised the different needs into 5 parts and put them into a triangle shape.





Each part of the triangle has a different group of needs and Maslow called them:

- **Basic** – Basic things that we need to live.

Things like air, food, shelter, warmth, sex and sleep.

- **Safety** – The things that mean we are safe.

Things like being secure, not being afraid and having laws.

- **Belonging** – These are our social needs.

Things like having family, friends, intimate relationships and community.

- **Self-esteem** – This means feeling good about ourselves and knowing that other people think good things about us.

- **Self-actualisation** – Our dreams and goals.

This means achieving what we want and having the experiences we want to have.



On page 9 is a picture of a triangle divided into five parts.



Think of your needs and write or draw them in the triangle.

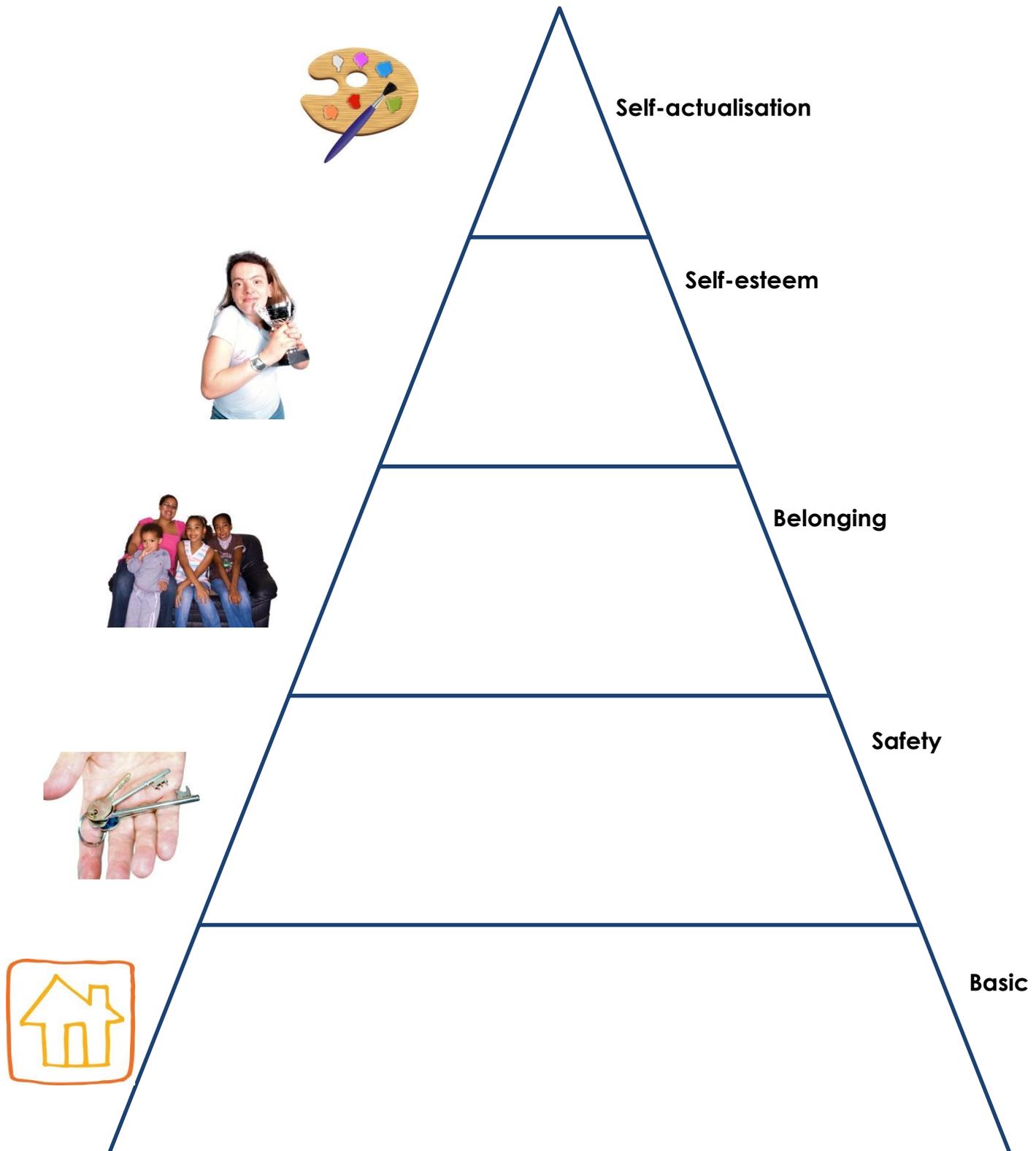


When you are writing in your triangle, think about what would make a good life for you.

Remember to write or draw things in all parts of the triangle.

This means thinking about your basic needs like food and shelter all the way up to your dreams and goals.

My 'Hierarchy of Needs' triangle:



Maslow said:

"It is quite true that man lives by bread alone — when there is no bread. But what happens to man's desires when there is plenty of bread and when his belly is chronically filled? At once other (and "higher") needs emerge and these, rather than physiological hungers, dominate the organism. And when these in turn are satisfied, again new (and still "higher") needs emerge and so on."

(Maslow 1943, p.375)

Maslow wrote the above quote in the 1940s, so many people think it sounds old fashioned. What he is saying is that we all need to have our basic needs met before we can think about our other needs.

What about your basic needs?



Have another look at the **basic** part of your triangle. Ask yourself:

- Are my basic needs being met?

Please circle **Yes✓** or **No✗**

If you answered no, ask yourself:

- What is missing in my life at the moment?



Write or draw your answers in the box below.



Do you feel safe and secure?

Look at the **safety** part of your triangle.



Think about

- Where do you live and who do you live with?
- Where do you work and who do you work with?
- What is your community like and who is in your community?



Ask yourself

- Do I feel safe and secure in my life?
- Do I feel safe and secure at home, at work and in the community?

Circle **Yes** ✓ or **No** ✗ to these questions in the box below.



Write or draw more about your answers in the box.



Home ✓Yes ✗No	Work ✓Yes ✗No	Community ✓Yes ✗No

Do you belong?

Some people say belonging means:

- feeling included when you are with people
- feeling secure when you are with those people
- feeling like you can be yourself with those people



Think about what you wrote in the **belonging** part of your triangle.

Think about the people in your life:

- your family
- your friends
- your community



Is there anyone missing? Are there people that you would like to have in your life but do not?



Write or draw your answer in the box below.



What about self-esteem?

Self-esteem is your opinion about yourself. For many of us, our self-esteem depends on:

- if we are doing something that we think is useful
- having opportunities to be successful at something
- the opinions that other people have about us

Many of us are not very good at valuing ourselves and thinking positive thoughts about ourselves.



Think about the **self-esteem** part of Maslow's triangle.



Ask yourself

Is there anything I want to add or change?



Write or draw your answer in the box below.



Finally, what about self-actualisation?

For most of us, self-actualisation is about:

- dreams we have about our future
- goals we want to achieve
- ideas we have about ourselves and reaching our potential



Think about what you wrote in the **self-actualisation** part of your triangle.

- What are your dreams for the future?
- What goals do you want to achieve?
- Is it hard to imagine that you will reach these goals?
- Are these dreams and goals yours or has somebody else decided them for you?



Ask yourself: Is there anything I want to add or change about what I wrote about self-actualisation in my triangle?



Write or draw it in the box below.



Sam's Story

Maybe this story will help you to think about your own dreams and the steps you can take to achieve them.



Sam is about to move out on his own for the first time. He has some challenges ahead. He does not read or write. He needs to learn how to cook and to budget his money. Sam has a speech impairment, which makes it hard for people who do not know him to understand him when he speaks.



Sam has made a plan to help him move out. His plan talks about his basic needs for safety and his need to be part of his community.



Sam has a dream about what he wants to do in the future. Sam wants to become the Prime Minister of Australia. People say that this is a hard goal to achieve, especially because Sam does not read or write. They say that he should change his goal.

But this goal is Sam's goal and it is not up to anyone else to decide for him. Sam knows this goal is not easy. He knows it might not even happen. But this does not stop him from having the dream. He wants to be Prime Minister so that he can help people and make Australia a better country.

Now Sam has a plan in place to help him achieve his goal. His first steps towards it are:



- enrolling in TAFE to learn to read and write



- going to Toastmasters (a place where people learn to speak in public) once a week to learn



- volunteering at the State Emergency Service (SES). This follows his passion of wanting to help people

Will Sam become Prime Minister of Australia?

Maybe he will, maybe he will not.



We do not know whether Sam will become Prime minister but right now it does not matter. This is because Sam is doing what he wants to do. He is enjoying working towards achieving his dream.



Read more about Sam and how he uses funding from the government to help him achieve his dream in **the next workbooks** that are called:

- **Something to do, someone to love and something to look forward to**
and
- **Can funding buy a good life?**

You are at the end of this workbook



What did you learn from this workbook?



Write or draw it in the box below.





What 2 things will you do to get your good life?



Write or draw it in the box below.

1.

2.



When will you do your 2 things to get your good life?



Write or draw it in the box below.



Are there are other things you want to learn about that are not in this workbook?



Write or draw it in the box below.



You can call or email us with any feedback you have

We would like your feedback and your ideas of what we can do to make these workbooks more helpful for people.

We also would love to hear about your ideas for more workbooks, workshops and other resources.

The contact details are on page 1.

What is next?

Why not work with the next workbooks, they are called:

- **Something to do, someone to love and something to look forward to**
and
- **Can funding get me a good life?**



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