



My Story



Instructions

This is your story book. It is designed to help you tell other people about you and your needs.

In the book you can draw, write and stick photos or pictures from magazines that will help you tell your story.

You do not have to do this on your own. If you need help, you can ask your family, carers or support workers for assistance.

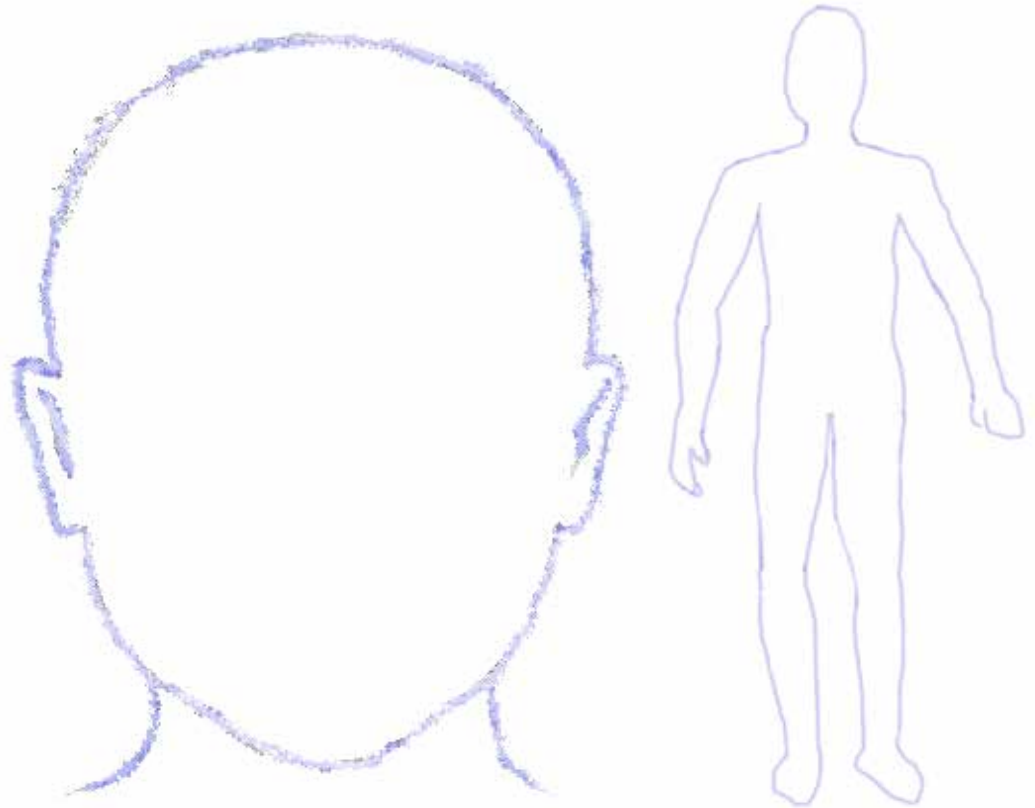
What goes in this book is up to you because it's your story.

Who Am I?

Hello,
My Name is...

This is what I
look like..

This is how I like
to dress.



A photograph of a desert landscape with red soil and sparse vegetation. The scene shows various types of grasses and small shrubs growing in a dry, arid environment. The soil is a deep reddish-brown color, and the overall atmosphere is one of a harsh, natural habitat.

**Where do you
come from?**

I live in...

This is what my
home looks like.

This is a picture of my home.



**Who do you live
with?**

I live with...

These are the
people who help
me each day.

These are pictures of my family, friends
and helpers.



**Do you have any
pets or favourite
animals?**

I have a...

His/her name is...

They like to eat...

I also like...

This is me with my pet.

What do you like
to do?

I like to...

This is me having fun.



What do you
like to eat?

I like to eat...

These are some of my favourite foods.

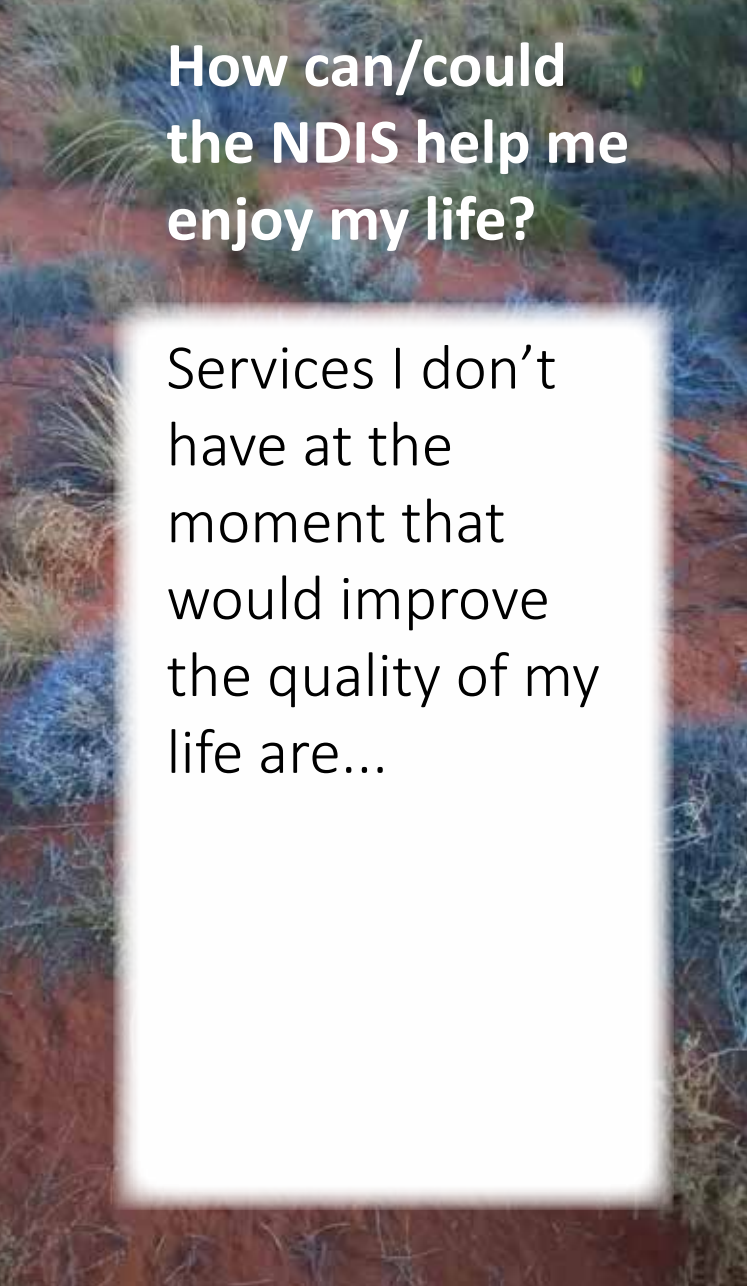


**What help or
assistance do
you need?**

My disability is...

I need help with...

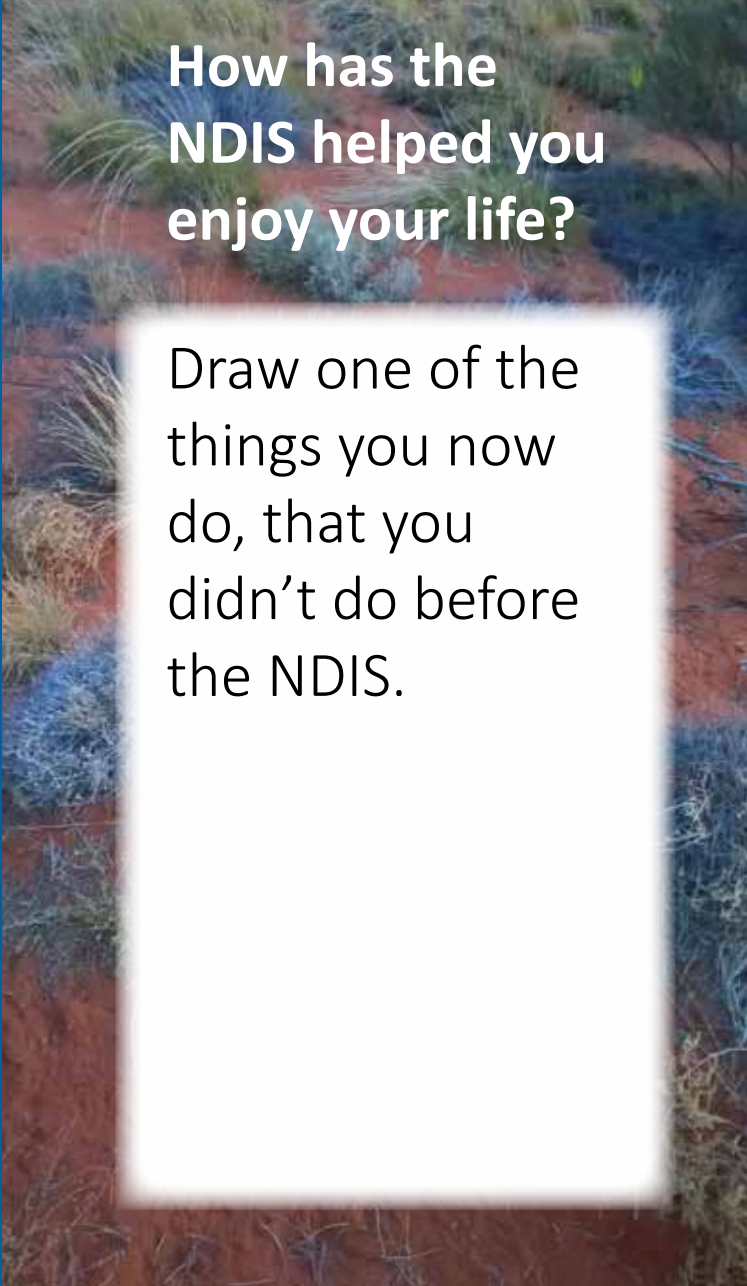
This is me being assisted/helped.



**How can/could
the NDIS help me
enjoy my life?**

Services I don't
have at the
moment that
would improve
the quality of my
life are...





**How has the
NDIS helped you
enjoy your life?**

Draw one of the things you now do, that you didn't do before the NDIS.



**What else do
people need to
know about me?**

I need help with...

This is me being helped.

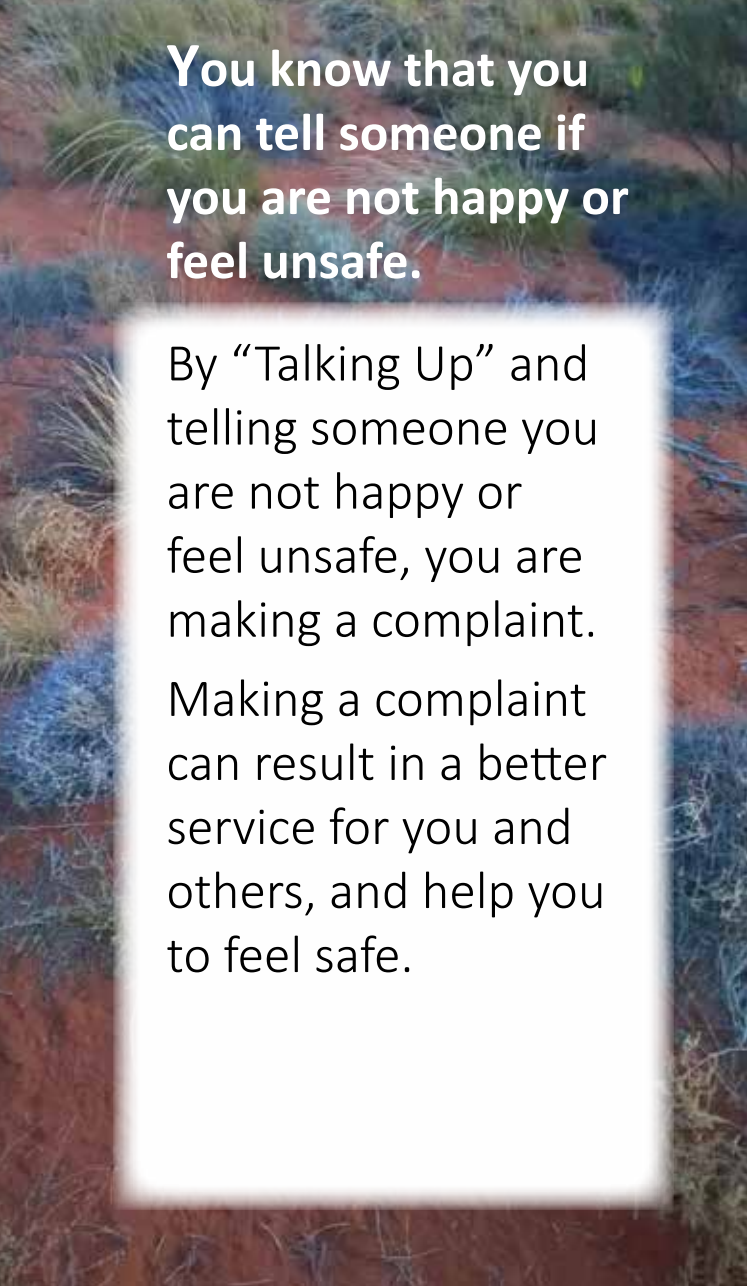
E.g. Communication, Speech impediments, Language,
Culture, Allergies or walking, what frightens me.



**What makes you
happy?**

Draw or describe
the things that
make you happy.





You know that you can tell someone if you are not happy or feel unsafe.

By “Talking Up” and telling someone you are not happy or feel unsafe, you are making a complaint. Making a complaint can result in a better service for you and others, and help you to feel safe.

These are some ways I can “Talk Up”, or people I can talk to.



Sharing some of
my story.

Sharing some
of my story has
been...





For more information...



Acknowledgement: Funded by the Australian Government Department of Social Services.
Visit www.dss.gov.au for more information.

