



Down Syndrome
Western Australia



Step 2.

My Story



This step is about writing some information about yourself.

Your story helps the NDIS to work out what support you need.

What is My Story for?



The NDIS needs information about you to put in your plan. This helps them work out what support you need.

It's important that you write your story so they have the right information to help you get a good plan. You can write it or your family/carer can write it with you.

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What do I put in My Story?



This information is about you, how old you are, your personality, things you like to do and things you are good at.

You also need to write about your disability, your health and anything else that is important to you.



Your story also includes the important people in your life, where you live and who helps you at home.



You should also include information about the things you do in your life now, what help you need, what support you get, and who supports you.



As you go through the workbook, you will decide on your goals and the help you will need. Then you add these to your story.



Your complete 'My Story' then gives the NDIS a good picture of you, what you want your life to be like and the support you need.

Who I am



My name is:



My date of birth is:



Things I enjoy:



Things I am good at:



The things people like about me:



My disability and important health information:



Any other information you think the NDIS should know about you:



My home and the people I live with

Where I live:

(family home, own home, group home, renting, sharing etc):



I live with:



These are the people who help me at home:



Important people in my life

Write the names of the important people in your life on this page.



Write what your relationship is with them. They might be family, friends, people at school or work, or people you share a home with. They could be people you know from sport or other community activities or other people who are important to you.



Write why they are important to you, and how they help you in different parts of your life.

My life now

This is to show what your life is like now.



Writing it down helps you think about what you want to stay the same and what you want to be different in future.

This will help you think about what goals and supports you want in your plan. The next few pages of the workbook will help you do this.

Fill in the timetables with all the things you do now.



The next page has a weekly timetable. You can use it to write in what you do now every week.

Examples could be going to school or work, playing sport, dance, music or cooking classes, doing a hobby, doing your shopping and household chores, going to the movies, eating out, going to the pub.

Write down what you do at each time and who supports you to do it, such as parents or support workers

My week

Include what you do, the time it happens, who supports you

What I do	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday