



Down Syndrome
Western Australia



Step 3.

What I want my life to look like



This step helps you think about what you want in your life.

This helps the NDIS see how they can help you to have the life you choose.



in this step, you start to think about what you want in your life.

You can write or draw what you want your life to be like on the next few pages.



If you like your life the way it is, you can ask for the support you need for things to stay the same.



If there are things you don't like about your life the way it is now, you can ask for support to make changes.

You can keep some things the same and make changes to other things.

What do I want to keep in my life?



You can write here about the things you like about your life, and don't want to change.

I enjoy...



These things in my life are fun and exciting...

These things in my life make me feel happy...



These things in my life make me feel loved...

These things in my life make me feel good about myself...



These things in my life help me feel safe...



What do I want to change?

You can write here about the things you don't like about your life.

If you don't like your life the way it is, then you can ask for the support you need for things to change.



Things in my life that make me sad...

Things in my life that I worry about...



Things that make me feel bored...

Things that make me scared...



Other things I don't like in my life right now...



What is stopping me having the life I want?

You can write on this page about things that might be stopping you having the life you want.

This could be people stopping you, or where you live, not being able to get to places, or not enough money.



You might feel some things are missing from your life.

This could be more friends and relationships, help to communicate better, help to learn living skills, help with further studies, help to do sport or hobbies, help to find and keep a job, some equipment, technology, or other kinds of support.



Write here what is stopping you having the life you want? What do you need?