



REIMAGINE MY LIFE

A WORKBOOK
TO SUPPORT YOU
WITH THE NDIS

VERSION 2.0

NAME:

TASSIE TEAM (EXAMPLE WORKBOOK)

About this EXAMPLE workbook

This booklet shows you some ways to fill out your 'Reimagine my life' workbook.

You can use this example book side-by-side with your workbook, to help you see how you can fill it out. You don't have to answer things the same as the examples do – you can do it your own way, it's up to you!

Not all the workbook tasks are demonstrated in here, only some main ones.

Tip: Use stickers, pictures, photos (or anything you like) to add to your workbook.

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I am...

Use the tree branches, words and pictures to describe your personality and what kind of person you are.

this is my story

Add more branches if you need to!



The examples below show how you could fill out page 9 of your 'Reimagine My Life' workbook.

Things I...

Describe in word or pictures things you like and don't like.

I like:

e.g. Activities:

Watching movies!

Making jewellery

Walking

Games on my phone

Looking at nature

Walking the dog

e.g. People that make me feel:

SAFE and HAPPY

People that are supportive

KIND and CARING people

Easy-going people!

People who are GENUINE

e.g. Places like:

places that are disability-friendly

Quiet places

The beach

Places that make me feel comfortable to visit.

Nice clean places

What else? Restaurants and cafes

PETS!!















I don't like:

e.g. Activities:

exercise

housework

things that tire me out

things with loud crowds

LOUD ACTIVITIES

e.g. People that make me feel:

... Lie to me

Loud or opinionated people

people who BULLY me

people who put me down

rude people

e.g. Places that are confusing / difficult for me like:

hospitals

bridges and boats

streets with lots of traffic

places without disability toilets

What else?

Big dogs

Uncontrolled noisy kids

Violence

Medication (even if I know it's helping me)












My experience of mental health

Words or pictures that describe your experience of living with a mental health condition, disability or difficulty.

...words or pictures that describe your experience:

Anxiety



Panic!!

Shut down

For example:

Sad



Despair

Isolation

Pain

Episodes

Frustrated

Confused

Angry



My physical health is bad



No one Listens



I get really upset and triggered

People don't understand

I stay in my own head all the time

...how does it affect your daily life?

I feel like I don't have a life because I can't think, I am too confused to get things done

For example:



It is.. Hard to... trust people

People...

Getting around...



I avoid social things because they make me too anxious. But then I feel Lonely



I'm not well enough to get a job, so I don't have any money. I wish I could work and have an income \$\$

What are some things you already do that help you with this?

talk to someone when things upset me

take my medication

watch funny videos on Youtube

For example:

Sunshine



Friends / Family

Exercise

Meditation



Culture

Connecting to...



Find places that make me feel safe/happy & spend time there

Ask for help when I need it

I do art or play music to take my mind off things

on this page:

You need to compare the support you need when you're feeling okay, with the support you need when you are not so well.

mental illness is episodic. (This means it comes and goes.) Most people will need more support when they are unwell. * When you're unwell, you may need support to do things that you can do by yourself at other times.

Things I need support with

Words or pictures that describe things you need support with.

When I am doing well, I need support with...

- Staying positive
- Keeping my routines for sleep, eating, and exercise
- Socialising and relating to other people
- Keeping track of tasks
- Counselling
- Encouragement
- Budgeting and money
- Housework/ cleaning
- Being motivated
- Child care
- Cooking, shopping

When I am not doing so well, I need support with...

- Looking after children
- Housework, cleaning
- Transport
- Keeping control of my finances
- Doing exercise
- Eating properly
- Looking after animals/ pets
- Taking medication, or organising my meds
- Buying things - like food shopping
- Decisions
- Getting up /out of bed
- Getting showered and dressed
- Any social interaction
- Working/keeping my job
- Leaving the house
- Studying/ study leave

this column lists things that you might need support with, but you can add other things too.

For example:

At Home

Cooking

Cleaning

Getting around

Transport

Knowing where to go

Activities

Meeting people

Making friends

Studying

Working

you could circle the ones that apply to you, or just copy the word into the column.

Use this column to show things you need help with all the time - even when you're doing well

do you need support for these things all the time (not just when you're unwell)? If so, list them in the other column too.

Who can support me to get these things?

- My cat/other pets
- People who can listen to me properly, so they really know what I want.
- People who explain things I don't understand.
- People who speak to me quietly and respectfully, not bossy or controlling.
- Support worker
- Family members
- My mum
- Mental health professionals who aren't judgemental or reactive
- My partner
- Peers
- People who respect my lived experience + knowledge of myself.
- My doctor
- Co-workers, my manager
- My children

STEP 1: What is psychosocial disability?

Here you can gather information you may need for your NDIS application (called an access request). You can use this to guide your health and community service workers when they are helping you put together your evidence.

My support needs

On the previous page, we explored 'things you need support with'... if you are going to apply for the NDIS, you will be asked to provide information about your 'psychosocial' and any other disability support needs.

To find out more about the term "psychosocial disability" - check out Step 1 of the reimagine.today website.

Now, using the following NDIS application categories, think again about how your mental health conditions affects your every day life (pages 11 and 12) and what support or assistance you need under the listed areas. You will be asked to provide this information to support your application to show the impact on your life.

For examples - Check out Step 1 of the reimagine.today website.

	(ENERGY)
Mobility / Motor Skills	All movement is difficult on my worst days
	Episodic (PURPOSE) When well = independent good motor skills When unwell - I struggle to get out of bed, or leave the house
	(MOTIVATION) Although I'm physically able to do home tasks, my mental illness takes away all my drive, energy and motivation, so I need help getting out of bed and moving around the home and outside the home
Communication	Can't find/think of everyday words, and it's hard to focus when people talk to me. Often I don't understand what's going on. (NO FOCUS)
	I don't trust people, and I know I sometimes think people are trying to harm me, even if they're not. (FEAR)
	Sometimes I 'close down' 'freeze', and I can't ask for the help I need.
	When I dissociate I see the words coming out of peoples mouths but I can't connect the words in sentences so I don't understand them
	understanding and being understood by other people My thoughts are not clear. I can't process them properly. When there is miscommunication, my needs aren't met. This increases my distress. (DIFFICULTY THINKING & PROCESSING)

(EXHAUSTING)

(ANXIETY)

Social interaction

It's very hard to communicate with people always. When I'm well - I get very tired being around people because it's so hard. When unwell - I avoid all social interaction (being with people) because I am too anxious to cope.

(SCARY, DIFFICULT)

I get laughed at a lot and this makes me feel really sad and left out.

I can only spend time with a few people that I know well, other people are too scary or difficult to deal with.

(STIGMATISED)

making and keeping friends and coping with feelings and emotions

Learning

I have done badly in the past, I don't feel like I am clever enough to learn things.

(MEMORY)
(ANXIETY)

Memory is very bad, this makes it hard to learn new things.

I get too anxious about not understanding things so I avoid learning new things.

(CAN'T KEEP UP)

I dissociate, it's like being absent minded, I don't keep up with what's going on around me.

I need help to concentrate on things.

(PAST FAILURES / LACK OF CONFIDENCE)

understanding, remembering, and learning new things

Self-care

Poor nutrition - I don't eat healthy food (lack motivation).

When I'm doing badly I can't be bothered to shower or dress or clean my teeth, I don't care about those things.

(MOTIVATION)

(INABILITY TO FUNCTION)

I can't go to supermarkets and shops, too scary, so I don't eat very well.

(FEAR)

I stop eating as soon as I become mentally less well.

I can't work the controls on my stove top when unwell.

(COGNITION)

needing help to take a bath or shower, dress and eat

Self-management

I can't keep track of my bills, prescriptions because it's too complicated. So I often get my phone service stopped or run out of my meds.

Too confused to choose between things.

I forget about all my appointments, this means I get even more unwell.

(CONFUSED)
(FORGETFUL)

I'm never good at managing money or paying bills, when I am getting unwell I can't do any of this at all, I lose track of money, then I don't have any money for food.

(CONCENTRATION)

(COGNITION)

doing daily jobs, handling money and making decisions

(ABILITY TO HANDLE COMPLEXITY)

What disabilities do you live with?

If you have been given a diagnosis and have found that helpful, share this information here. You can also include information about your symptoms.

COMPLEX TRAUMA

(diagnosis)

IMPACTS

...which impact my life:
- hard to deal with other people
- can't walk down the street alone

causes me to have symptoms:

- dissociation
- anxiety 😞
- flashbacks ⚡
- hypervigilance
- getting angry + aggressive
- 'freezing' 🙄



psychosocial (mental health), intellectual, physical, sensory, other

What treatment, if any, have you had or are currently receiving?

This can be physical and/or mental health related.

GP - I go to my GP about 1 time/month

Psychiatrist - once a week

Physio - once every 2 weeks, plus I do exercises every day

Dentist - once a year 😊

Neurologist - once every 3 months, for my migraines

I have to keep active and do walks 3 times a week

Sometimes I need occupational therapy

Medical, therapeutic, counselling, physio, dental, nutrition, podiatry

I am on lots of medications and it gets quite confusing...

Methotrexate

Propranolol

Imovane

Rizatriptan

for my rheumatoid arthritis

Escitalopram

for complex trauma and for my anxiety

to help me sleep

migraines

Medication for mental health, physical health conditions, other *Acch!! Too many! 😞*



What long term impacts or side-effects, if any, do you have because of treatments (physical and/or mental health related)?

my medications make me feel:

Tired/fatigued

Brain feels foggy

I'm not motivated to do anything

Can't concentrate

Sleepy

It's hard to keep track of time ⌚

I get constipated



Weight, incontinence, constipation, drowsiness, pain, sexual desire, etc

They make me too fat! 🍔

My hopes and dreams

Use this page to write, draw, reimagine your life

aspiration

I want to be able to:

get a job I like

travel to see my family



Own my own home



I want to spend more time:

get my drivers licence!



Trying new things - like horseriding



Being social and being with other people

making friends



I want to be living:

A better life where I look after myself, and do things I enjoy doing



walking and hiking



travelling



STOMP on the panic attacks !!

Rata-ra-ra!
I'm the SCARY voice in your head!



For example:

Nature



Music



Art



Independence
drivers licence



Home

own my home



Friends



Sport



Health



Study



Work
get a nice job



Exploring my hopes and dreams – Hope / Dream 1

Check out your hopes and dreams noted down in the previous activity. Choose up to three to explore in more detail. Write your hope or dream in the centre of the page and complete the questions around it.

Why do I want this?

... to learn more about the world,
expand my life and expand my horizons
I have lived in the one place all my life
I want to see what else is out there!

What supports do I have now that would be useful?

- My mum
- My GP could tell me what I need to do with my meds.
- Suzie - could help me plan where to go

HOPE/DREAM 1:

Travel



What skills do I have now that would be useful?

- Reading
- Looking at maps
- I know how to use public transport
- Using computers, phones, etc.



What skills do I need to do this?

- I need to save more money \$
- More travel advice + info
- How do I book a trip? Need to find out what to do.

What supports would help me achieve this?

- I could go to a travel agent
- Ask Dad about how I can manage my money better so I can save up
- Talk to Suzie about the different places she has been to.

Hope / Dream #1

(Copy this from the previous page and then fill in blanks below).


My hope / dream is...

Travel



How will I get there?

Reaching your hopes / dreams doesn't happen all at once, it takes small steps.

Timeframes	Steps to reach my hope / dream	Who or what can help me?
Within 3 months I will have	...decided <u>where</u> I want to go and <u>when</u>	<ul style="list-style-type: none"> • Start looking for nice places for holidays on the computer • ask Suzie for advice • look at what time of year is cheapest to travel
Within 6 months I will have worked out <u>how much money</u> I will need, and started to <u>save</u> it up \$ \$	<ul style="list-style-type: none"> • Dad/Andrew could help me to do a <u>budget</u> • I can start to put a little bit of money away if I don't buy coffee every day - maybe cut back to once a week
Within 1 year I will have	... a firm <u>plan</u> for where I want to travel to ... I will have saved up \$500 towards my trip	<ul style="list-style-type: none"> • Suzie • computer searches • Dad/Andrew • piggy bank 

Exploring my hopes and dreams - Hope / Dream 2

Write your hope or dream in the centre of the page and complete the questions around it.



Hope / Dream #2




(Copy this from the previous page and then fill in blanks below).

My hope / dream is...

Get a (paid) job

How will I get there?

Reaching your hopes / dreams doesn't happen all at once, it takes small steps.

Timeframes	Steps to reach my hope / dream	Who or what can help me?
Within 3 months I will have	... asked my family to help me with <u>planning</u> to get a job i.e. writing resume	- Family members - I could look it up online and try to do it myself? 
Within 6 months I will have	... made a time to go and see an employment provider, to see what they recommend ... decided what type of job I want/can do	- Employment service? - Centrelink? - computer - I could look up different job opportunities online 
Within 1 year I will have	... be working in a paid job (at least one day a week). 	- my dog will help me to relax after a day at work - medication - I need to take it regularly to keep me stable - Mum - can help me with deciding what to wear to work. 