

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!

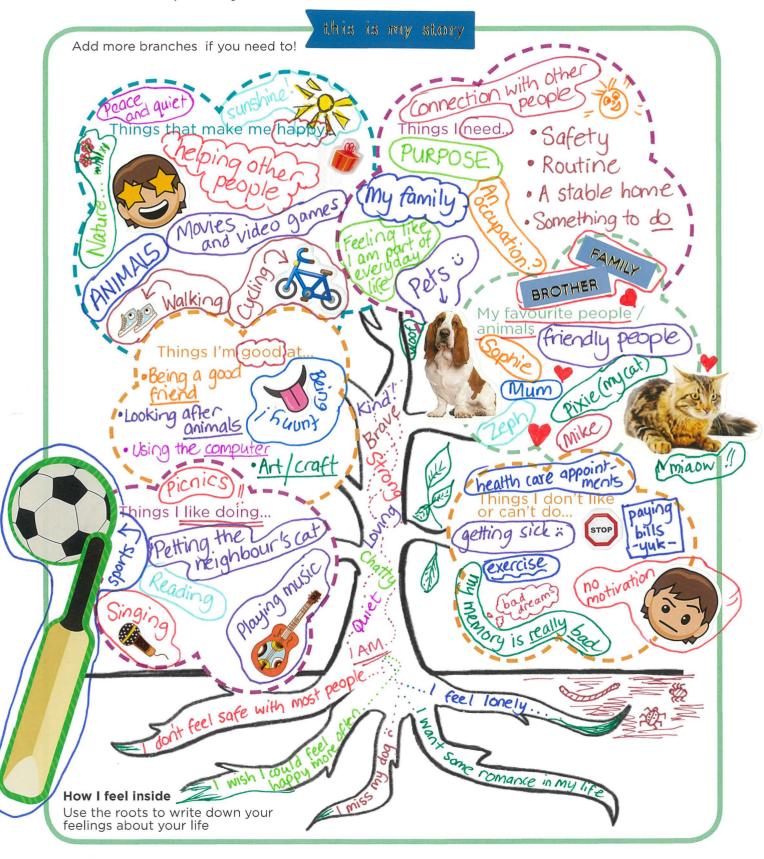
Not all the workbook tasks are demonstrated in here, only some main ones.

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

Section Goes with (workbook page) 'I am...' 8 Things I... 9 'My experience of mental health' 11 'Things I need support with' 12-14 'Long term impacts...' 15 'Hopes and dreams...' 24 Hope / Dream #1 26 - How will I get there? 27 Hope / Dream #2 28 - How will I get there? 29

I am...

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



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.





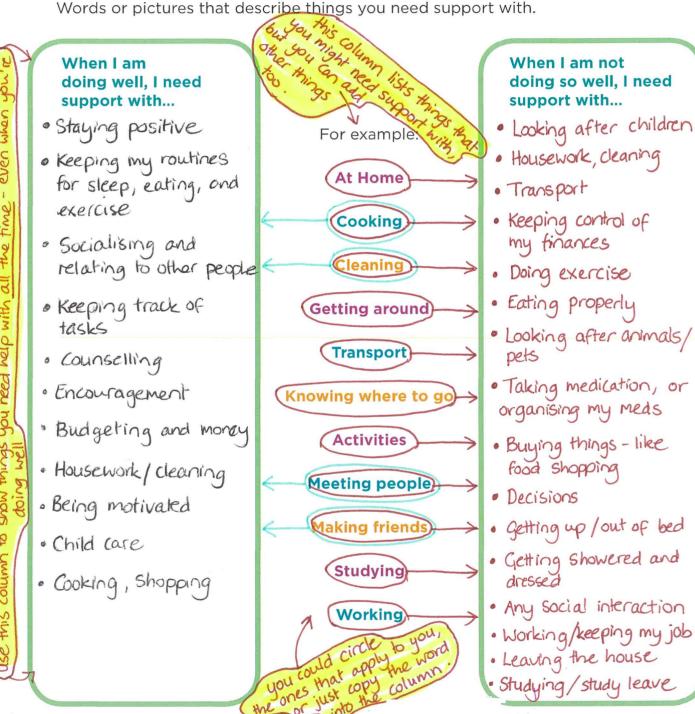
My experience of mental health

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



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



· My cat / other pets Who can support the to get these things? My Partner * People who can listen to me properly, so they really know what I want. People who respect my lived experience People who explain things I don't understand. + knowledge of Myself People who speak to me quietly and respectfully, not bossy or controlling · Support worker · Family members · My mum. my manager

· Mental health professionals who aren't judgmental or reactive omy children

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list them is the other

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.

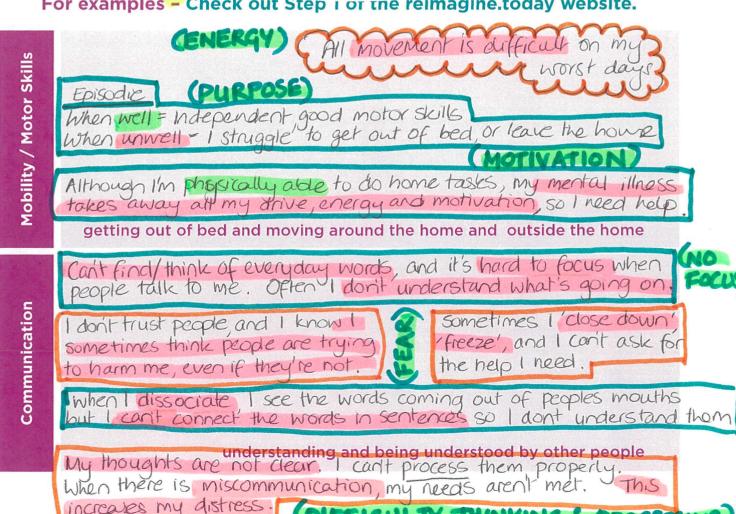
My support needs

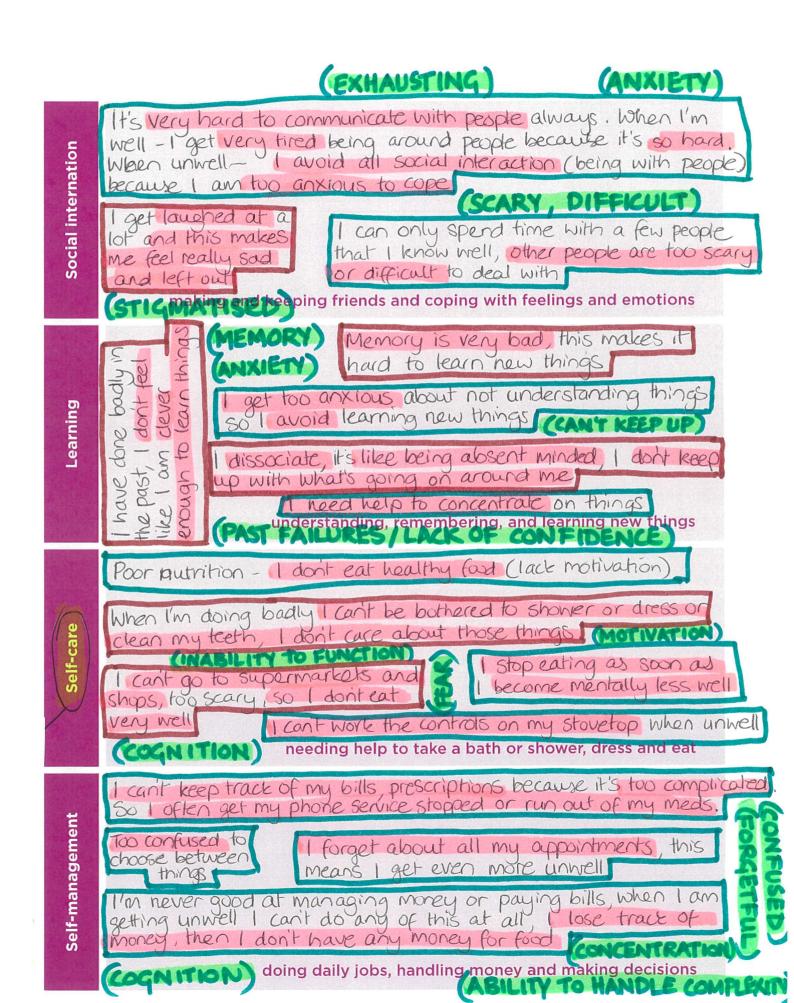
On the previous page, we explored 'things you need support with'... if you are going to apply for the NDIS, you will be asked to provide information about your 'psychosocial' and any other disability support needs.

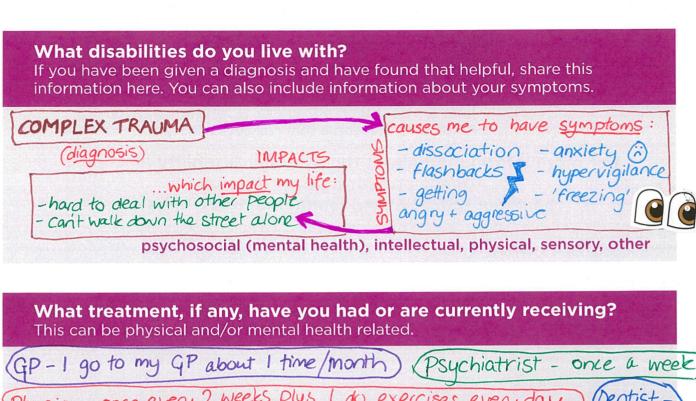
To find out more about the term "psychosocial disability" - check out Step 1 of the reimagine.today website.

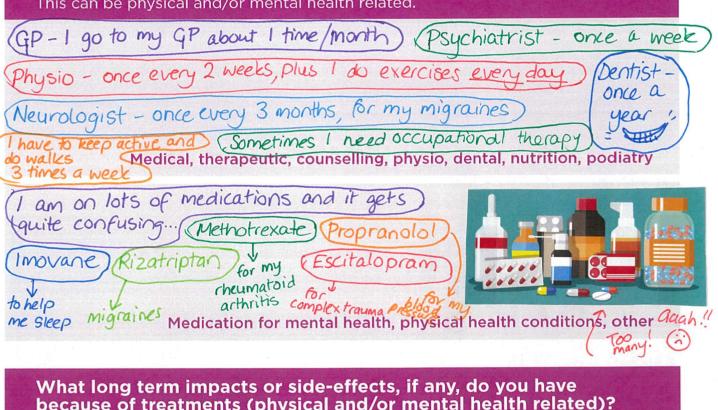
Now, using the following NDIS application categories, think again about how you mental health conditions affects your every day life (pages 11 and 12) and what support or assistance you need under the listed areas. You will be asked to provide this information to support your application to show the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

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









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

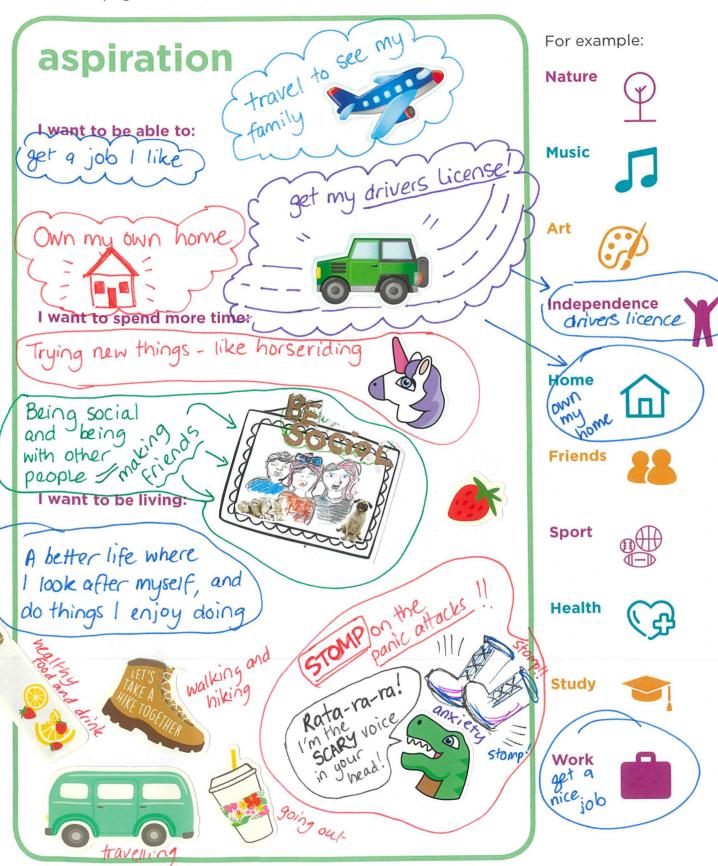
Brain feels foggy // not motivared to constipated

It's hard to keep track of time (b)

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

My hopes and dreams

Use this page to write, draw, reimagine your life



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:



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

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

Hope / Dream #1

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





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>	 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	much money I will need, and started to save it up \$\$	• Dad/Andrew could help me to do a budget • 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	or where I want to travel to will have saved up \$500 towards my trip	· Suzie · computer searches · bad/Andrew // · piggybank = Piggybank

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 planning 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 1 want/can do	- Employment service? - Centrelink? - computer - I could look up different job opportunities online
Within 1 year I will have	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 regularly to keep me stable -mum - can help me with deciding what to wear to work.