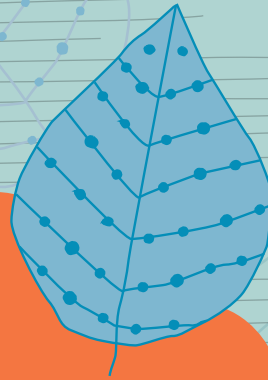


HEALTHY LIVING  
journal



## Using 'My Life' Journal for planning your support

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The 'My Life' Journal may help you prepare for planning your support in general or as part of the National Disability Insurance Scheme or Consumer Directed Care. For example the NDIS encourage you to develop 'a vision based upon your dreams, goals and needs'<sup>i</sup>, and completing 'Section 2: Think' in your journal before you go for your appointment will help create a vision for your future.

Planning your support focuses on your health and wellbeing to enable participation in daily life and decisions about your support and care. Think about what you want to do, where you want to live, who you want to live with. Think about how you do your day to day living now and what might make that easier for you. It will help you to think about each aspect of the Model for Healthy Living wheel so you work toward a balanced life. There are questions in Section 4 of the journal to help you think about each dimension of the wheel including your health/medical situation, family and friendships, nutrition, emotions, work, movement, and faith life.

You should also consider how you get around in your home and in the community.<sup>ii</sup> The seven key areas covered in the Model for Healthy Living all impact on your health and wellbeing, so working through these will help you create a wellness vision and prepare goals that you can use to plan your support.

Planning your support may include other areas of life not covered in this journal, but you can use the same process of making a vision, setting goals, implementing the plans and reviewing this process for these. Therefore using the 'My Life' Journal will help you become familiar with the process and some of your goals will already be worked out.

## Decision making support

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You may find it helpful to bring a friend or an advocate with you to your support planning sessions. They can support you in detailing your plans. This website has information to help you with decision making <http://www.support-my-decision.org.au>

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<sup>i</sup>Queenslanders with Disability Network, *'Visioning and planning for your desired future'*, QDN and National Disability Service, Brisbane, Australia, viewed 1 April 2015, p.5, [http://communitydoor.org.au/sites/default/files/visioning\\_and\\_planning\\_for\\_your\\_desired\\_future.pdf](http://communitydoor.org.au/sites/default/files/visioning_and_planning_for_your_desired_future.pdf)

<sup>ii</sup>National Disability Insurance scheme, (2014) Planning and Assessment – assessment of participant's needs [http://www.ndis.gov.au/sites/default/files/documents/og\\_planning\\_assessment\\_participants\\_needs2.pdf](http://www.ndis.gov.au/sites/default/files/documents/og_planning_assessment_participants_needs2.pdf) accessed 1/4/15 p.2.