

What is your life like now?

Your Participant Statement includes information on your day-to-day life. Think about:

- what you participate in such as education, work and social activities
- what is working well in your life
- what you would like to change or improve
- whether there is something new you would like to try (this could be a therapy, an activity in your local community or a volunteer group you would like to join)
- activities you enjoy or you are good at
- what you do when someone comes to help you in your home.

I work every Tuesday and Thursday as a Support Worker at my local Government office. I help with administration tasks around the office. I work from 10am – 4pm with a half an hour lunch break. I enjoy my work and I think that I am good at what I do. I work with 3 other people in my team and we all work well together.

I like being social and going out with my friends and family. I like to go to the movies, out to dinner, going to sporting events and going to the beach. I enjoy going away to visit my family that live in Canberra when I can. I have 2 brothers and 1 sister and I like to play games with my nieces and nephews. I usually go over to my older brother's place on Sunday afternoon and play with his 2 sons in the backyard before family dinner.

I like to watch sport especially basketball when it is on the TV and enjoy reading books when I am at home. My main carers are my parents, who I live with and other family members also help.

This year, I would like to have a bit more freedom in my life and not have to rely on my parents all the time. I would like to be able to have better access to transport so that I can go and do things without Mum driving me everywhere. I would like to join a wheelchair basketball team so I can play basketball. I would also like to start part-time study in Sports Science at my local university.

To help me achieve this, I will need someone to assist me in my goals.

Regular activities

Day	What I do	What help I have
Monday	Watch basketball games from the USA that I have recorded	Dad stays home and helps me during the day
Tuesday	Go to work	Mum gets me ready in the morning and drives me to work
Wednesday	Read books at home Go to the movies with my friend Paul	Paul comes and picks me up and drives Mum's car so my wheelchair will fit
Thursday	Go to work 1hr physiotherapy appointment	Mum gets me ready and drives me to work Dad will take me to physiotherapy
Friday	Go to the beach and have lunch with Mum	Mum drives me to the beach and helps me onto the sand
Saturday	Go to the local basketball centre to watch games	Dad drives me to the basketball centre and watches games with me
Sunday	Go to my brother's house in the afternoon	Mum drives me to my brother's house

Occasional activities

Month	What I do / how often	What help I have
April	Go to Canberra for Easter	I need help with packing and once I am there rely on Mum to drive me everywhere

Use this information to help complete page 2 of your Participant Statement.

What are your current living arrangements?

Think about:

- who you usually live with

- the type of accommodation you live in
- whether there is something you would like to change about your living arrangements to make things easier for you, or to increase your independence.

I live with my Mum and Dad in a 4 bedroom house. My siblings have all moved out. This is our family home and we have been here since I was 12 years old. I have my own room and I use one of the spare rooms to watch my recorded basketball games and read my books.

There are changes that could be made to make things easier for me. I would like to have more independence in getting ready in the morning especially with the use of the shower. My mum needs to assist me in the shower and I would like to be able to shower unassisted.

I would also like to access the backyard without assistance as we do not have a ramp out the back. This would be especially nice in Summer time when I could read my books outside.

Use this information to help complete page 2 of your Participant Statement.

What relationships do you have now?

Think about:

- who is important in your life and in what way
- what informal supports you have from family, friends, or neighbours.

My family is important to me and they help me a lot. My Mum and Dad help me every day with tasks such as getting ready for the day, aiding in cooking food and driving me to work and other appointments. My brothers and sister also help out when they can, especially if Mum and Dad want to go away for the weekend.

My friend Paul is important to me and helps me by getting out of the house and going to the movies every Wednesday. He has to take Mum's car when we go so it can fit my wheelchair. This leaves Mum without a car for the evening. It is good to talk with Paul as he is the same age as me and we can talk about things I can't talk with about with Mum and Dad.

My old school friends are also important to me. We keep in contact through Facebook Messenger and I really enjoy seeing what they are all up to.

My work colleagues help me at work when I need to access something and I can't reach or access a part of the building. We also sometimes go out for lunch which is nice.

Use this information to help complete page 2 of your Participant Statement.

What supports do you currently have?

Programs and therapies

Think about:

- specific programs you access, such as those provided by your local council, religious, community or support groups, your hospital or school
- any therapies you require, such as therapeutic support or behaviour support.

I require physiotherapy once a week on a Thursday night. The physio goes through different exercises to make sure I continue to work my legs and lower half of my body. I have an exercise program that I do at home during the week to ensure that I keep my muscles moving.

I work for my local council and I try and participate in any development days that are run by my workplace. This is sometimes difficult as I only work 2 days a week.

Aids, equipment or modifications

Think about:

- any special equipment you have or you need. For example, a wheelchair, hearing or speech aid or hoist. How often do you use this equipment? Is it appropriate for your needs?
- whether your home has been, or needs to be, modified. Do you have or need any ramps or lifts?

I have a wheelchair that I need all the time. My Mum's car has also been modified so that I can fit my wheelchair into it. We have a ramp up the front of the house that my Dad built. Access inside my house is ok as it is a one storey house. I use my wheelchair and outside ramp and use my Mum's car nearly every day.

Things that I would like would be a hoist so that I can get myself into and out of bed on my own. I would also like to be able to shower on my own but I am unable to do this in my current bathroom. I would like to be able to access the backyard via a ramp. I would also like to be able to one day be able to drive myself places. I don't know if this is a possibility but being able to travel places without the aid of my parents or using Mum's car would be amazing.

Assistance with activities

Think about:

- what assistance you have to carry out your day-to-day activities, including participating in work or study, transport, sport, day program or community access, managing money, respite etc.
- what formal supports you have through the health care system, community centres, work or education, cleaners, personal helpers etc.

I need assistance in getting out of bed in the morning and getting ready for the day – such as having a shower and getting dressed. My parents help me with my food preparation and cooking as well. I need assistance in transport and I rely on my parents to drive me to work and appointments. I am unable to drive myself places.

I don't have any formal care but I think that it would be nice to have a helper so that Mum and Dad don't have to be there for me all the time.

Use this information to help you complete pages 4 and 5 of your Participant Statement.

Your goals

There may be things you want to achieve in the short and longer term.

Think about:

- the supports you already have in place
- if something is stopping you from achieving your goals
- what steps you need to take to get where you want to be.

Use the spaces below to write down your goals in different areas of your life. You don't need to write in every box; just those most important to you.

Employment – e.g. would you like to get a job, volunteer or change your work hours?

I would like to be able to work more hours as a Support Worker at my job. I feel that if I had more access to transport this might be more obtainable. I like my job but it would be nice to work more than 12 hours a week so that I can become more financially independent.

Education – e.g. would you like to attend school, university or a course?

I would like to attend university part time to study Sports Science. I don't know what pathway options there are for me and if it is possible to do the practical component of the course if I am in a wheelchair. I think it would be great to get some guidance in this area so I could see what options are available.

Social participation – e.g. would you like to join a club, be more able to attend events, see your friends or make new friends?

I would like to be able to go to more sporting events on my own. This would mean that I will need more independence in transport. I would like to be able to go and do more activities on my own and visit friends without asking Mum or Dad to drop me off.

I would like to be able to drive to the movies on my own without Paul having to pick me up.

If I am able to go to university, I would like to participate in student activities and be involved in the University Games.

Independence – e.g. would you like to get around the house or community on your own or with less assistance?

I would like to be able to be more independent around the house and be able to get up and get myself ready without my parents help. I would also like to be able to drive myself or get transport to my activities without relying on Mum's car.

I would also like to have more independence from my parents even if it means bringing in someone to help around the home or drive me places so that my parents don't have to.

Living arrangements – e.g. would you like to modify your home or live somewhere different?

I like living with my family but I would like to become more independent around the house. I would like to be able to modify my house and transport options so that I can get out of bed, have a shower and get ready for work without the assistance of Mum.

I would like to be able to go out to the backyard without assistance. The installation of ramp access would be able to make this possible.

Health and wellbeing – e.g. would you like to be more active or take up a sport?

I would like to join a wheelchair basketball team. I don't know if there is a team available but I want to get more involved in the sport.

I would like to be more involved with my local basketball centre. I go there every Saturday so it would be great if I could get involved and help out in any way.

If I was to join a team, I would also like to be able to attend training and to increase my fitness which may mean joining a gym or doing some work outs at home.

Use this information to help complete pages 6-9 of your Participant Statement.