

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.

Olivia is a happy and inquisitive 5 year old girl. She lives at home with her 8 year old brother and mother. She attends kindergarten at her local primary school and goes to after school care 2 days a week. She loves going to the park with her older brother and watching him ride his bike and play on the slide.

She attends Irish Dancing lessons every Thursday afternoon which she enjoys a lot. She finds it difficult to concentrate and learn the steps that go with the music which means that she doesn't participate in the team dances.

She is enjoying going to school but it is often difficult for her to make friends. She would like to be able to make more friends so she can have more play dates with other children her ages. She is having trouble in class with learning as she often gets distracted easily and does not listen to the teacher.

Olivia has autism which affects her ability to interact with others as well as impacting on her social and verbal skills. Olivia's main carer is her mother.

Olivia currently attends occupational therapy once a week to help her social engagement skills.

There are some activities that she is unable to do that most a majority of her classmates can. She would like to be able to ride a bike and be able to play on the park play equipment. At the moment she has trouble going down the slide.

Olivia is unable to feed herself which means that she needs help to eat her meals. She is very particular with what she eats and does not enjoy trying new foods.

Regular activities

| Day | What I do | What help I have |
|------------------|--|---|
| Monday | Go to school After school care | Help with getting ready for school, meals Extra help understanding class material Occasionally needs someone to sit with at After School Care |
| Tuesday | Go to school Occupational therapy | Help with getting ready for school, meals Extra help understanding class material Help with social engagement |
| Wednesday | Go to school After school care | Help with getting ready for school, meals Extra help understanding class material Occasionally needs someone to sit with at After School Care |
| Thursday | Go to school Irish Dancing class | Help with getting ready for school, meals Extra help understanding class material |
| Friday | Go to school Go to grandparents house | Help with getting ready for school, meals Extra help understanding class material |
| Saturday | Go to the park | Help with going down the slide and accessing the play equipment |
| Sunday | Visiting grandparents | Help to get ready to go to their house and help with meals |

Occasional activities

| Month | What I do / how often | What help I have |
|---------------------|-----------------------|--|
| Camping | 2 or 3 times per year | Doesn't deal well with change so need to prepare e.g. bringing different meals, favourite toys and familiar surroundings |
| Irish dancing shows | 2 times a year | Needs one of the other girls in class to be next to her to help her with her steps |

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.

Olivia lives with her mother and 8 year old brother in a 3 bedroom house. She has her own room in the house. The house is located close to the school which is easy for her to walk with her mother to school. Her older brother rides his bike to school which is something that Olivia would like to do.

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.

Olivia enjoys being with her family and her grandparents. She gets picked up on Friday afternoons by her Grandma and they usually have afternoon tea. Every Sunday the family goes and visits her grandparents and spends most of the afternoon at their place. Olivia is supported by her family, including her older brother who looks out for her at school and at the park.

Her school teacher, dance teacher and after school care supervisors are all important people in her life and they make sure that they offer her any supports that she might need. As she often has trouble making friends her own age these relationships are integral parts of her life.

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.

Olivia goes to occupational therapy for 1 hour a week on a Tuesday night. This helps with her social engagement skills and gives her exercises to practice at home. At the moment they are focussing on her fine motor skills to ensure that she reaches her developmental milestones. She is learning how to tie her shoe laces and is wanting to be able to use her skills to be able to use the play equipment at the park.

Olivia's attendance at Irish Dancing class is also a program that she is involved in as it helps her with her social interaction and her motor skills.

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?

Not Applicable

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.

Olivia needs assistance in her day-to-day activities such as going to the toilet, getting ready for school and communicating with both teachers and other children her age. She also needs help in eating food as she is unable to do it herself.

Her fine motor skills are not well developed and she often needs extra help in class to understand and concentrate on what she is learning.

She doesn't have any formal supports but an aid in school as well as the need for speech therapy would be greatly beneficial for her school learning and interaction with others both at school and out of school.

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?

Not Applicable

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

Olivia would like to be able to complete all her school work and understand what is being taught. Extra help in class is necessary, weather this be more one on one time in class or tutoring outside of class.

Olivia would also like to be able learn more Irish Dancing and be able to participate in team dances. This means increasing occupational therapy in order to increase her fine motor skills and increase her ability to concentrate.

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

Olivia would like to make more friends at school as well as at her dance class. She would like to be able to play on the park equipment without any assistance like others her age. To do this more assistance with motor and social skills will be necessary.

Olivia would also like to participate in class more, which means that she needs to keep up with her lessons and be able to concentrate in class.

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

Olivia would like to be able to ride her bike so that she can keep up with her older brother when they go to school. She would also like to be able to go down the slide at the park without any assistance like other children her age.

Olivia would also like to be able to feed herself and use the toilet independently. This would give her more confidence and she would be able to go to other children's houses more easily.

Olivia would also like to be able to tie her shoe laces within the next 12 months.

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

Not Applicable

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

Olivia would like to be more active and be able to go to the park with her older brother and play on the park equipment and ride her bike.

She would also like to be able to compete in competitions at Irish Dancing without any assistance. To do this she will need to increase her fine motor skills and become more focussed in class.

Olivia would also like to diversify her eating habits to ensure that she is getting the correct nutrients from her food including all the essential vitamins and nutrients. This would be greatly improved by having the ability to talk with a nutritionist or specialist.

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