

Life Planner: for young people with disability



Children and Young People
with Disability Australia

**Take Charge
of Change**

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This book has been created as part of CYDA's Take Charge of Change project.

The project has been funded by the Australian Government to support families of children with disability to manage key transitions throughout their lives. A full suite of resources is available at cyda.org.au



this planner belongs to:

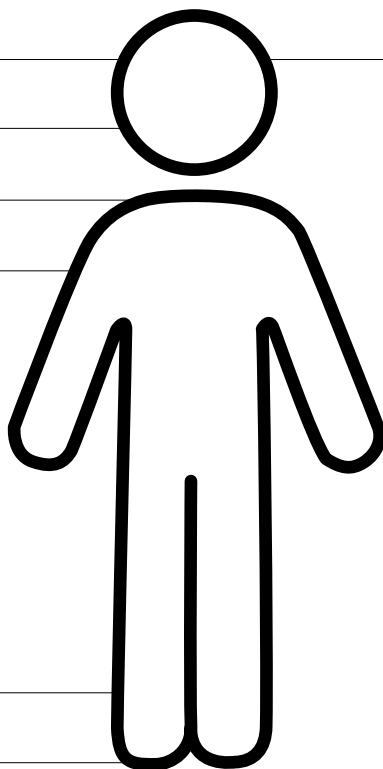


Name:

My favourite food:

I'm great at:

My favourite book:



What's in my bag:

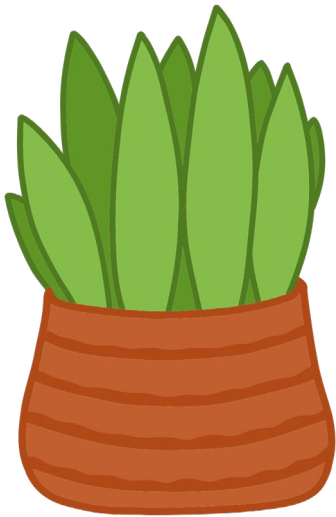


My favourite movie/TV show:



My favourite music:

Label each leaf and/or colour it in. Which of your plants are flourishing and which need extra watering?



family/friends



school/work



interests & hobbies

Who can I reach out to if I am struggling
or finding something challenging



What can I do to ground myself if I am struggling
or having a difficult time



like breathing exercises, sensory toys,
comforting distractions etc.

My daily routine

It can be hard to remember everything you have to do every day. Finding a way to stick to a routine that works for you can be a big help. You might have a to-do list or app on your phone, a written list to tick off or alarms on your phone.

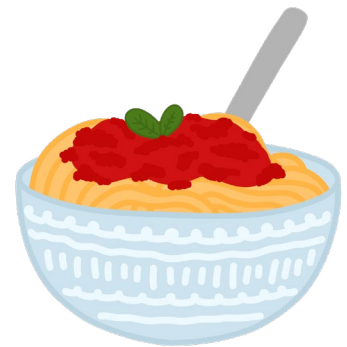
This might include:



Brushing teeth



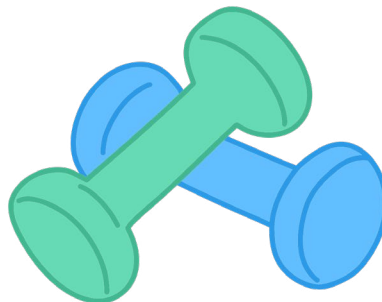
Taking medication



Eating meals



Showering/bathing



Workouts or physio exercises



Charging electronic devices

You might want to start a long routine that covers everything you want to do every day, but if it's too hard, you can always add one thing at a time.



My morning routine



My evening routine

Studying

Studying as a young person with disability can be extra tricky. You don't have to learn and work like everyone else – try and find ways you can make things easier

Who can help me with my schoolwork:

1. _____
2. _____
3. _____

Family

Classmates

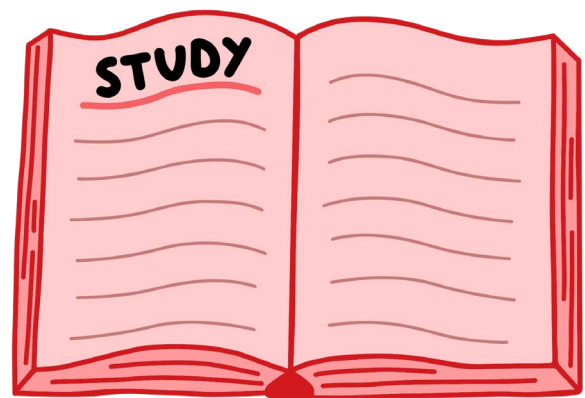
Teachers

School staff

Support worker

My best subjects:

Where I need help:



My study space

- Find a desk and chair that suits you and doesn't put stress on your body
- Keep your stationary and tools close by
- Use lighting that's comfortable for your eyes
- Find what you like to listen to while studying: like a podcast, music, white noise or silence



My dream study space



Tips and tricks

Make a study plan: when is everything due and what work do I need to do?

- Take small steps: break big jobs into little parts and check off each thing you complete so you can see your progress
- Take lots of breaks! Stretch, drink water, or have a rest
- Study with friends: it can be more fun to study with someone else, video call or phone call if you can't meet)
- Write down anything you don't understand to ask your teacher later
- Celebrate your progress! Treat yourself when you finish a task like eating your favourite snack or playing a video game!



Planning for after high school



University/TAFE



Work



Online study



In-person study



Casual job



Gap year



Start a business
or passion project



Traineeship



Disability employment service

Draw a road to all the places you might want to go



Financial support

JobSeeker: Financial help if you're aged 22 and above and looking for work.

Disability Support Pension: an income support payment for people aged 16 or older who have a permanent health condition that prevents them from working 15 hours or more per week.

Getting all the information you need to apply for financial help can be difficult.

Advocacy organisations have people who will work with you to get you what you need – like helping with tricky language and requirements.

You can find disability advocates and lots of other support on the website AskIzzy.



Getting a job

Where to look for jobs:

- Indeed
- Jora
- Ethical Jobs
- The Field
- Facebook/social media
- Community noticeboards and local businesses

Helpful websites:

- The DREAM Network to read employment resources by and for young people with disability
- Youth Nav to learn how to apply for jobs
- Australian Disability Network for mentorship and jobs for people with disability
- JobAccess to find a Disability Employment Service

Some jobs are identified just for people with disability. Employers do this to make sure people with disability have a say in what they do.

Life skills



Cooking

The food we eat can have a big impact on our disability. Cooking and preparing food can be extra tough with food aversions, difficulty using kitchen equipment or having allergies and intolerances.

Finding shortcuts that work for you can help, like:

- Meals you can make in short amounts of time, like in a microwave or air fryer
- Sitting on a chair or stool when you're in the kitchen
- Finding tools for people with disability that help with making meals, eating and cleaning up.

My easy meals:

1. _____
2. _____
3. _____

My safe meals:

1. _____
2. _____
3. _____

If food can be tricky, safe foods are foods you know you will always want to eat – You might want to keep plenty of your safe foods in your pantry.

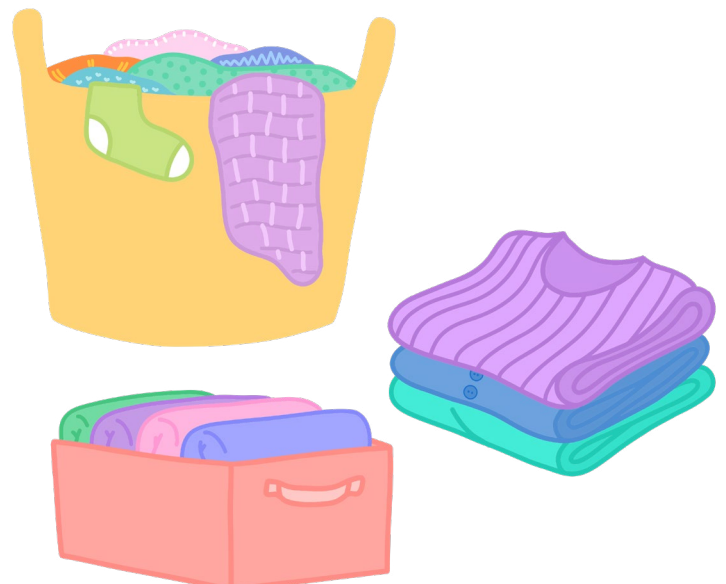
Keeping tidy

Having a tidy and comforting space at home can help make life a little easier.

You might have chores that are easy and some that are harder. See if you can make a plan with the people you live with.

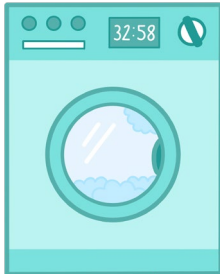
Sometimes things are hard because we do it the same way we've been taught, or how other people do it.

One way to keep tidy with low energy is to find where in your house gets messy and putting storage there.



How can I make my routine easier?

For example: Wearing gloves when I wash the dishes, ordering my groceries online or taking plenty of breaks when I clean



What's hard

How to make it easier

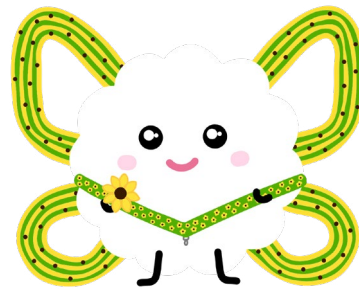


Getting around

There are different costs for public transport for different people. If you are a student or on the Disability Support Pension, you may be able to pay a cheaper Concession fare. To learn about disability and public transport in your state at [Independence Australia](#). You and/or your carer may be eligible for free or discounted travel in taxis, planes and public transport.

Wearing a hiddendisability lanyard will let people know you might need some extra time or support on public transport or at the airport.

You can also get a license and drive a vehicle of your own. You may need to disclose your disability and do some extra checks to make sure you can drive safely before getting your license. You can let the NDIS know this is one of your goals and they may be able to help cover some of the costs of applying, lessons and modifying your vehicle to make it accessible.



Identifying my best skills

Even if we don't know what they are, everyone has unique skills and strengths that make you who you are!

What are your best skills?

Self-advocacy

Leadership

Creativity

Kindness

Persistence

Organisation

Ambition

Teamwork

Hard-working

Empathy

Communication

Integrity

Public Speaking

Humour

Storytelling

Positivity

Compassion

Problem-solving

Planning

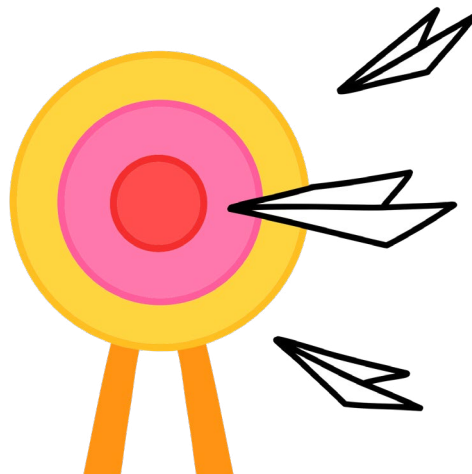
Networking

Listening

I'm good at...

I want to get better at...

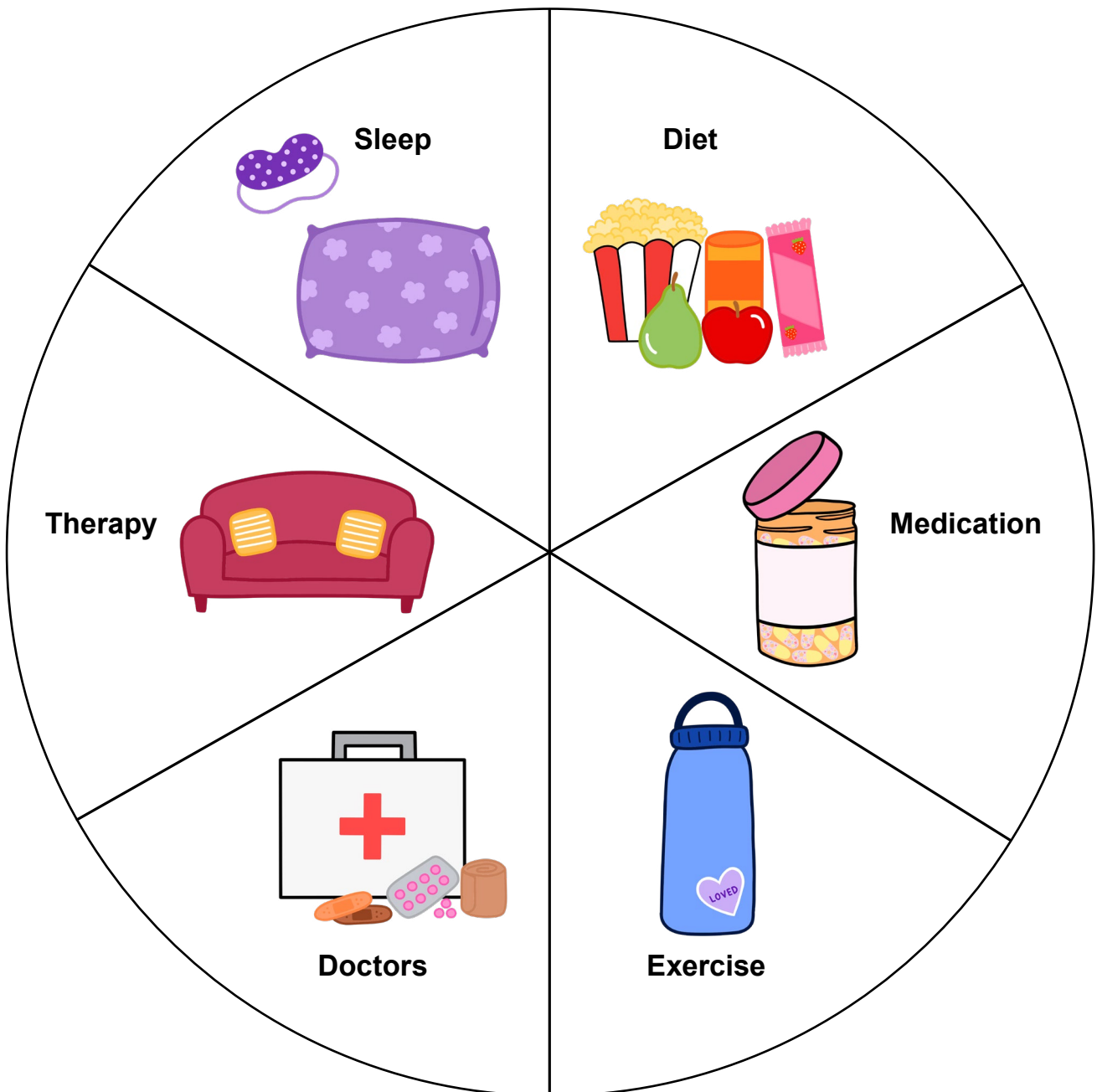
To achieve my goals, I need...



Taking care of my health

There are lots of ways to manage your health.

Write down the different ways you take care of yourself already and what you want to achieve in the future

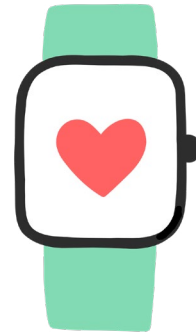
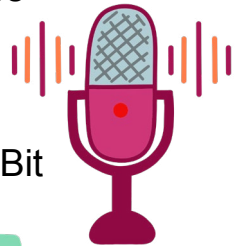


Tracking my symptoms

Tracking symptoms can be important to understanding how your disability affects you and how you can manage it. Being a young person with disability making big changes in life makes it hard to find the time and energy for long-term goals like tracking symptoms.

You could use:

- A paper diary or journal
- Phone notes, voice memos or apps like Bearable or
- Daylio
- Tracking devices like a FitBit or medical devices



Free supports

- Ask your GP about getting a Mental Health Care Plan or Chronic Disease Management plan – these give you free appointments with specialists
- Youth hubs or community services in your area may have free medical support, counselling, meals, accommodation and more
- Lifeline – call 13 11 14 or text 0477 13 11 14
- Beyond Blue – call 1300 224 636
- Yarning SafeNStrong (First Nations) – call 1800 95 95 63
- Rainbow Door (LGBTQIA+) – call 1800 729 367
- QLife (LGBTQIA+) – call 1800 184 527
- Kids Helpline – call 1800 551 800
- [Lifeline](#), [Beyond Blue](#), [Kids Helpline](#) and [QLife](#) all have web chat options on their websites. Lifeline also offers a 24-hour text line.

Symptom Tracker

Symptoms or side effects									
Date	What I did	What I ate/ drank	What	Description	Duration	Severity	Effect	Management	Other comments
			• side effect or symptom	• where • what it felt or looked like	• when did it start • when/how often it occured • how long it lasted	• how bad was it • on a scale of 1 to 10 1 = Mild 10 = Severe	• how it affected you	• what you did to relieve it • how well it worked	
			1.						
			2.						
			3.						
			4.						

Notes

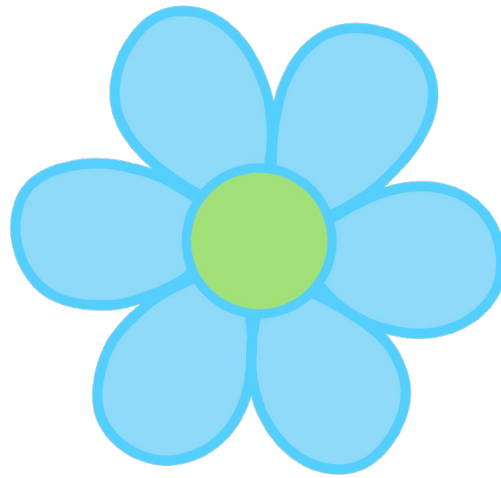
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Weekly planner

Planning out your week can help make sure you do everything you need to do for work, school and your wellbeing.

It can also help you remember when your doctor's appointments are or when you have your support worker available.

Between all your activities should be plenty of time to be social, rest, and do what makes you happy.



Weekly planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							

Goal setting

Setting a goal

A goal is something that we want to reach or achieve. When we decide to create change, we set ourselves a goal: our goal is to create a change!

Goals can be:

- Short-term – Short-term goals take less than two months to achieve.
- Medium-term – Medium-term goals may take from two months to three years to achieve.
- Long-term – Long-term goals take three or more years to achieve. Long-term goals may build on short-term goals.

Questions to help you think:

- How long do I have to achieve this goal?
- What tasks need to be done before my goal is achieved?
- Do I have all the resources I need to achieve this goal?
- Who can help me achieve this goal?
- Who do I know that is trying to achieve a similar goal and can we work together?



Goal setting

Sometimes it can be hard to get started after we set a goal. It helps to break our big goals down into smaller steps.

For example, if your goal is to have a conversation with your manager about your access needs:

Step 1: Think about what your access needs are and write them down.

Step 2: Practice having the conversation with a trusted friend or adult.

Step 3: Reach out to your manager and set up a time to meet using your preferred communication method.

Step 4: Discuss your access needs with your manager at the meeting and agree on what changes are needed at work.

Use an example from your past

Think about the changes you've already made and pick one to break down into steps.

My goal was:

Short term

Medium term

Long term

Step 1

answer here: _____

Step 2

answer here: _____

Step 3

answer here: _____

Step 4

answer here: _____

Step 5

answer here: _____

Now time to set some goals:

My goal is:

Short term

Medium term

Long term

Step 1

answer here: _____

Step 2

answer here: _____

Step 3

answer here: _____

Step 4

answer here: _____

Step 5

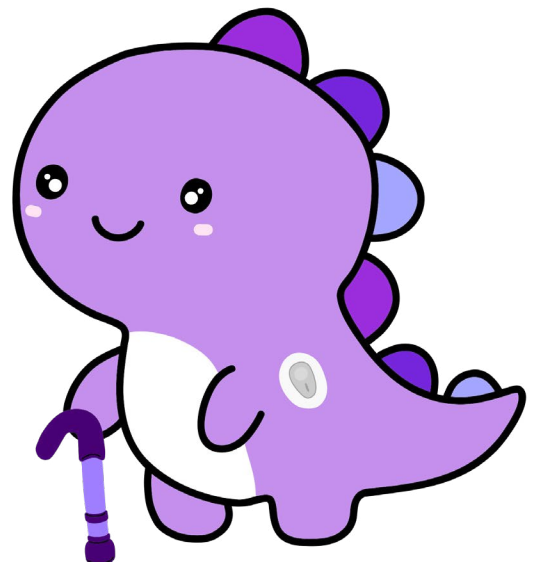
answer here: _____

I can get help from:

1. _____

2. _____

3. _____



Now time to set some goals:

My goal is:

Short term

Medium term

Long term

Step 1

answer here: _____

Step 2

answer here: _____

Step 3

answer here: _____

Step 4

answer here: _____

Step 5

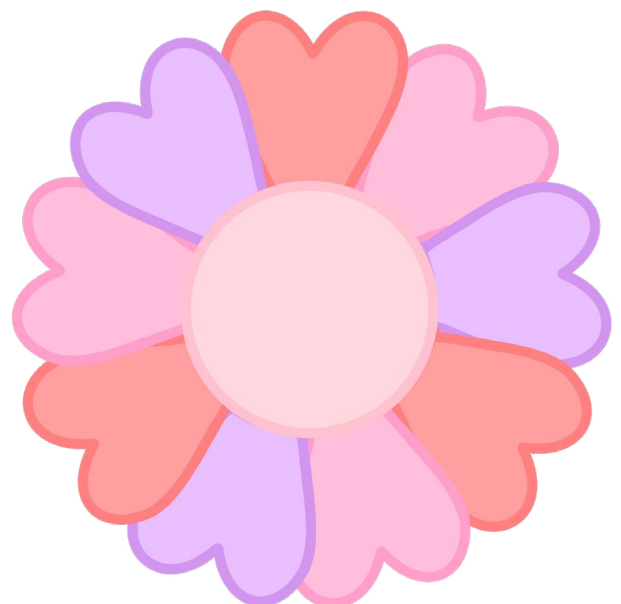
answer here: _____

I can get help from:

1. _____

2. _____

3. _____



Notes



Lined area for taking notes, consisting of 25 horizontal lines.

Notes

[illegible]

Notes



Lined area for taking notes, consisting of 25 horizontal lines.

Notes

[illegible]

