

# SHANNON'S STORY

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A planning activity book  
for Aboriginal young  
people with disability  
and their families to  
help prepare for the  
National Disability  
Insurance Scheme.



Government of Western Australia  
Department of Communities

This resource was developed through  
a Western Australian grant funded by  
Department of Communities,  
Disability Services.



## ABOUT THIS BOOK

The WAIIS team acknowledges the traditional owners of country throughout Australia and recognises their continuing connection to land, waters and community. We pay our respects to them and their cultures and to elders both past and present.

The WAIIS team also acknowledges the people who have contributed to the development of this resource.

Darren Stockwell is a descendent of the Wiradjuri people of the western plains of New South Wales. He's lived in Western Australia for the past thirty years. He is a painter, photographer and digital artist, creating hybrid images from all three sources.

A number of his images have been used throughout this book.



Wagyl Creation

Darren sees his contribution to others through art as a way for people to reflect and connect with their own story.

Download the QR code app then place your mobile phone camera over this code to watch Shannon's video trailer or view at <http://waindividualisedservices.org.au/>



Evelyn McKay is a proud Noongar woman with connections from both south and north of Western Australia. Her Grandmother is a Bibbulmun Wadandi woman from Bunbury Picton. Her Grandfather is a Yamatiji man from Northampton. Evelyn is the founder of Be My Koorda, an Aboriginal support group for parents and their children with autism and ADHD. Evelyn is passionate about her family and Aboriginal mob getting help for mental health and disability.

As a member of the WAIIS team, Susan Stanford facilitates the development of resources which help people live life their way.

For a more detailed planning resource check out Preparing to Plan on the WAIIS website **[waindividualisedservices.org.au](http://waindividualisedservices.org.au)**

We have used SymbolStix symbolic language throughout these resources  
**<https://www.n2y.com/products/symbolstix>**

## ABOUT THIS BOOK

In this book you will get tips from Shannon's journey which you can use to plan for the next stage of your own journey.

Your plan will be useful if you want to get help from the National Disability Insurance Scheme.

Take this book when you meet your NDIS planner.





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Shannon loves to make hip hop music. He was born in Perth and has lived in lots of different places in Western Australia. Now he lives in a small town, south of Perth.







Shannon's still learning about his country and culture. He knows he feels good when he's in the bush, near water. It's the best place for him to write music.

Colour in the area where you are from.

Where is your father's mob from?

Where is your mother's mob from?

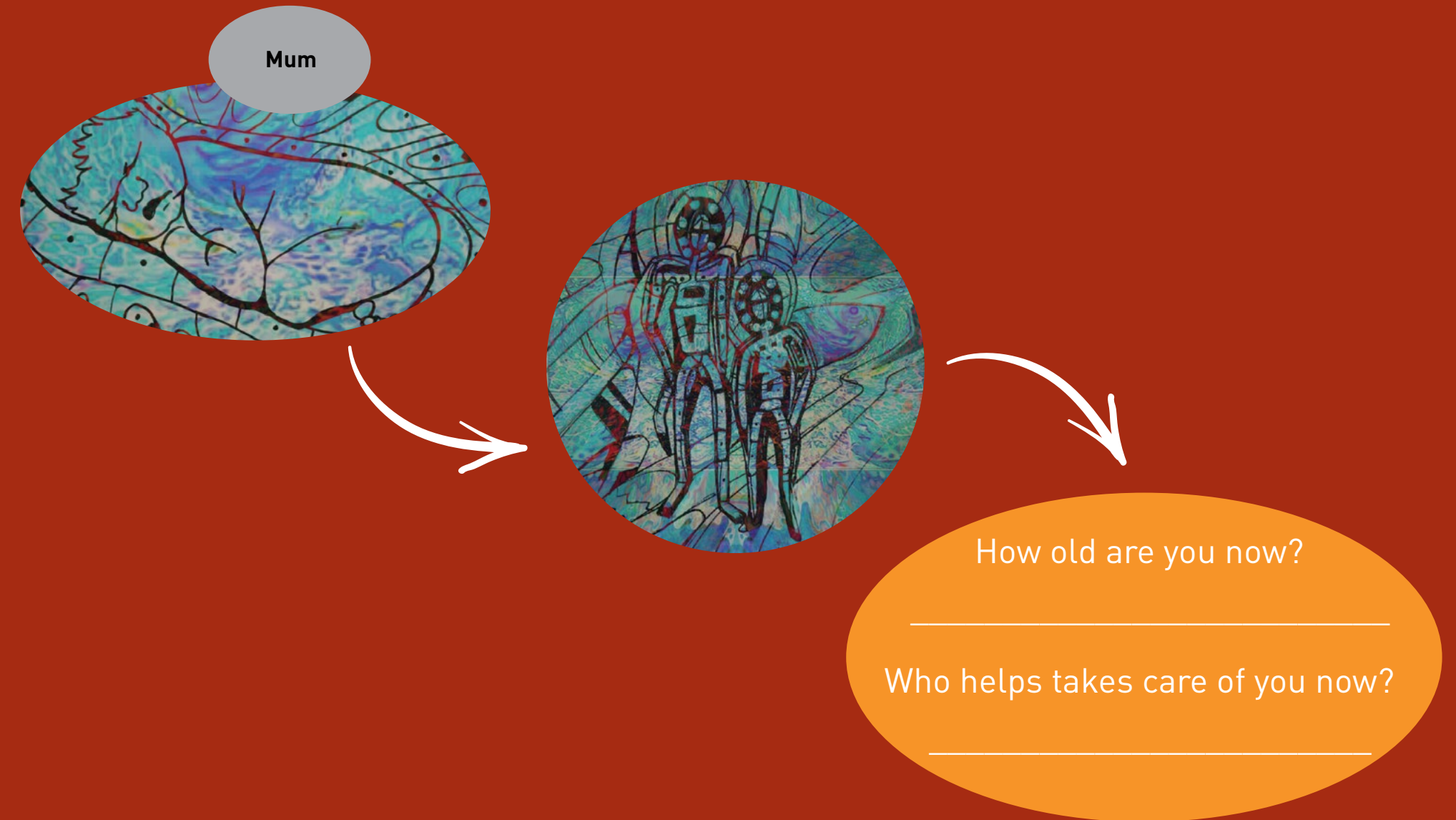
You can get more information from the [AIATSIS Map of Indigenous Australia](#).





When Shannon was little,  
his Mum and Grandparents  
took care of him.

Choose stickers at the centre of this book to show the people who took care of you when you were younger. An example sticker has been done for you.







Some really hard times happened when Shannon was young. His grandparents made sure he knew they loved him. They also made sure he went to school and helped him to learn and grow up strong.

Draw arrows from the questions to the people.

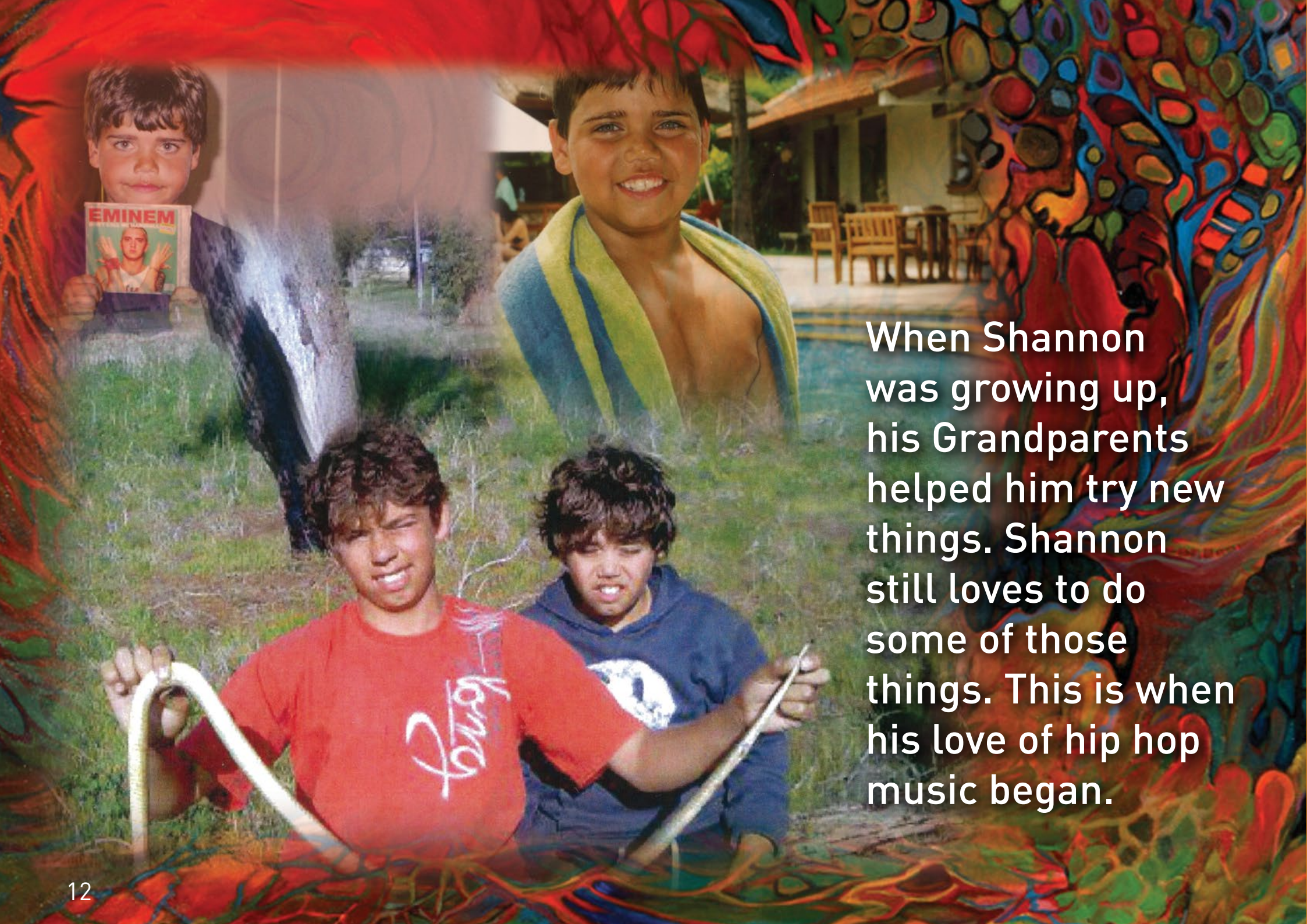
An example has been done for you.

Then draw lines from the people to the things you like to do with them.

Write your own 'people' and 'activity' circles.







When Shannon was growing up, his Grandparents helped him try new things. Shannon still loves to do some of those things. This is when his love of hip hop music began.

Choose stickers from the centre of this book to match the things you love to do.

I love to ...

What other things would you like to try?

I'd like to try ...

Draw or write about other things you love to do or would like to try.



Everyone needs help sometimes. Shannon needed help too.

What do you need help with? Draw lines from Shannon's circles to you to show what you need help with. Write other things you need help with in the white circles.

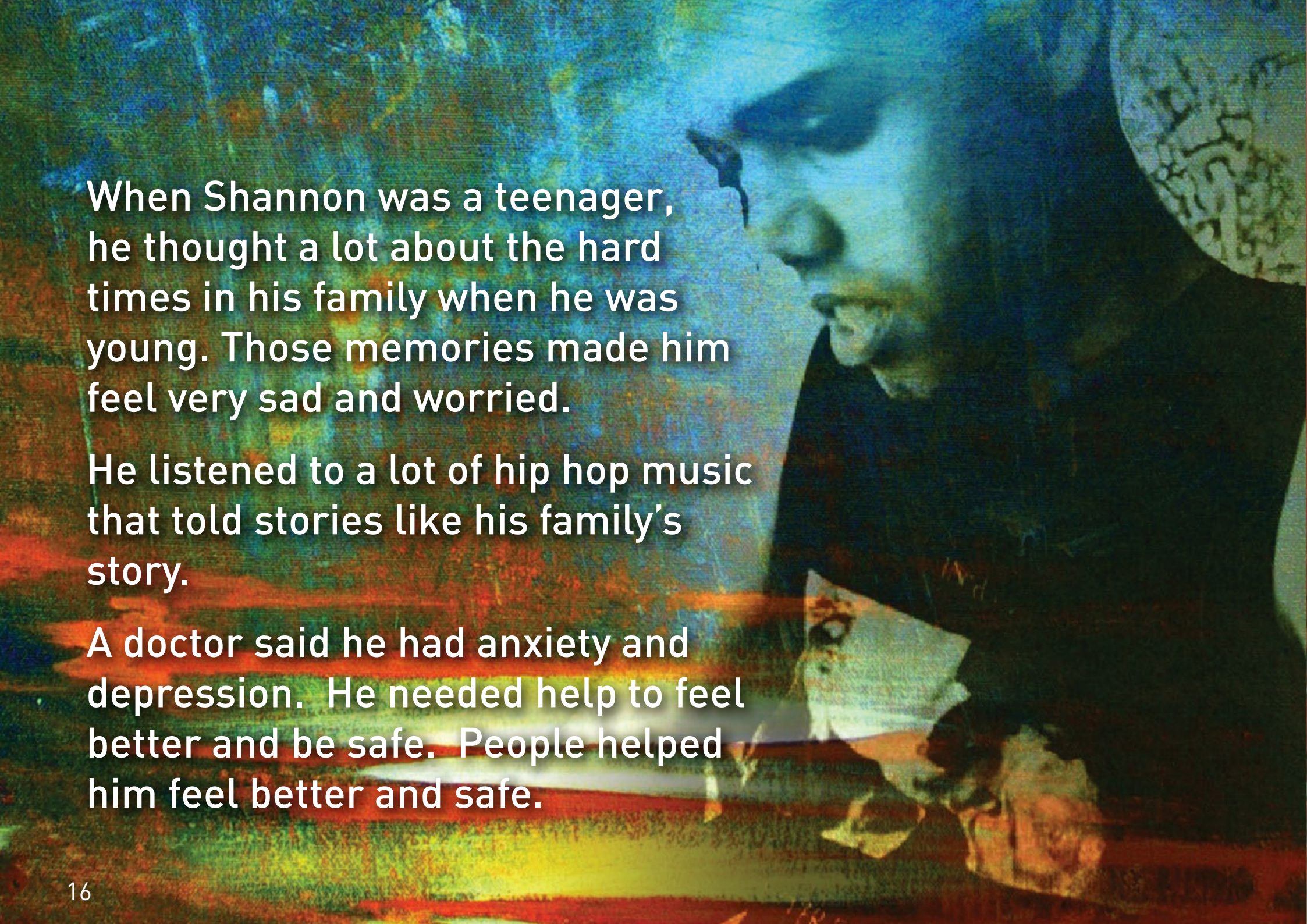


Think more about the help you need every day and for where you want to be in the future.

Choose stickers from the centre of this book to match with the help you need.

Draw or write about other types of help you need.






When Shannon was a teenager, he thought a lot about the hard times in his family when he was young. Those memories made him feel very sad and worried.

He listened to a lot of hip hop music that told stories like his family's story.

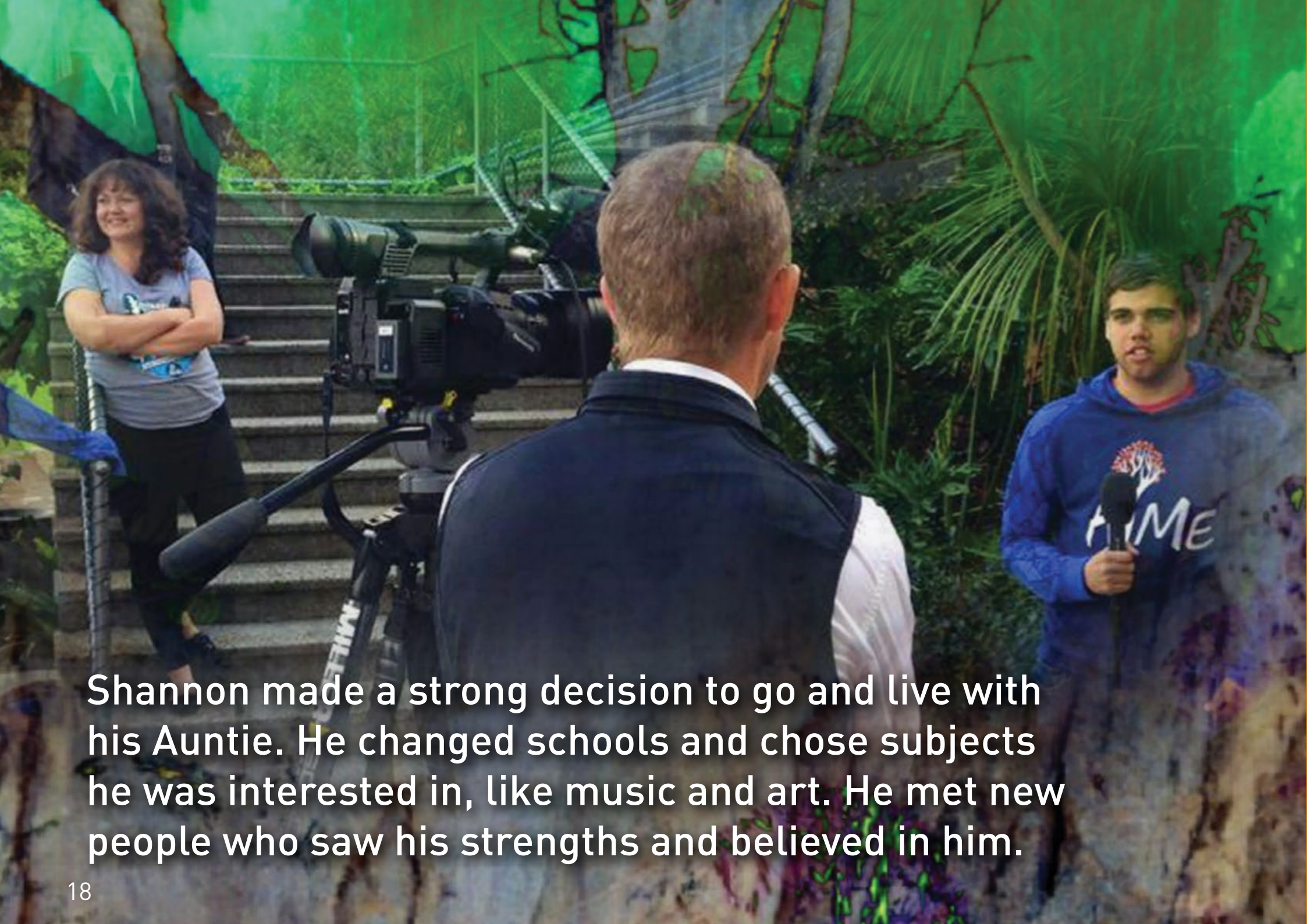
A doctor said he had anxiety and depression. He needed help to feel better and be safe. People helped him feel better and safe.



Who helps you when you feel sad and worried?

Write a name on each finger.





Shannon made a strong decision to go and live with his Auntie. He changed schools and chose subjects he was interested in, like music and art. He met new people who saw his strengths and believed in him.

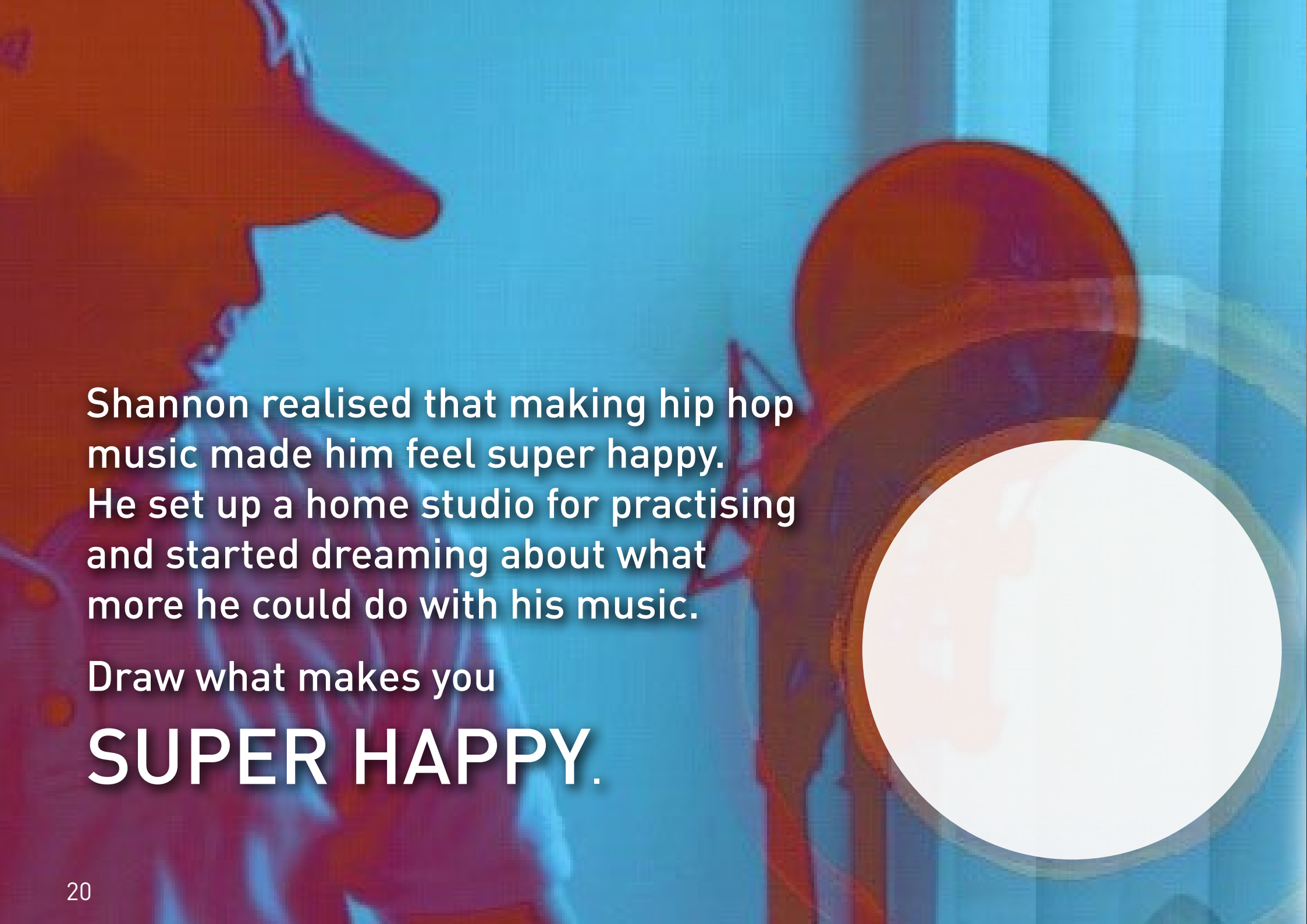
Everyone has strengths and things they're good at.

What are you good at?

Choose Strengths stickers from the centre of this book or draw your own Strengths stickers.








Shannon realised that making hip hop music made him feel super happy. He set up a home studio for practising and started dreaming about what more he could do with his music.

Draw what makes you

**SUPER HAPPY.**



Shannon's dream for his music has got bigger! He wants to go all round WA sharing his music with Aboriginal young people.

Everyone can share what they're good at.

Draw what you want to share.



Shannon knows he will need to work at making his dream come true. He's made a BIG PLAN for his BIG DREAM.

**This year:**

- ✓ Keep my job to save for uni and hire a manager
- ✓ Practice my hip-hop every week
  - ✓ Get more gigs
- ✓ Catch-up with my believers
- ✓ Talk positive to myself

**In a couple of years:**

- ✓ Go to uni to learn about my culture and music
- ✓ Stay connected with my believers
- ✓ Keep talking positive to myself - I've got this!
- ✓ Start talking to regional people

**In a few years:**

- ✓ Be strong in my culture
- ✓ Be a famous hip-hop artist
- ✓ Go to remote communities and towns to teach young people about hip-hop.

Write your **BIG PLAN** for your **BIG DREAM** for what you want to share.

**This year**

- ✓
- ✓
- ✓

**In a couple of years**

- ✓
- ✓
- ✓

**In a few years**

- ✓
- ✓
- ✓



Shannon knows he will need help to keep his  
**BIG PLAN** on track.

**My BIG PLAN:**  
Keep my job

**Help I need:**  
Ask my boss to give me more of the jobs I like most

**My BIG PLAN:**  
Practise every week

**Help I need:**  
Set a reminder on my phone

**My BIG PLAN:**  
Get more gigs

**Help I need:**  
Hire a Manager

**My BIG PLAN:**  
Catch up with my believers

**Help I need:**  
Ask Jack and Tom to call me every week

**My BIG PLAN:**  
Talk positive to myself

**Help I need:**  
Book regular catch ups with my mentor

**My BIG PLAN:**  
Stay healthy

**Help I need:**  
Join my local gym

Now it's your turn.

**My BIG PLAN:**  
\_\_\_\_\_

**Help I need:**  
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\_\_\_\_\_  
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**My BIG PLAN:**  
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**Help I need:**  
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**My BIG PLAN:**  
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**Help I need:**  
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**My BIG PLAN:**  
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**Help I need:**  
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**My BIG PLAN:**  
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**Help I need:**  
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**My BIG PLAN:**  
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**Help I need:**  
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# YOUR NOTES PAGE

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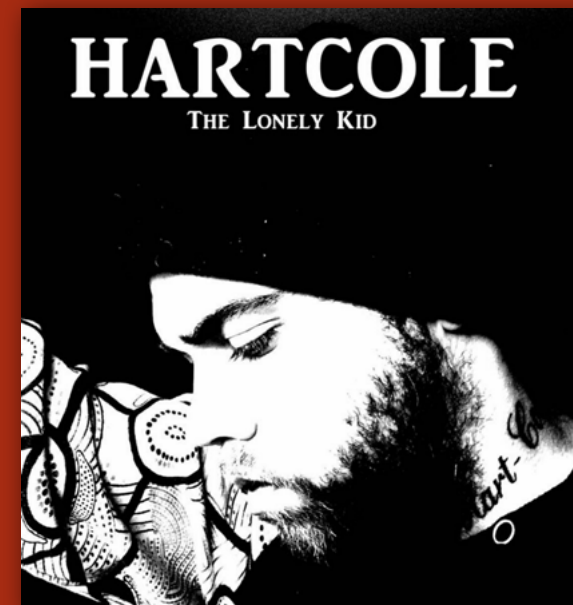
**Last thing, let's stay together and help each other out with our goals and plans.**

**Reach me on Facebook or through  
WA's Individualised Services.**

Or you can meet me at a gig and find my music on Spotify or SoundCloud.







Contact us at  
[admin@waindividualisedservices.org.au](mailto:admin@waindividualisedservices.org.au)

 Like us on Facebook

[www.waindividualisedservices.org.au](http://www.waindividualisedservices.org.au)