



Why MY Voice should be heard

Think of it like being the captain of your own team!

It's all about YOU!

Your therapy is for *your* goals and *your* needs. No one knows how you feel or what is hard for you better than you do!

Example: If your occupational therapist is helping you with writing, you can tell them, "My hand gets tired when I hold my pencil this way."

You know what's fun (and what's not!)

When you enjoy what you are doing, you learn better and will probably spend more time doing it! Your therapists and support workers can make games and activities that you will love if you tell them your ideas.

Example: If your speech therapist wants to play a word game, you could say, "Can we play a game about superheroes? I know lots about superheroes!"

It helps other people understand you better

When you share your thoughts, your therapists and support workers can learn more about you and how you learn best.

Example: If an activity feels too hard, you can say, "This is a bit hard for me today. Could we try something a little easier?"

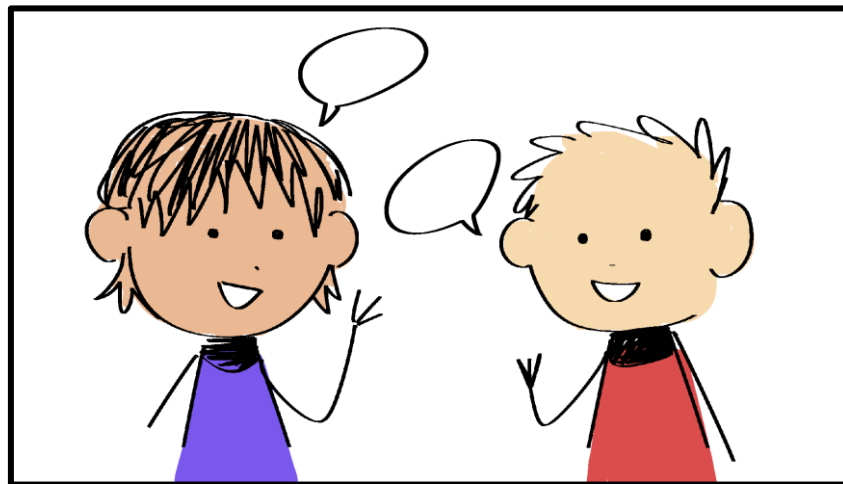
You learn to solve problems!

Speaking up helps you practice telling people what you need, which is a super important skill for life!

Example: If you do not understand something, you can say, "Can you explain that in a different way?"

You will feel proud and confident!

When you have a say in your therapy, you will feel more in charge and proud of the progress you make. It is *your* journey!



How can you share your voice?

It's easy! Here are some ways you can speak up:

Tell them what you like

For example, " I really like playing that game" or you can use your body language, like smiling when they suggest something you like or getting close to get a good look at the activity.

Tell them what you don't like

For example, "This activity is too hard for me right now," or "I don't really feel like drawing today."

Suggest an idea

For example, "Can we try this while we build with LEGOs?" or "Could we do something about animals?"

Ask questions

Like "Why are we doing this?" or "What's this activity going to help me with?"

Show them how you feel

If you're confused or frustrated, we can sometimes show it with our face or body language – this is okay. This can help others see that something is wrong and then talk about it or make a plan for something different.

Draw a picture or point

Talking is only one way to share our ideas, you can also draw what you mean or point to things.

Use a communication board or app

If you have a Communication board or device you can use this!

Remember:

Your therapists and support workers are there to help *you*. They want to hear what you think and feel. Try not to be shy about it! When you speak up, you will learn and grow even more! If you are still learning to speak up, you can share your ideas with a parent or trusted adult and they will help you.

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