



# Planning Booklet



## Planning Area 10: **Spirituality**



## Don't forget!

Make sure you save your work by downloading and saving this PDF to your own computer before you write in it.

## What does spirituality mean to me?

Everyone's spirituality is different. Your spirituality might be about things like love, faith, belonging to a community, believing in God or going to church. It could also be about how amazing nature is, or how you feel when you listen to certain music. Sometimes spirituality is about giving thanks for the good things in our lives. Sometimes it helps us when we feel bad. You might not be sure about your spirituality. Other people might not know what is important to you either.

### Do I and my supporters need help to find out what spirituality means to me?

Look at the list in the table below. Choose the areas that help you and your supporters have a conversation about your spirituality. Then you can write down any ideas that come to you now or ideas about what else to do with this information.

We've given you some examples.

<b>Choose anything below that might give you some clues to your spirituality.</b>	<b>What ideas about my spirituality does this make me think about?</b>	<b>What could happen next about this?  Is there someone else I can involve in this? How?</b>
Example: The types of music I like and how I feel when I listen to it	Yes. I really like music. It makes me feel calm and also helps me connect to other people.  I've never thought about my music as a spiritual thing.	I would like to see what my team thinks about this.

## Now it's your turn

<p><b>Choose anything below that might give you some clues to your spirituality.</b></p>	<p><b>What ideas about my spirituality does this make me think about?</b></p>	<p><b>What could happen next about this?</b></p> <p><b>Is there someone else I can involve in this?</b></p> <p><b>How?</b></p>
<p>The types of music I like and how I feel when I listen to it</p>		
<p>The things I like to read</p>		
<p>Which pictures have special meaning for me</p>		
<p>The dates I like to celebrate or remember</p>		
<p>My favourite places</p>		
<p>Whether I prefer to spend private time alone, or with groups of people</p>		
<p>Likes and dislikes around food which might be to do with my spirituality</p>		
<p>Whether I practice any rituals which may have spiritual meaning to me</p>		
<p>The things I notice or are attracted to in people or places</p>		
<p>My favourite objects</p>		
<p>What difference I would like to make in the world</p>		

## Learning what spiritual words mean

People use certain words and phrases to describe spiritual ideas. You might need help to understand them. You might need pictures to help you to understand some words. You might also need help to program them into your communication system if you use one.

### Do I need support to learn about what spiritual words mean?

Look at the list below. Choose any things you want to learn about.

The difference between body, spirit and soul

God, or a 'higher being'

What it means when people say all people are connected to each other

Why people with the same beliefs get together to share their spirituality

Spiritual rituals

Meditation

Prayer

Atheism and agnosticism

Church, mosque, synagogue or other places of worship

Non-religious words people use to express spiritual ideas, like energy, zen or the meaning of life

### Are there any other spiritual words or ideas might I want to learn?

Example: Yes my aunt just died. I want to learn about what happens when you die.

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page in the first column.**

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps that will mean you learn these spiritual words.</b>	<b>What can I do to make this idea happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask?</b>	<b>When do I want to do this?</b>
<p>Example: Make sure some of these words are in my communication system</p>	<p>-</p>	<p>Yes support to make sure these words are in my communication system</p>	<p>I don't know. Maybe my brother. Maybe my trusted support worker.</p>	<p>I will see my brother in a couple of weekends. I will ask what he thinks.</p>

## Now it's your turn

<b>Describe the next steps that will mean you learn these spiritual words.</b>	<b>What can I do to make this idea happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask?</b>	<b>When do I want to do this?</b>
1.				
2.				
3.				

## Exploring spirituality in my culture

You have the right to learn about the spiritual beliefs and practices of your culture. Your cultural history, traditions, stories and ways of life might be very important to you. They must be honoured by services which support you if that is what you want.

### Do I need support to understand parts of my culture, religion or both?

**Look at the list in the table below.  
Choose as many ideas as you want.**

Once you have done that you can think about the kinds of support you need. Fill in the columns that ask you about the support you need and what the next steps are.

We've also given you an example.

<b>Choose the things that will help you understand your culture and religion.</b>	<b>Is there anything else I want to say about this?</b>	<b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?  Yes or if No, who can I ask to find it?</b>	<b>What can I do next and when?</b>
<p>Example: Beliefs about transitions like birth and death</p>	<p>My aunt died and I still don't really understand what happened. I still feel very sad.</p>	<p>Stories. Someone to talk to.</p>	<p>No. My family has tried. It would be good to know if there is someone else I can talk to.</p>	<p>I will talk to my trusted work, John, when I see him next about what I should do.</p>

## Now it's your turn

Choose the things that will help you understand your culture and religion.	Is there anything else I want to say about this?	What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  Yes or if No, who can I ask to find it?	What can I do next and when?
Beliefs and values				
Rituals and traditions				
Stories and history				
Important celebrations				
Dietary practices				



<b>Choose the things that will help you understand your culture and religion.</b>	<b>Is there anything else I want to say about this?</b>	<b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?  Yes or if No, who can I ask to find it?</b>	<b>What can I do next and when?</b>
Moral codes				
Approaches to health, health practices and medicine				
Beliefs and practices about transitions like birth, death or marriage				
Behaviours which are ok, and those which are taboo				
Attitudes to privacy and touching				

## **New spiritual places, practices or groups**

You might like to experience new spiritual places, practices or groups to find out if you like them.

Many people say its the relationships with others in the religious community which are most important. You might want to spend some time getting to know people in the spiritual places you explore. You can decide if you want to spend more time with those people.

### **Would I like to experience new spiritual places, practices or groups?**

Look at the list below. Choose any things you want to try.

Attend some of the churches in my community

Make a visual chart which maps the things I like about each spiritual place I visit

Some meditation groups

Join the activities of my local environmental groups

Get to know the people who belong to a spiritual group I am interested in

Join in social events run by a spiritual group

Listen to the music of different religious groups and saying which music I like

Attend some religious festivals or celebrations in my community

Learn about religious texts in a study group

### **Is there anything else I want to try?**

Example: Yes I want to try a choir.

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page in the first column.**

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps that will mean you can do the spiritual activities you want.</b>	<b>What can I do to make this idea happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask?</b>	<b>When do I want to do this?</b>
<p>Example: Find out what environmental groups are welcoming</p>	<p>I can talk to my friend Daria who is involved with some groups to see what she knows.</p>	<p>Yes. I need help to find groups and join them.</p> <p>I need help knowing what things I can do in the group.</p> <p>I may need some equipment.</p> <p>Support person and help to get there and back.</p>	<p>No. Maybe I can take to NDIS planning meeting.</p>	<p>I will see Daria next week.</p>

## Now it's your turn

<p><b>Describe the next steps that will mean you can do the spiritual activities you want.</b></p>	<p><b>What can I do to make this idea happen?</b></p>	<p><b>Is there anything I want support with?</b></p> <p><b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</p>	<p><b>Do I have this support?</b></p> <p><b>Yes or if No, who can I ask?</b></p>	<p><b>When do I want to do this?</b></p>
1.				
2.				
3.				
4.				
5.				

## Including my spiritual beliefs in decisions

Spirituality can be an important part of decisions people make in their lives. Some religions have rules about the things you can and can't do, like not stealing things. Spiritual beliefs can guide people in their choices about how to treat other people, like looking after people who need help or forgiving people when they do something wrong. Spirituality can also be an important part of people's daily routines.

### Do I need support to include my spiritual beliefs and values in decisions I make?

Look at the list in the table below.

Do you need any of these things to support you in the decisions you make?

Choose as many ideas as you want.

Once you have done that you can think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

Choose the ideas that will help include your spiritual beliefs in your decision-making.	Is there any more information I want to record about this?	What can I do to make this idea happen?	Is there anything I will need support to do?  What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	Do I have this support?  Yes or if No, who can I ask?	When do I want to do this?
Example: Make sure my spirituality is part of my daily life, like having prayer or meditation time included in my daily schedule	I need to get better at this  I enjoy just stopping and doing a meditation in the morning.	I can ask my worker to help me take time to do this in the morning.	I like guided meditation so just help setting this up.  Technology and a person.	My workers.	Next week.

## Now it's your turn

<p><b>Choose the ideas that will help include your spiritual beliefs in your decision-making.</b></p>	<p><b>Is there any more information I want to record about this?</b></p>	<p><b>What can I do to make this idea happen?</b></p>	<p><b>Is there anything I will need support to do?</b></p> <p><b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b></p>	<p><b>Do I have this support?</b></p> <p><b>Yes or if No, who can I ask?</b></p>	<p><b>When do I want to do this?</b></p>
<p>Have my religion's rules in Easy English, in audio or as pictures</p>					
<p>Learn from other people and how their beliefs affect their decisions</p>					
<p>Decide how I want my spirituality to guide my choices in relationships with other people</p>					
<p>Learn about the rules my religion has about romantic relationships and marriage</p>					

<b>Choose the ideas that will help include your spiritual beliefs in your decision-making.</b>	<b>Is there any more information I want to record about this?</b>	<b>What can I do to make this idea happen?</b>	<b>Is there anything I will need support to do?</b>  <b>What kind of support do I need?</b> <small>(technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</small>	<b>Do I have this support?</b>  <b>Yes or if No, who can I ask?</b>	<b>When do I want to do this?</b>
Make sure my spirituality is part of my daily life, like having prayer or meditation time included in my daily schedule					
Choose which practices of my faith I don't want to do					
Invite my faith community to be part of supported decision making, planning or staff training					
Make sure there is always somebody who shares my faith to support my decision making and planning					
Say what I want to do for my community, like being of service to other people					

## My spiritual needs at different times of life

People often turn to their spirituality when something important happens. Sometimes when a baby is born people hold a religious ceremony called a Christening. This is usually a happy time. Different religions also have beliefs about what happens when a person dies. When people die, funerals are often held in the person's church. Different religions also have different kinds of wedding ceremonies and celebrations.

Some people find their spirituality helps them to feel better when they are sad, sick or when life is very hard. They might like to pray or meditate at these times, or spend time with their spiritual group.

### **Do I want to make sure spirituality will be part of my life when things are very good, not so good or very bad?**

Look at the list below. Choose the things you would like to have happen at the appropriate time in your life.

Explore different beliefs about the meaning of birth and death, like reincarnation or heaven

Learn about the different rituals of birth and death, such as christenings or funerals?

Learn about non-religious rituals such as civil marriages or commitment ceremonies

Learn about the beliefs of different cultures about what happens as I grow from being a child to an adult

Be supported to find spiritual meaning in sad things that happen

Understand my beliefs about death, and tell someone what kind of funeral I want to have

Plan for my spiritual needs if I am sick or feeling very sad, like making sure I can see the people from my church at these times

Communicate my needs around prayer, meditation or going to church



**Is there anything else I need to make spirituality part of my life when things are very happy, very sad or very hard?**

**Is there anyone else who needs to know that these things are important to me?  
You can write their names here.**

**Look at what you recorded in a), b) and c). Think about any next steps that are important to take now and write them down.**

## Being included by my spiritual community

You might need support to be included by your spiritual group. You might need a wheelchair ramp to get into your church. You might need help to understand things, like having pictures to understand religious stories, or a recording of religious texts.

You may also need help to join in activities such as choir practice, helping in the kitchen, meetings, or being a leader or teacher. Your gifts and talents can be important to your spiritual community. It is important that you get the support you need to join in.

### Does my spiritual community need support to include me?

Look at the list below. Choose anything you think people in your spiritual community need help with.

Work out how I can get into and around buildings

Change written texts so I can understand them

Help me understand and join in rituals, ceremonies, classes or religious holidays

Understand the role of disability in their faith and values

Make services and ceremonies more accessible to me

Discover how my spiritual community can welcome and interact with me

Work out how I can join in choir or music that is sung or played

Make sure I get to and from the place we meet each week

Help people know its ok to invite me to their house or to social events

Understand my gifts and strengths to find out how I want to contribute to my spiritual community

### Is there anything else my spiritual community needs to include me?

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page in the first column.**

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps that will mean your spiritual community includes you better.</b>	<b>Who needs to be involved in making this happen?</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	<b>When do I want to do this?</b>
Example: Get the youth leaders to use pictures to help me understand and join in	Me  Youth leaders.  My support worker who comes with me.	I can ask my support worker to tell the youth leaders we want to do this.	No.	I will see my support worker next Saturday before youth group.

## Now it's your turn

<b>Describe the next steps that will mean your spiritual community includes you better.</b>	<b>Who needs to be involved in making this happen?</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	<b>When do I want to do this?</b>
1.				
2.				
3.				
4.				

## Supporters' roles in my spirituality

Having a spiritual life is not just about going to church or being part of a community. Spirituality can be part of your daily life and routines. For example, you might want private time to pray every day, or you might want help to say a prayer on your communication device. There might be rules in your religion about which foods you can and can't eat. There might be holy days or festivals which you wish to keep.

### Do my supporters need help to understand their role in supporting my spirituality?

Think about the people you see regularly. How are they going in their roles to support your spirituality? Would it be good to make some changes?

Look at the list below and choose anything that you think would be helpful.

Make sure my communication device has the words I need to talk about my religion

Support me to take part in any daily rituals and traditions I choose

Support me to take part in religious festivals or holy days each year

Make sure I can access any religious items which are important to me

Make sure I can do the activities which support my spirituality like music, art, drama, science or nature

Support me to have quiet time for prayer or meditation as often as I want

Support me to ask for help from my faith community when I need it, like when I want others to pray for me

Make sure I can access my faith community of choice

Make sure I can invite members of my spiritual group to social events at my home

### Is there anything else my supporters should do to support my spirituality?

**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page in the first column.**

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps that will mean people in your life support your spirituality.</b>	<b>Who needs to be involved in making this happen?</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need? (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)</b>	<b>When do I want to do this?</b>
<p>Example: I can't go to events if mum or dad can't go. Also I don't always want to go with them. I would like to go to events when I want.</p>	<p>Me Mum and dad. Evelyn A support person but I don't have one.</p>	<p>Talk to my family friend, Evelyn who always comes with us.</p>	<p>Yes it would be good for Evelyn to help me talk to mum and dad.  I need to be able to get there and get home again.  I need support when I am there.</p>	<p>I will message Evelyn next week.</p>

## Now it's your turn

<b>Describe the next steps that will mean people in your life support your spirituality.</b>	<b>Who needs to be involved in making this happen?</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	<b>When do I want to do this?</b>
1.				
2.				
3.				
4.				

## Support staff roles in my spirituality

You might want to have staff who understand or share your beliefs. Your staff might need help to respect your spirituality by understanding that there are certain things they shouldn't do or say around you. You might want your staff to have some training about how to be supportive of your beliefs. You could ask your family or faith community to help.

### **Do my support staff need help to understand how to respect my spirituality?**

Think about your current paid support staff. Would it be good to make some changes? How are they going in their roles to support your spirituality?

Look at the list below and choose anything that you think would be helpful.

Make sure some or all of my support staff are of the same faith as me

They are trained to understand my faith and its role in my life

Make sure they are not offending my faith in the way they use language, for example by not using the name of God as a way to express anger, or not telling religious jokes

Make sure they are respectful of any taboos or superstitions of my culture

Make sure they don't pressure me to change my beliefs or to agree with their beliefs

Understand how my faith affects my daily routines, the way I dress, or food

Respect my beliefs about death and support me to share my thoughts

Notice when I am in a spiritual space and are careful not to interrupt me

Make sure their own beliefs don't stop them from supporting my right to my spiritual life

**Is there anything else my support staff need help with when it comes to respecting my spirituality?**



**Focus on your answers from above. Now think about what is needed to make these things happen. You can record these in the table on the next page in the first column.**

Once you have done this you can then think about whether you need support to make these ideas happen. What things can you organise yourself and what do you need support to do? Fill in the columns that ask you about the support you need.

We've also given you an example.

<b>Describe the next steps that will mean your support staff know what to do.</b>	<b>Who needs to be involved in making this happen?</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	<b>When do I want to do this?</b>
Example: I have never thought of having time to train staff when they start working with me. This would be a good idea	My worker, Dinesh, as he has been with me a long time.  My mum.	I can be involved.	Write things down for new staff  With support from Dinesh.	I will talk to mum and Dinesh.

## Now it's your turn

<b>Describe the next steps that will mean your support staff know what to do.</b>	<b>Who needs to be involved in making this happen?</b>	<b>What can I do to make this step happen?</b>	<b>Is there anything I want support with?</b>  <b>What kind of support do I need?</b> (technology, equipment, support from a person, a visual plan or example, training for myself, peer support, other)	<b>When do I want to do this?</b>
1.				
2.				
3.				
4.				

## Do I have any more ideas?

If you want, you can look again at the main topics in this Planning Manual and add any more ideas or steps you think are important.

1. What does spirituality mean to me?

2. Learning what spiritual words mean

3. Exploring spirituality in my culture

For example: I think it would be good to join the youth group. I will need support to join and get there. I need help to get involved, like a support person. Maybe NDIS can help because I don't have that support.

4. New spiritual places, practices or groups

5. Including my spiritual beliefs in decisions

6. My spiritual needs at different time of life

7. Being included in my spiritual community

8. Supporters' roles in my spirituality

9. Support staff roles in my spirituality

For example: Can I think about hiring someone who shares the same beliefs? I need to find out.

## **Making a Goal**

The main Goal of this Planning Area was to help you discover what spirituality means to you. You may now have a list of strategies and actions that can help you do just that!

If there is anything you want to add to this Goal statement, you can do that below.

For example: I think the most important thing is starting to go to events without mum and dad all the time.

**Now you have finished, you may have a Goal, some Strategies to reach that Goal, and some Actions to get started!**