Art Form

# A workbook for artists

This workbook is dedicated to all artists and creatives

Why is art important?

Art is a form of creative expression that can communicate feelings about life. Art benefits us, the communities we live in and society that we are part of. Art helps us understand ourselves and each other. Art can inspire and art is diverse. Art can tell a story and reach out to people. Art improves creativity and gives confidence.

We wish you lots of creativity and support to make your artistic dreams and projects come alive — we are your advocate and champion!

From the team at Arts Access Victoria

**Art Form** is a workbook designed by and for young people with disability and mental health issues, to advocate and plan for current and future arts activities. **Art Form** is a notebook, diary, journal or planning tool, where you can plan, list, record and explore your passion for art. You can work through this alone or with a support person and refer to this workbook anytime when planning your goals.

What are the art activities you can explore in this workbook?

* Drawing
* Painting
* Dance
* Performance
* Writing
* Sculpture
* Singing
* Circus
* Music
* Film
* Craft
* Gaming
* Podcasts
* and many more

**Art Form** is a workbook designed to support you to live a life full of art and to talk to people about your art and what it means to you — it can also help you navigate the NDIS to include art in your NDIS plan.

You can go through this workbook from the beginning and complete the activities and use the blank pages to write, draw or plan a project. You can also plan your art making activities with an NDIS planner and ask for what you need.

Yellow pages (like this one) can assist you in an NDIS planning meeting and are worth sharing with people who are important to you.

# Let’s begin!

## What kind of art do you make?

## What stories do you tell through your art?

## What are you working on at the moment?

## My favourite part of this work is…

## Doing this work makes me feel…

## When I make this work, I’m surprised by…

## Does making art give you new skills or abilities?

## Which skills or abilities do you gain from practicing your art right now:

Practical skills, like working with my hands

Managing my time

Following through with tasks

Talking to people I wouldn’t usually get to meet

Expressing and communicating my ideas and emotions

Getting from A to B on public transport

Telling my story to others

Recording my emotions

Self-awareness and understanding

Daily life skills that make me more employable

Something to work towards

Be more organised

Skills to find a job or paid work

Other

When thinking about how much you value art, it can help to question what your life would be like if you didn’t have access to art. What would it be like if you couldn’t be creative?

# Be a champion

There may be times when you need to call on someone, or yourself, to support you to stand up for yourself.

Being your own champion is self-advocating and supporting yourself to:

* Ask for what you want and telling someone what you need
* Speak up for yourself and sharing your wishes and goals
* Stand up for your rights

As an individual you have rights and should be treated fairly. You have the right to take part in arts and culture, to:

* Be creative
* Make art
* Learn new creative and artistic skills
* Go to an arts event
* Work in the arts
* Say you want art in your life or health plan
* Say how important art is to you
* Stand up for your right to make art
* Take responsibility for how you want to be involved
* in the arts
* Use art to say something about your life

## When do you need to advocate for yourself?

There are many situations where you need to be your own champion. You may need to advocate for yourself and how you want to take part in the arts in meetings with:

* NDIS Planners and Support Coordinators
* Arts and community and disability organisations
* Your health service provider
* Your family and friends

For example, in an NDIS planning meeting, you may need to explain to a planner why art is important in your life and why you want it in your plan.

This workbook can assist you to do that.

## When was a time you had to stand up for your rights and what happened?

## Did anyone assist you and how did they cheer you on?

# Choose your champions!

There are many different people who can assist you to plan your goals and can include people:

You know and trust

You think could help you stand up for what you want and need

From an arts organisation that you are involved with

Who know what your daily life looks like

You would like to take with you into a meeting about your art

Who understand your art and what you do

From an advocacy or service organisation

From Arts Access Victoria

## Who are your biggest fans? Tick the people you would include in your support team:

A friend

A family member

A person from an art group

A person from a community centre I visit

Art Support Worker

A Health Worker

An advocate from a disability organisation

A person from Arts Access Victoria

# The benefit of art

If you are in an NDIS planning meeting, you will need to talk about how art benefits your health and well-being. To receive NDIS funding for your art making/participation — be your own champion and tell your biggest fans how art supports your health and wellbeing.

Let’s look at how the arts improve your health and well-being and tick the following that apply to you:

## Being involved in the arts benefits me to:

Communicate and express how I’m feeling

Feel good about myself

Give my day purpose and meaning

Stay focused and follow through with tasks

Ease a feeling of loneliness and isolation

Feel happier and healthier physically, emotionally and mentally

Recognise if I am starting to feel unwell or sick

Manage my health

Get out of bed in the morning

Move my body and make me feel good

Other

## How is art important in your life?

## What does art mean to you in your daily life?

## What’s your favourite thing about making art?

# Your art community

Making art can connect you with the community, whether you’re working on an art project or in the arts community. Making or working in the arts can improve your social skills and connect you to a community of friends and work mates. The NDIS can help fund connections to your art community.

## Where do you make art?

Community centre

Local arts organisation

Studio

Home

Youth arts space

Youth centre

Theatre space

Rehearsal room

Dance studio

Classroom

Disability or health service provider

Other

## Does being involved in the arts help you feel less isolated? If it does, write down how.

## Does your work have an outcome, like a show or an exhibition? And how does this help you feel connected to your art community?

## If you like making art in a group, tick the points below that are important to you:

Connecting with people and making friends

Working in a safe and supportive environment

A mixture of social and physical activities

Feeling valued

Being a member of an art group or network

Other

## Going to see exhibitions or performances is another way of connecting to your community. Is this something you would like to do?

Yes  No  Unsure

## You may need to work with people who have certain knowledge and skills. Tick the people from your art community that you need the support of for your art making:

Mentor

Artist/art worker

Editor

Writer

Director

Marketing person

Grant writer

Hanging/installation

Unsure — [contact Arts Access Victoria](https://www.artsaccess.com.au/contact-us/) to explore further

## Art making can be a very personal experience, so it’s OK if you like to make art alone. List the benefits that you feel from making art alone:

There are many ways to be involved in art. The creative industry is so large that you can explore various opportunities through further education or employment. Think about new skills you want and where you can learn them.

## Tick the following steps you would like to take in developing your art activity:

Work on a community art project

Design posters for an event or art group

Write for a magazine

Make a film and enter it into a film festival

Paint a mural and present it to the local community

Perform in a theatre production

Join a youth arts group in my local area

Have an exhibition in a gallery

Learn photography

Create a podcast or an app

Work in an art supply shop

Usher in a theatre or cinema

Create a website of my art or start a blog

Write a book of poems

Other

## Tick any steps you want to take to develop your love for art:

Do a short course

Do a TAFE or university course

Do an internship in an organisation

Volunteer on an arts project

Volunteer in a community or arts organisation

Look for work in the arts sector

Be an independent artist

Start an art, theatre or music group

I want to learn the following skills and not sure where or how I can do this

# Time to make a plan!

## Step One

* Get together with your support team to:
* Talk about what you want to do with art in your life
* Talk about what you need to make this happen
* Share news, ideas and information with them
* Speak to other artists who have experience planningtheir art

## Step Two

Together with your support team, use this workbook to reflect on what art means to you and what you want to do with your art:

* Talk about the things that affect you and what you want and need
* You have a right to be an artist and to say you want to have art in your life
* Make sure your choices and statements to your support team or NDIS planner reflect what you want and need

## Step Three

Tick all the things below that you need to help you reach your art goals:

Access to art materials and spaces to work

Access to high-quality art programs

Someone to assist me in the art space

Transport to get to my arts practice or community workshop

Work with a professional artist as a mentor or teacher

Have time to make and practice my art

Have access to an Auslan interpreter

Access to a computer and the internet

Make a website and set up a social media page

Be around people who support and know me

A friendly environment

Learn new skills

Present my art

Meet with other artists and people who share my interests

Access to further art education and training

Opportunity to volunteer and be employed

Personal care assistance

Other

In the next part of the workbook, reflect on the previous pages and start to create a plan. Look at the list of things you ticked and list them here.

For example, if you ticked — **Access to art materials and spaces to work** — list the kind of space you need to work in, like a rehearsal room, music or printing studio.

## Where do I make art?

## When do I make art? Is this a certain time of day, every day? Or certain time of the year?

## How do I make my work?

## What is the medium I use?

## What do I need to make my work?

What kind of materials, supports, people, access supports do I need?

## Who do I need to support me? Other artists, mentor, Support Coordinator...

For example, you can take anyone you want to an NDIS planning meeting.

When planning your art making, art project or further education activity, you will need to think about how you will manage your money.

If you are funded through NDIS, you can manage your money yourself or ask your Support Coordinator to do this for you.

**It is important that you have choice and control over your funding.**

# Art calendar

Use this calendar to plan your art activities month to month. Here are some key activities and actions you may like to include in your planning:

* Meet with support people
* NDIS planning meeting
* Workshop/class/rehearsal
* Meet with friends/artists/art
* workers/community organisation
* Draw/paint/rehearse/play
* See an exhibition/performance/theatre show/concert
* Write/document
* Final exhibition/performance/concert

You can use [Chooseart](https://artsaccess-my.sharepoint.com/personal/sknox_artsaccess_com_au/Documents/chooseart.com.au) to search inclusive arts programs, events or opportunities across Victoria when planning your activities.

## Art calendar

January

February

March

April

May

June

July

August

September

October

November

December

## Every year there are many events that you can be a part of!

### January

Midsumma Festival

Mona Foma

### February

Melbourne Design Week

St Kilda Festival

### March

Brunswick Music Festival

Youth Summit

### April

Melbourne International Comedy Festival

### May

Next Wave

Human Rights Arts & Film Festival

### June

Emerging Writer’s Festival

### July

Gertrude Street Projection Festival

### August

Melbourne Writers Festival

### September

Melbourne Fringe Festival

### October

Mental Health Week

Melbourne Festival

### November

Not Fair Art Fair

Melbourne Music Week

### December

Dec 3 International Day of People with a Disability

# Glossary of terms

## Disability:

A disability that will not go away

* Sensory disability like being deaf
* Physical disability
* Intellectual disability
* Psychosocial disability from a mental health issue

## Nominee (Advocate)

A person who can make decisions for a person who needs help making choices but does not have a parent or guardian.

## Carer

A person who looks after someone with a disability. A carer is not paid and is usually a family member.

## Community services

Activities and services that anyone can use, such as a community centre, library or groups.

## Choice and control

With the NDIS you choose what is important to you. You decide what support you get and who supports you.

## NDIS National Disability Insurance Scheme

A new way of supporting people with disability and their families.

## Provider

Someone who runs a service or has things to sell to people getting an NDIS package. People can choose the provider they want to use and change provider if they are not happy. The NDIS has a list of registered providers.

## Reasonable and necessary

Reasonable means that it is fair. Necessary means you really need it. The NDIS will give money for things that are fair and that you really need to live a good life.

## Local Area Coordinators (LAC)

A person who helps you to write your plan and get an NDIS package. They can help you manage your plan and get supports and services.

## Formal supports

Support you pay for with your NDIS package.

## Supports

The things that help a person with disability to do their day to day activities to be part of the community and reach their goals.

## Funded supports

Support the NDIS pays for. Support that helps you do daily activities and to reach your goals.

## Service agreement

A document that explains what supports a provider will give you and how you will pay them.

## Plan

Everyone on the NDIS has their own plan. Your planner writes down a list of the things you need to reach your goals. Your plan says what money and support you will get.

## Self-management (funding)

When a person pays providers directly with their NDIS money. A person can manage all of their NDIS money or part of it.

## Goals

Things you want to do in the future that will help you have a good life.

## Participant Statement (Art Plan)/Information about a person on NDIS

* Where they live and who with
* Friends and family
* Supports they get
* What they do day to day
* Their goals

[NDIS Glossary Easy read](http://www.ndis.gov.au)

I completed this workbook myself

I had support completing this workbook

My champion’s name is:

Contact number:

# Contact Arts Access Victoria for assistance or advice:

**Website**

www.artsaccess.com.au 03 9699 8299 [ndis@artsaccess.com.au](mailto:ndis@artsaccess.com.au)

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