




ARTS ACCESS VICTORIA

Art Form

A workbook for artists

This workbook belongs to:



**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.

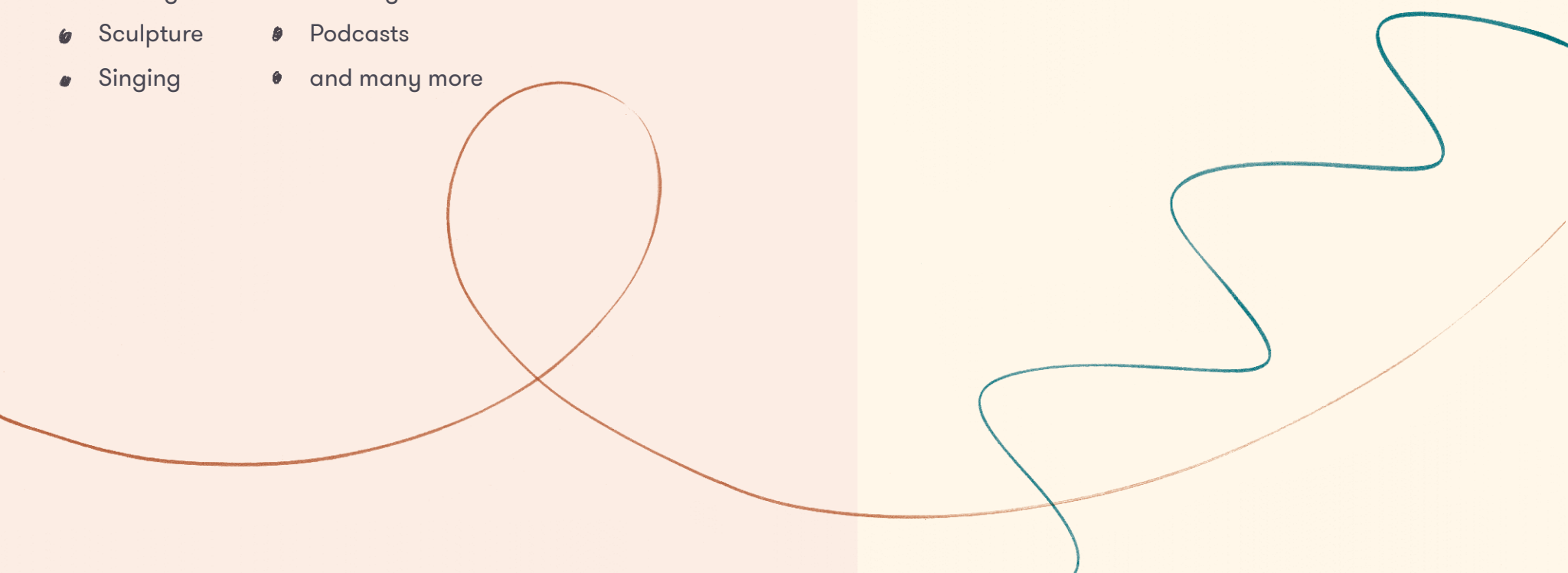
What are the art activities you can explore in this workbook?

- 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.



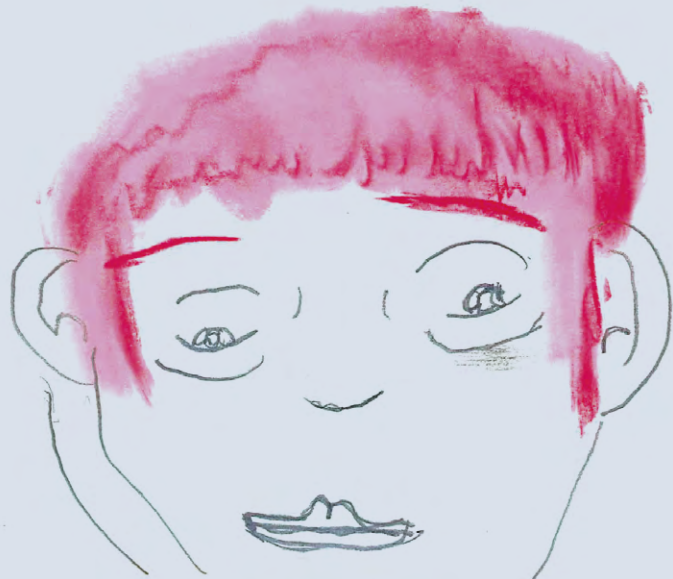
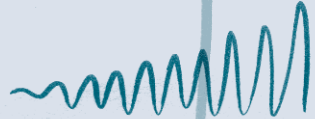


Let's begin!

What kind of art do you make?

What stories do you tell through your art?

What are you working on at the moment?



Ben Chapman, pencil and pastel, 2017

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?



Eloise Grills, ink and watercolour, 2017

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

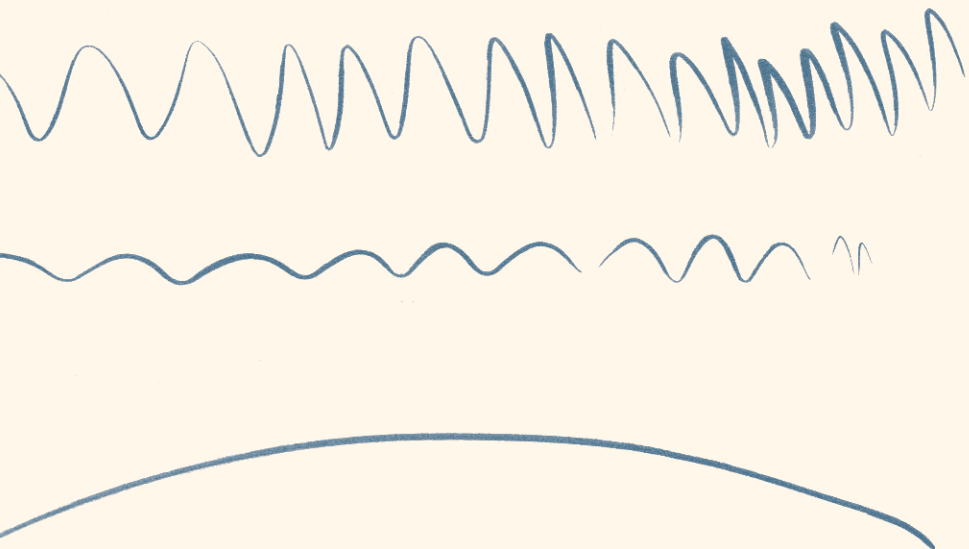
When do you need to advocate for yourself?

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?



I AM AN
ARTIST
IT IS WHO I AM.



Isabelle McKenna and Brianna Bullen, Portraits, pencil and pastel, 2017

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 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:

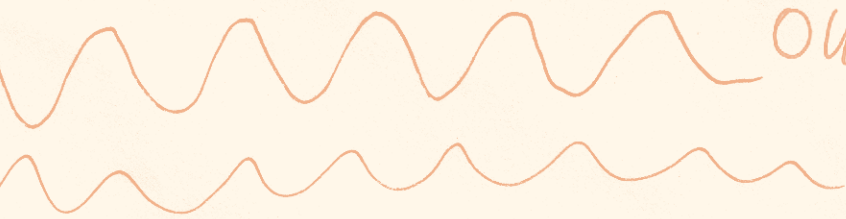
- Do a short course
- Do a TAFE or university course
- Do an internship in an organisation
- Volunteer on an arts project
- Volunteer in a community or arts organisation
- Look for work in the arts sector
- Be an independent artist
- Start an art, theatre or music group
- I want to learn the following skills and not sure where or how I can do this

VIDEO
IS
A
GIFT

MM



Expression
(get the "in"
out)



Isabelle McKenna, pencil on paper, 2017

Time to make a plan!

① 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 planning their art

② 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



3

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 do I need to make my work?

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

What is the medium I use?

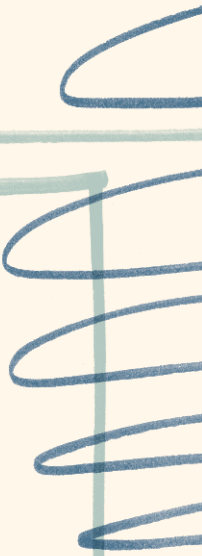
Who do I need to support me? Other artists, mentor, Support Coordinator...

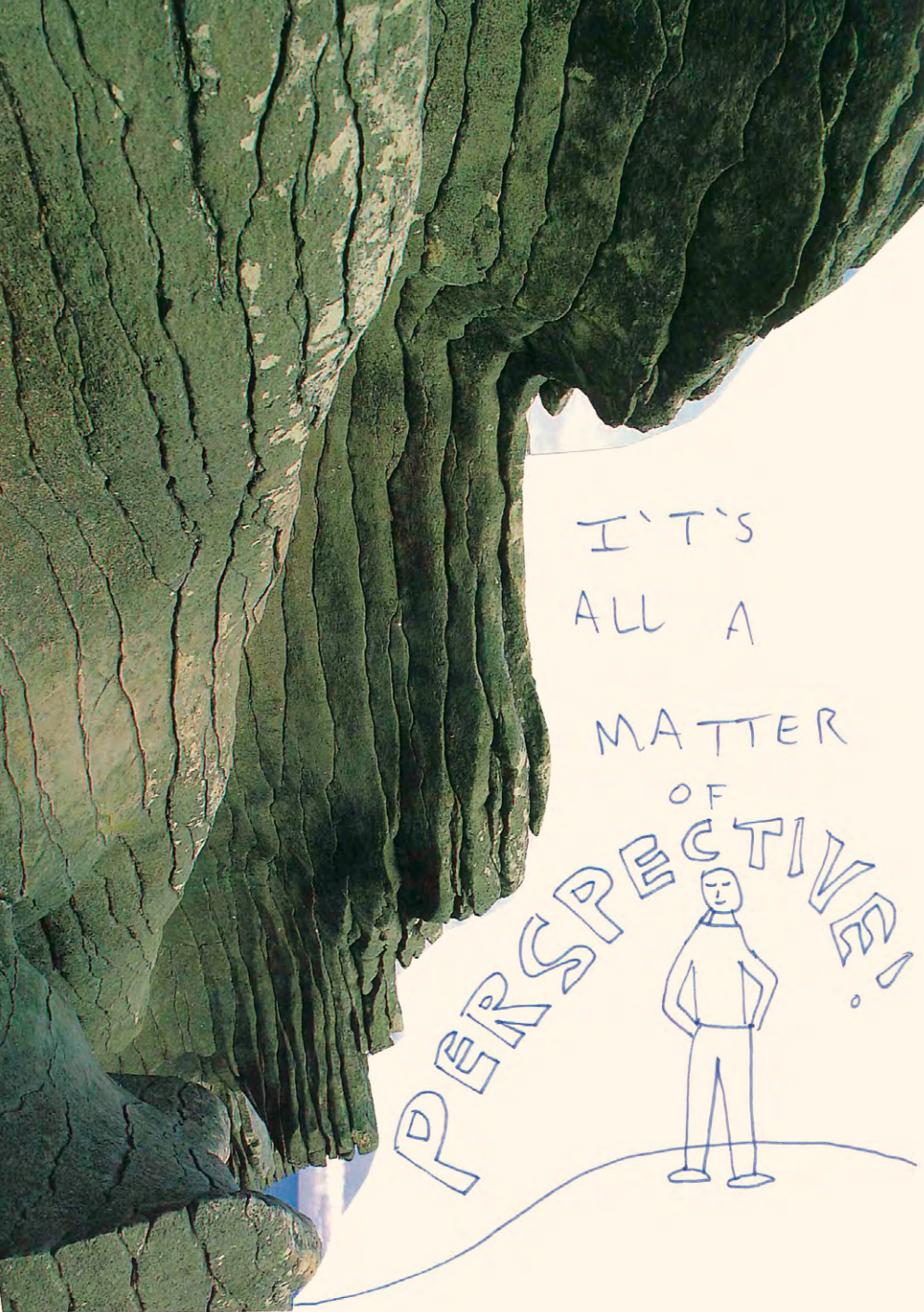
For example, you can take anyone you want to an NDIS planning meeting.

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.





Isabelle McKenna, pen and collage, 2017

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 ARTfinder to search inclusive arts programs across Victoria when planning your activities:

www.artsaccess.com.au/artfinder

Art calendar

January

February

March

April

May

June

July

August

September

October

November

December

www

www

www

www

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.

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.

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.

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

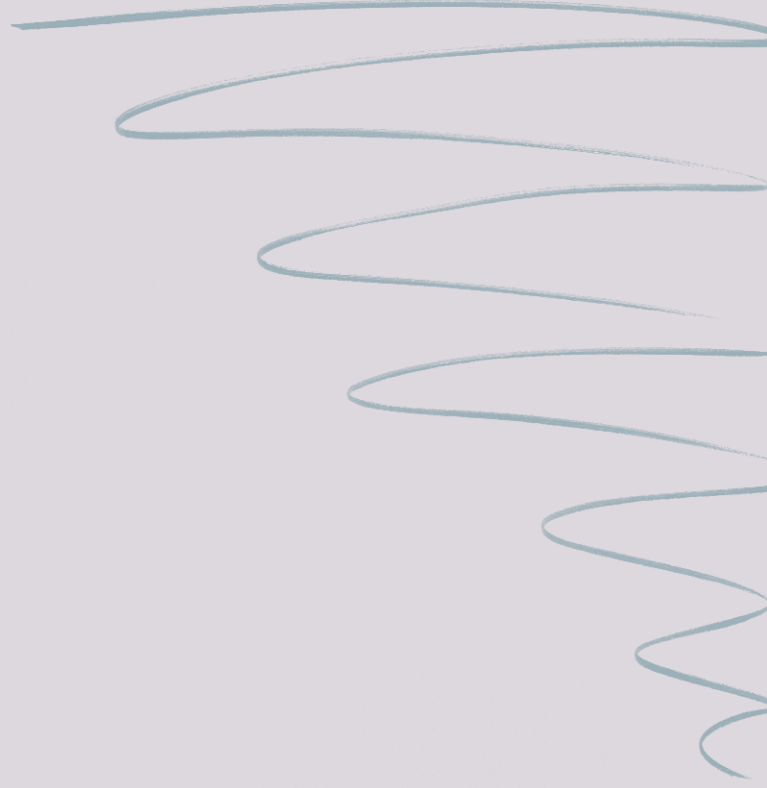
Space for thinking



Writing, planning, doing



Brainstorming





Ben Chapman, pencil on paper, 2017

- I completed this workbook myself
- I had support completing this workbook

My champion's name is:

Contact number:



ARTS ACCESS VICTORIA

**Contact Arts Access Victoria
for assistance or advice:**

www.artsaccess.com.au

03 9699 8299

ndis@artsaccess.com.au



Arts Access Victoria would like to thank and acknowledge the Youth Advisory Group of young people who have a lived experience or are passionate about mental health, for their guidance and assistance in co-designing, writing and creating this resource.

