How’s it Going?™
Pamphlet

A tool to assist you
to think about your life

Easy Read information
What is ‘How’s it Going?’

_How’s it Going?_ is a tool that can assist you to find out if you are living the life you want.

You can use it to think or talk about:

- where you are in life now
- what you want your life to be like in the future.

_How’s it Going?_ is about:

- finding out what things are going well in your life now
- finding out what things you want to make your life better in the future.
There is also a guide to help you to use the **How’s it Going?** tool.

In the tool:

- you can choose which questions you want to answer
- there are no wrong answers
- all your answers are right for you.
How to get the ‘How’s it Going?’ tool

How’s it Going? is free for anyone to use.

You do not need to be supported by CCS Disability Action to use the How’s it Going? tool.

You can fill in the tool:

• by yourself
• with a family member
• with a friend
• with someone you trust.
CCS Disability Action can support you to complete it if you think that would be useful.

There is contact information for CCS Disability Action on the back page of this booklet.

If you do get services from CCS Disability Action, your Coordinator can help you.

You can get the How’s it Going? tool in 2 languages:

- English
- Te Reo Māori.
There are different ways that you can get the How’s it Going? tool:

- you can get a paper copy from CCS Disability Action
- you can find it on our website: www.ccsDisabilityAction.org.nz
- you can also download our free mobile How’s it Going? app:
  - in the Play Store on an android phone
  - or
  - in iTunes if you search for How’s it Going on an iPhone.
What can the ‘How’s it Going?’ tool help you with?

People have used the **How’s it Going?** tool to:

- talk about their life now
- think about what they want their life to be like in the future
- think about what they want to do
- set goals
• change how people work with them

• give other people a better idea of what they want to happen in their life

• help to plan their future

• be heard.
About CCS Disability Action

CCS Disability Action provides support and advocacy for disabled people in New Zealand.

We work together with:

• disabled people

• families/ whānau.

We work to make sure people have choice and control in their lives.

CCS Disability Action works in communities.
We work to get rid of the things that can stop disabled people from having good lives.

We also work hard to make sure disabled people get their rights when local and national government make their laws and rules.
How to get in touch with CCS Disability Action

You can get in touch with us if:

• you would like to learn more about the How’s it Going? tool

• you or your family need some support, information or advocacy.

There are a few ways you can get in touch with CCS Disability Action:

Address:
CCS Disability Action
Level 3, Orbit Systems House
94 Dixon Street
Wellington
Phone:
04 384 5677
Or
0800 227 2255

Email:
info@ccsDisabilityAction.org.nz

Website:
www.ccsDisabilityAction.org.nz

Facebook:
www.Facebook.com/ccsDisabilityAction

Twitter:
www.Twitter.com/ccsDisabilityAction
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