

# Making the Most of Change

## Understanding & Managing Your Supports

9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> August, 2018

Brisbane - Queensland



[www.cru.org.au](http://www.cru.org.au)

### About the workshop:

This popular series of three (3) practical, hands-on half-day workshops was developed as part of CRU's NDIS Participant Readiness work. It is designed for people with disability and their families to turn their vision of a good life into reality. **Come to one, two or all three workshops.**

These workshops will assist people to be clear about their goals, to think creatively about supports and build an understanding of some of the nitty-gritty of self-direction and self-management.

### Workshop Topics:

#### WORKSHOP 1:

##### *Starting to Plan*

**Thursday 9<sup>th</sup> August, 10am - 12:30pm**

This workshop provides tools to develop a vision and a plan and encourages you to think about the life you want and the goals and aspirations that are important to you.

#### WORKSHOP 2:

##### *Understanding Supports*

**Thursday 16<sup>th</sup> August, 10am - 12:30pm**

Participants learn from each other and start to identify the funded supports needed to complement and strengthen informal, community and mainstream supports as well as considering how to blend their natural supports with paid supports.

#### WORKSHOP 3:

##### *Managing Your Supports*

**Thursday 23<sup>rd</sup> August, 10am - 12:30pm**

For people interested in self-management, this workshop draws on experience and wisdom from families already self-managing. Look at ways to both manage and direct the support needed to sustain a good life, including recruiting the right staff for the role.

### Questions explored in the workshop:

- What are the supports needed for a good life?
- How can you blend funded NDIS support with the natural supports that come from family, friends and community?
- What does it mean to direct and manage your own supports?

**DATES:** 1. Thurs 9th August  
2. Thurs 16th August  
3. Thurs 23rd August

**TIME:** 10.00am - 12.30pm  
Registration 9.30am

**VENUE:** CRU Office  
Level 2/43 Peel St  
South Brisbane

#### **COST:**

**People with a disability and family members:**

\$35 per workshop **or**  
\$95 for all 3 workshops

#### **Full fee:**

\$75 per workshop **or**  
\$200 for all 3 workshops

**RSVP:** 1<sup>st</sup> August 2018

**Register via the link:**

<http://cru.org.au/events/>



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Resource  
Unit Ltd.

Expanding Ideas; Creating Change

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*“We used to believe that people with disability needed Services and the question was, how can Communities help? We now know that people with disabilities need Communities, and the question is, How can Services help?”*

John O'Brien & Connie Lyall-O'Brien

## Who should attend?

This workshop is for people with disability, their families and supporters. Workers are most welcome to attend and learn from an individual and family perspective about managing and directing supports both unfunded and paid.

## About the presenter:



**Catherine Laherty** works at CRU as a Consultant, for the last three years focussing on CRU's NDIS Participant Readiness work.

She has presented many of CRU's NDIS workshops across Queensland, assisting people with disability and families to prepare for the change to the new scheme and to explore what may be possible.

Catherine is a sister to three brothers, one of whom has a disability.

### Feedback from previous workshops:

*“Excellent workshop full of tools, wisdom and resources. Informative and succinct.”*

~

*“Breaking things down into steps to not be overwhelmed by things”*

~

*“Answered questions I didn't even know I needed to ask”*

## Related workshop on self-direction

The Making the Most of Change series of workshops can provide a good foundation for another workshop CRU is running this year in Ipswich and Rockhampton:

***“7 Steps to Self-Direction: Building right relationship between service users, families & support workers”.***

This one-day workshop explores a practical, values-based framework for self-direction, and how to develop supports that work respectfully and constructively together. It is for people involved in a self-directed arrangement who want it to work as well as possible.

These events will be complementary, with some overlap which will be helpful for people who cannot attend all workshops. You can find more information about “7 Steps to Self-Direction” on the CRU website.

## Need some assistance with fees?

*CRU has some capacity to reduce registration fees and assist with other costs, particularly for people with disability and family members not sponsored by an organisation. Contact CRU for more information.*

## Cancellations:

To view CRU's cancellation policy please visit this link: <http://cru.org.au/about/policies/#cancellation>