

# Seven Steps to Self-Direction

Building right relationships between people with disability, families, committed friends & support workers

Wednesday 7<sup>th</sup> November, 2018 Rockhampton

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



## About the workshop

**How have other people made self-management work?**

**This one-day workshop explores a practical, values-based framework of self-direction, and how to develop supports that work respectfully and constructively together.**

The seven steps provide a simple, helpful guide that can be worked through, or started at any step. This workshop draws on the resource developed by Griffith University (Dr Margaret Ward) as part of the NDS Innovative Workforce Fund Project.

Self-direction has been found to give greater choice and control, and more effective and flexible use of available formal and freely-given support. Good support requires the right people to provide the right level of support at the right time.

There are some preconditions that make good support in self-directed arrangements more likely to happen. This seven step approach takes participants from starting with the person through to problem solving and checking for resilience.



## About the Presenter

**Sharon Bourke** currently works as a Professional Development Consultant and has presented many Participant Readiness sessions for CRU over the past three years. She has worked in various roles, including managing individualised support agencies, advocacy, workshop facilitation and planning.

In partnership with her youngest son Dan, Sharon has chosen to self-direct funds that support him.

***“Coming together is a beginning; keeping together is progress; working together is success.”***

Henry Ford

## Who should attend?

This workshop is for people with disability, their families, supporters and workers who are involved in or are interested in moving to a self-directed arrangement. It works best if the person comes with their family and supporters.

**Date:** Wednesday 7<sup>th</sup> November, 2018

**Time:** 9:00am – 4.30pm  
*To start at 9:30am sharp*

**Venue:** Frenchville Sports Club  
Keppel Room  
105 Clifton Street  
Berserker

**Cost:** \$150 Full Fee  
\$ 65 People with a disability and family members

*A light lunch will be provided.*

**RSVP:** Monday 22<sup>nd</sup> October

**Register via link:**

<https://7stepsrockhampton.eventbrite.com.au>



Expanding Ideas; Creating Change

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