

# Seven Steps to Self-Direction

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

Saturday 13<sup>th</sup> October, 2018 Ipswich



[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 Presenters

**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.

**Margaret Ward**, emeritus professor, is a prominent advocate for families of people with disabilities. Margaret raised her daughter Mena, who had multiple disabilities, to believe she could have a life like her brother and sister. In Mena's short life, she showed others what was possible with a strong and positive vision of a good life.

## 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:** Saturday 13<sup>th</sup> October, 2018

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

**Venue:** WG Hayden  
Humanities Centre  
Auditorium  
56 South Street  
Ipswich

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

**RSVP:** Thurs 27<sup>th</sup> September

**Register via link:**

[https://7stepstoselfdirection.  
eventbrite.com.au](https://7stepstoselfdirection.eventbrite.com.au)

To view CRU's cancellation policy  
please visit this link -  
[http://cru.org.au/about/policies/  
#cancellation](http://cru.org.au/about/policies/#cancellation)



Community  
Resource  
Unit Ltd.

Expanding Ideas; Creating Change

Level 2, 43 Peel Street  
P.O. Box 3722  
South Brisbane QLD 4101  
Phone (07) 3844 2211  
Email [cru@cru.org.au](mailto:cru@cru.org.au)  
ABN: 16 143 460 250  
ACN: 617 860 009



Contact CRU if you need  
assistance to register,  
attend or participate in  
this event.

(07) 3844 2211  
[cru@cru.org.au](mailto:cru@cru.org.au)