



Community  
Resource  
Unit Ltd.

Expanding Ideas; Creating Change

## Getting to the Heart of What Matters:

### The Role of Support Workers

This one day workshop is an opportunity for support workers to critically reflect upon the essential purpose of their role, the values that drive 'support', and the sorts of relationships which are core to supporting someone well, particularly in relation to valued roles and community belonging.

This workshop provides participants with frameworks that help to deepen their understanding of how they can contribute to a better life for the person they support.

Also available in a two day version.

## Who is the Workshop For?

This training is suitable for support workers who are assisting people with disability to live a good life in community. The content will be relevant to support workers employed by disability services of all sizes.

The workshop is highly applicable for people who are employed directly by people with disabilities and families; we encourage people who are self-managing to join collectively with others to offer the training to a group of workers.

You may also want to encourage your support staff to invest in their own professional development and contribute to the cost.

A two-day version of CRU's support worker training is also available, which allows participants to deepen their understanding of the essential elements of their work. Please see our website for further information

### Topics to be covered:

A vision for a good, ordinary life

Values, belief and assumptions that can help or hinder our support

Your role in a person's life

Getting to know the person

Supporting belonging, contribution and relationships

What gets in the way of good support?

### Learning Objectives:

- ✦ Identify the elements of a good life and reflect on assumptions about people with disabilities' right to and the possibility of a good life.
- ✦ Begin to develop a framework for thinking about the role of a support worker in their own particular contexts.
- ✦ Understand Valued Social Roles and how the concept can be used to support people to have access to the good things of life.
- ✦ Understand the importance of relationships and analyse what can get in the way of relationships for people with disability.
- ✦ Identify factors and strategies that make belonging in community more likely.

### Delivered by CRU Consultants

Our experienced disability consultants and presenters bring a wealth of experience in supporting people with disability and families in their efforts towards a good and ordinary life. The content of our workshops is brought to life through the sharing of examples and personal stories that illustrate how the ideas can be implemented.



### Community Resource Unit Ltd

07 3844 2211

[cru@cru.org.au](mailto:cru@cru.org.au)

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

L2/43 Peel St or PO Box 3722

South Brisbane QLD 4101

ABN: 16143460250 ACN: 617860009

### Details

**\$1600 + GST**

7.5 hours of training  
(including breaks)

usually 9am – 4:30pm

Can be delivered over two  
evenings or  
half-day sessions

The price listed is the organisational  
rates for up to 25 participants.