



My Home My Way:

A two-part online workshop series to assist people with disability to create and thrive in a home of their own.



About the Workshop

Home is a vital part of our lives.

It not only provides us with security, privacy, comfort and control but it reflects our identity, our adulthood and our deep sense of who we are and how we connect and belong in our neighbourhood.

Yet for many people with intellectual disability and autism, home is designed by others with little control over the decisions that most people take for granted.

This workshop will explore individualised and innovative ways that people with a disability have created their own home, while getting the support they need.

Topics covered will include:

- What does it really mean to have your own home and is it possible?
- Vision for home
- First steps to consider
- Living in your own home and settling in
- Addressing barriers, challenges and fears
- Home as a part of community
- Setting up for long term safety and success
- Stories about people living in their own home

This workshop is brought to you by CRU as part of the My Home, My Way initiative by National Alliance of Capacity Building Organisations (NACBO).

Online Workshop

**Friday 17th May 2024 &
Friday 24th May 2024**
1.30pm - 4.30pm

Participants in this workshop will need to attend both sessions live as there will be no recording available

Cost:

People with disability
& Family Members
\$50 per person

Workers, Friends & Allies
\$75 per person

RSVP:

Friday 3rd May, 2024
Registrations essential



For more details and tickets visit
www.cru.org.au/events/

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Who should attend

This online workshop will be relevant to people with developmental disabilities, their families and supporters. This is a live online workshop and participants should attend all sessions.

There will be a limited number of tickets available for workers and we encourage workers to attend alongside people or families you are supporting.

If you or your organisation wants to register more than three (3) workers, please contact CRU to discuss this.

Presenter - Danielle Mason



Danielle Mason is a senior facilitator with CRU and has worked on the Making Home Real project since its inception in 2020. Danielle started her career working with people who lived in a long-stay health facility, which sparked a passion for ensuring people get to live in ordinary homes with people they choose to live with.



Guest Speaker - Lisa Bridle



Lisa Bridle is a Brisbane parent of 3 adult children and has a professional background in community development and disability advocacy. She is passionate and about building inclusive communities where everyone's gifts and contributions are valued.

Lisa's son, Sean, is 29 and has been living in his own home for the past 5 years. Sean works at 3 part-time jobs, volunteers, and has a wide range of valued roles in his local community. Sean shares his home with a flatmate, Marino, a PhD student from Mexico. Living in his own place, Sean is continually extending his skills and neighbourhood connections and loves hosting friends for dinner.

About CRU

Community Resource Unit has a 35 year track-record of working across Queensland to help people with disability take control of their lives and take their place in their community.

If cost is a barrier to attending, please contact CRU to discuss.

The cost of this event is partly subsidised by
a Department of Social Services Information, Linkages and Capacity Building grant.

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Friday 17th May 2024 & Friday 24th May 2024 1.30pm - 4.30pm

RSVP: Tuesday 8th March

Registrations essential

tickets from www.cru.org.au/events/