



Seven Steps to Self-Direction

How to work with your team to put the right supports in place to live a good life



Community
Resource
Unit Ltd.

Expanding Ideas; Creating Change

Are you looking for practical ideas on how to direct your supports in a cohesive, effective and long-lasting way? The 7 Steps to Self-Direction shows you what needs to be in place so that a self-directed arrangement has the best chance of success.

This workshop is ideal for people with disability and the supporters around them who are interested in moving to, or improving self-directed support arrangements. Your support network might be made up of family, friends and workers, and the 7 steps show you how to build the right relationships in this team to foster respect and a common understanding of what good support looks like for you.

This popular 1 day workshop has been redesigned into an **online series of 3 interactive sessions** being facilitated by Sharon Bourke. There will be a total of 3 teams participating, which can be made up of extended family, workers and other supporters. You are encouraged to bring as many people from your team as you can (maximum 7 per team) to embed the learnings and maximise the benefits.

Online Event Info

- \$1500 per team
- 3 x 3 hour online workshops:

OPTION TWO:

Thursdays from
9:30am - 12:30pm
14 Jan, 28 Jan and
11 Feb 2021

OPTION TWO:

Saturdays from
9:30am - 12:30pm
16 Jan, 30 Jan and
13 Feb 2021

- 7 Steps workbook & additional resources provided
- 2 x 90min individual follow-up consultations

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The 7 steps involve intentional thinking and planning and are covered in detail across 3 online workshops. They will be very interactive, with ample time for team strategy, sharing ideas and questions. This is a fantastic training opportunity for staff and you will also receive supplementary resources along with 2 x 90min individual follow up consultations with Sharon.

- 1 Step 1: Start with the Person
- 2 Step 2: Develop a vision and plan
- 3 Step 3: Make a good match
- 4 Step 4: Learn to support the person well
- 5 Step 5: Build relationships of trust in the team
- 6 Step 6: Solve problems quickly and creatively
- 7 Step 7: Check for resilience

"This was a good and different way of understanding who people are and what is important to them"

About the Presenter: Sharon Bourke is a skilled facilitator and professional development consultant who is one of the creators of the 7 Steps framework. While at CRU, Sharon has worked with multiple families & organisations to promote rich & meaningful lives for people with disability. In partnership with her youngest son Dan, Sharon has chosen to self-direct funds that support him. Sharon has a deep and practical understanding of the disability sector, the NDIS framework & what it takes to self-direct supports successfully.

"It was so valuable to bring family and workers together as a team to work on new and stimulating ideas"

"7 Steps was brilliant and well moderated by Sharon, whose insight was astonishing and so beneficial"

NDIS Participants

See the Learning Objectives on the event's page of our website to help you decide if this is a reasonable and necessary support to help you (or your family member) achieve your goals.

How to Register your Interest:

- Please register your interest and date preference on the Events page at www.cru.org.au
- You will then be contacted by a CRU team member to discuss the booking process
- Numbers are limited to a total of 3 teams participating (up to 7 people in each team)
- Want to include more than 7 from your team? Contact CRU for individual workshop options