

Self-Management; Confident, Connected & In Control

Wednesday 25th March 2020
Toowoomba



www.cru.org.au

CRU has funding from the NDIA to provide individual capacity building activities as part of the ILC program. Between October 2019 and May 2020 CRU will deliver workshops in six locations on self-management. People say it can be all too hard – but find out what's actually involved and what the benefits are.

About the workshops:

Self-managing doesn't have to mean doing everything on your own.

Come to one or both of these short workshops to share creative ideas, develop the confidence to self-manage well, and connect with other people on the same journey.

WORKSHOP 1:

Starting to Self-Manage with Confidence

9.00AM - 11:30AM

Are you just starting out with self-managing your NDIS plan, or wondering if self-management is for you? Join us for a short workshop that will de-mystify self-management, examine the benefits and challenges and give you some steps to help you to get started.

WORKSHOP 2:

Self-Managing for the Life You Want

12:30PM – 3:00PM

Self-management really means taking control: of your life, your supports, and often a team! This short, interactive workshop is about how to self-manage well: by being clear about your vision for the life you want, finding the right people for the job, and building a team of paid and unpaid supporters.

Who should attend?

This workshop is for **people with disabilities and their families** who are self-managing their NDIS supports, or who are interested in moving to partly or fully self-managing.

About CRU:

Community Resource Unit has a 30-year track record of working across Queensland to help people with disability take control of their lives and take their place in their community.

Funded by the National Disability Insurance Agency



Expanding Ideas; Creating Change

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“Until we did this ourselves, money was spent on things I wasn't interested in and that is a waste.

I used to feel like a square peg in a round hole; now I'm making the hole just my shape.”

David Goldsmith
CRUcial Times 43, 2012

Date: Wednesday 25th March 2020

Venue: Cobb & Co Museum
Theatrette
27 Lindsay St
Toowoomba QLD 4350

Times: Workshop 1
9:00 AM – 11:30 PM

Workshop 2
12.30 PM – 3:00 PM

Refreshments will be provided

COST: \$35 per workshop or \$60 for both

RSVP: 11th March 2020

Register via the link:

<http://cru.org.au/events/>

To view CRU's cancellation policy please visit this link

<http://cru.org.au/about/policies/#cancellation>

If you need help registering, or other support to attend & participate, please contact CRU.

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

For self-managing and plan-managed NDIS participants, see the Learning Objectives on the event's page. You can decide if this is a reasonable & necessary support for achieving your goals.