



Community
Resource
Unit Ltd.

Expanding Ideas; Creating Change

Shaping a Good Life

An Introduction to Sensory Awareness & Movement Differences

Before we can thrive at school or work, or in friendships and relationships, we all need to have our fundamental needs met. Some of our needs can be entirely unique to us, but if we can't express or understand those needs it can impact everything else in our life.

Sensory and movement differences can help to explain previously misunderstood needs. This highly interactive workshop is full of real life examples and scenarios, and it will leave you with practical accommodations, strategies and ideas you can apply for yourself, a family member or a person you support.

This event is partly subsidised by the Commonwealth Department of Social Services through an Information, Linkages and Capacity Building (ILC) grant. If cost is a barrier to attending, please contact CRU to discuss.



Please contact CRU if you require assistance to register, attend or participate in this event. p. 07 3844 2211 or e. cru@cru.org.au

Gold Coast

Thursday 31st March

9.00am - 4.30pm

arrive at 8.30am to sign-in

Venue

The Glades Golf Club

1 Glades Drive, Robina

**See note over page about venue requirements for COVID vaccination status.*

Cost:

\$50* person with disability & family members

\$150 workers

Includes lunch and light refreshments throughout the day

RSVP: Thurs 24th March

Registrations essential

For more details & tickets visit www.cru.org.au

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This workshop covers:

- Foundational knowledge in Sensory & Movement differences
- The functions and physiology of the senses
- Sensory Integration Dysfunction, and related disorders
- Common difficulties/observations for people with hypo/hyper arousal of each sense.
- Practical sensory experiences; understanding own preferences.
- Sensory relations to anxiety/behaviour & management ideas
- Practical applications, tools, and examples.

The topic will be relevant for many people, including people with a diagnosis of Autism and other neurological difference.

Places are strictly limited

About the Presenter



Joyce-Lyn Smith has 25 years of professional experience supporting people with complex support needs in a variety of environments and settings. Living in Townsville, she is the Clinical Director at PoDDSS (Professional Disability Development Supports & Services) and has previously worked in the Intensive Behaviour Support Team with the Queensland government.

Following completion of the mentoring program with Professor Anne M. Donnellan, University of San Diego and Martha R. Leary (SLP), Nova Scotia in 2009, Joyce-Lyn collaborated with Learning Disability & Mental Health Nurse Karl Jacks to develop this workshop

Who Should Attend

This event is for people with disability, their families and supporters. It will be of interest to supporters of people who experience sensory difference or movement difference, and is particularly beneficial if attended as a team.

This workshop is a prerequisite for a two-day leadership event on movement and sensory difference for people with disability and families. It will be for people interested in applying what they learn, and want to share this with others. You do not have to attend the Leadership Event. More information coming soon.

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.

Shaping a Good Life An Introduction to Sensory Awareness & Movement Differences

Thursday 31st March 2022

9.00am - 4.30pm (arrive at 8.30am to sign-in)

The Glades Golf Club

! Glades Drive, Robina QLD 4226

**Please note, this venue requires all patrons to be fully vaccinated and to provide proof of vaccination upon check-in. If you do not meet this criteria, you should not register. Instead, you are welcome to get in touch with us at cru@cru.org.au to discuss alternative ways we may be able to resource you on this topic.*

Ticket Cost

\$50 people with disability & family members,
\$150 Workers

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 and necessary support to help you (or your family member) achieve their goals.

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

tickets from www.cru.org.au/events

RSVP Thursday 24th March