



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

## Rockhampton

**Monday 14th November**

**9.00am - 4.30pm**

arrive at 8.30am to sign-in

### Venue

**Frenchville Sports Club  
Capricorn Room**

105 Clifton Street,  
North Rockhampton

### Cost:

**\$50\*** person with disability  
& family members

**\$150** workers

Includes lunch and light refreshments  
throughout the day

**RSVP:** Sunday 30th October

**Registrations essential**

**For more details & tickets  
visit [www.cru.org.au](http://www.cru.org.au)**

# Shaping a Good Life

## An Introduction to Sensory Awareness & Movement Differences



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p. 07 3844 2211 e. [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

### 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

*"Joyce-Lyn is deeply passionate and committed to improving quality of life for people with disability. She has a rare insight into the sensory and movement differences that we experience."*

Rodney Mills, Professional consultant, trainer & presenter with lived experience of Autism

### 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.

### 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.

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**9.00am - 4.30pm**

**Please arrive at 8.30am to sign-in**

**Frenchville Sports Club**

**Capricorn Room**

**105 Clifton Street**

**North Rockhampton QLD 4700**

### 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](http://www.cru.org.au/events)

**RSVP Sunday 30th October**