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SEPTEMBER 2008

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PARENT TO PARENT

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We have local networks across

Queensland: See back page for details.

This newsletter is provided as an

information service to our members.

Comments are welcomed.

The views expressed in this newsletter are not necessarily those of Parent to Parent Association Qld Inc.

In this issue of *Chat About* we include reports of a number of workshops organised by P2P to provide information to professionals, carers and parents in person-centred approaches. Back in June the Growing Stronger with Families 2008 Conference was held. Ian Pendlebury has written a report on this.

In July, an ABCD Workshop was held in Brisbane, headed up by Denver's Mike Green, main author of *When People Care Enough to Act*. It dealt with the value of harnessing the community to include marginal people. Families were sponsored to attend this.

With Michelle Livesly from the UK, four days of person-centred workshops were held in August. The first dealt with Person Centred Supervision, the second (lasting two days) with Community Connections and the third with Person-Centred Risk.

Next month, P2P is organising the invaluable Person-Centred Thinking workshops. These workshops will enable Families to enhance the life of anyone with a disability. To become part of this, see the details and registration form on pages 5 and 6.

Finally, enjoy a smile and, hopefully, a cuppa as you read *A Cup of Coffee*.

REPORT ON THE 2008 CONFERENCE



First of all, I feel privileged in being included to be able to participate in the June 2008 Conference which was held at Maroochy Surf Club.

Over the years I have attended many meetings/seminars regarding the disabled, including most of the “Big Ones”. (The International year of the disabled in Sydney in 1981). I remember feeling a great surge of both pride and marvel, pride that here at last people were talking about a constructive way of tackling the obstacles surrounding disabilities and then marvel that intellectual highs seemed to be reached. The course of the action was laid out and so very clear. The Maroochy conference gave me the same sort of reassurance: that things were on the move and starting to happen once again.

It felt like I was attending an up tempo motivation rally, with a few things extra as well, they were huge feeling and huge empathy. It seemed that these people weren’t going to lie back and let outside forces take control. I know from my own experience that people who have a disability mission seem to know just “What Counts” in life.

Ian Pendlebury

THE ASSET BASED COMMUNITY DEVELOPMENT WORKSHOP

(*ABCD*)

In this workshop, we were reminded of the following:

*A*ilities (assets) lie dormant in the people of a community and can be awakened when people are motivated by a passionately felt need.

*B*e alert to what the community sees as its needs by having conversations that identify what people care about.

*C*itizens, (including our family members who have a disability) have gifts to bring to their community by both giving as well as receiving.

*D*iscover people’s gifts, dreams and longings then harness them to enhance lives and the community.

Marjorie Moody



August Workshops

Michelle Livesly from Helen Sanderson Associates in the UK competently presented three workshops sharing her experience in, and passion for person centred supervision, building community connections and person centred risk.



Michelle presenting some of her passions

Person Centred Supervision

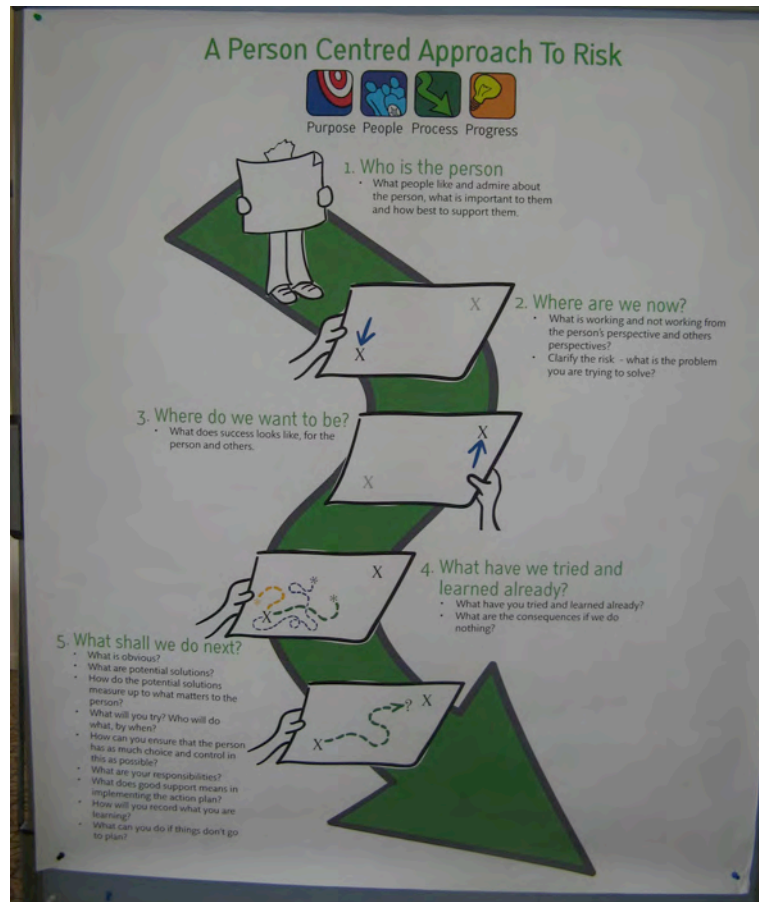
Michelle shared the value of person centred supervision of staff if we want the best outcomes. Those caring for our family member need to feel valued and included; know what their responsibilities are; have freedom, in appropriate areas, to express their creativity and experience regular communication and supervision that includes appreciation as well as criticism.



One group's response to Person Centred Supervision

Community Connections

These two days dealt with the importance of connecting our family member with disability to the community. It encouraged parents / staff to not just take a person to a public area (like a shopping centre) but to develop steps to involve the person in the community until he or she becomes a contributing member. After this it is important to take steps to sustain that connection.



Person Centred Risk Management

On this day we explored risk using a person centred approach. Keeping risk in perspective, we looked at what changes the person would like, how to achieve them and what would happen if those changes weren't attempted.

The workshops were delivered in a friendly atmosphere and involved us all in practical, person centred activities that left us with invaluable tools to help our own person have a better life.

COMING EVENTS

Parent to Parent Association Queensland Inc.
Presents

Person Centred Thinking Building Capacity for Person Centred Supports

What's it about?

Person Centred Thinking is the use of critical thinking skills which keeps at the forefront what is most important to a person, while supporting that person to be healthy, safe, and living more of the kind of life that THEY want. These two days of training provide participants with opportunities to work with actual structures and tools that supporters can use to help bring Person Centred Thinking and Practices into use in their everyday life. This thinking is a pre-requisite to developing a plan that will guide people to support an individual on a day to day basis.

Who should attend?

- Parents, families and people who have a disability
- Individual supporters and direct service staff who wish to learn tools that will powerfully capture their experience and enhance their ongoing learning.
- Pairs or teams of staff who want to have better conversations about the work that they do, the people they support, and what they base their work and decisions on
- Mid-level and supervisory managers who have been looking for ways of capturing essential information to better service people supported, direct support workers, and their ongoing efforts for positive organisational change.

Day One: Work with specific tools designed for the following areas

- Knowing the critical importance in sorting what's most important TO someone from what others think is important FOR them
- How to clearly identify roles and responsibilities, as related to relationships
- How different perspectives must be looked at when planning tasking action

Day Two: Ways to engage in more purposeful listening

- Written structures to help people record their ongoing learning
- Listening through conversations about routines, rituals, and other 'everyday' things
- Communication Charts – when actions speak more than words do
- How to make better matches between people supported and those who support them

FACILITATORS: Annette Mayer, Parent to Parent Assoc. Qld, the only accredited Person Centred Thinking trainer in Queensland.

When and where:

6th to 7th October

9.30am to 4.30pm each day

**Parent to Parent office, 9 – 11 Ayreshire Road,
Kulangoor (cnr Nambour Connection Road)**

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File it and Find it

The Sunshine Troupe

Lisa McManis is looking for more participants in The Sunshine Troupe. It is a group for people with an intellectual and/or physical disability interested in staging a musical on the Sunshine Coast. For further information, phone 5455 9116.

Claiming a Tax Deduction for your Family Member with a disability.

An invalid relative is a person 16 years old or older who is your child, brother or sister and who:

- receives a disability support pension or special needs disability support pension, or
- has a certificate from a Commonwealth approved doctor stating that they have a continuing inability to work.

The maximum tax offset is \$745 for each dependent invalid relative and \$1,489 for each dependent parent or spouse's parent.

FYI - Free Resource for Community Groups

The Virtual Community Warehouse (VCW) has a database of underutilised community resources owned by different organisations that can be made available to other organisations within the spirit of collaboration and mutual respect.

If you would like free resources,

Please email Bo Tynan (Virtual Community Warehouse Coordinator)

Office: 5445 1135

Email: vcw@solutions.org.au

9 Tips for Toileting For a brief outline of these look up: www.suelarkey.com

Carer Business Discount Card

If you would like to find out more about the benefits of this card, contact Centrelink on 132717 or visit www.centerlink.gov.au

Workforce Council Training Days

The Disability Sector Training Fund has regional groups of service providers and families that look at local training needs. For what is happening near you go to www..workforce.org.au

Person Centred Thinking workshop

6th to 7th October see enclosed Flyer and Registration Form

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Time for a Smile

Are you feeling like a cup of coffee? Think again!

A CUP OF COFFEE

All I wanted was a coffee at ten o'clock today,
So I strolled into a coffee lounge that wasn't far away.
“Could I have a cup of coffee?” I asked the waitress there,
As I sat beside the window on an aging, wooden chair.
“Cup of coffee? Not a problem – and which would you prefer?”

“Just a coffee, thank you kindly,” was my reply to her.
“We have a Cappuccino, or Black, both long or short,
Or Vienna. Or Latte, with milk of any sort.
We have Decaf and Caro: we have plunger coffee, too,
Or Flat White in a mug or cup: which will do for you?”
This choice left me a mite confused, and so I softly said,
“I think I've had a change of mind, I'll have some tea instead.”

“That's no trouble, sir, at all,” and then I heard her say,
“Orange Pekoe, Prince of Wales, or Earl of Lady Grey?
We have both Irish Breakfast, and English Breakfast, too:
And Jasmine and Darjeeling are both a tasty brew.
We've also Lapsang Souchong, then there's China Black,
Or, perhaps, you're into herbal? We've many out the back.”
I thought I was confused before, but now this waitress girl
Had given me such choices that my head was in a whirl!
I went in for a coffee – but that's not what I bought:
“Just bring a glass of water, thanks, and never mind what sort!”

by Philip Rush (from Australian Poems that would Dazzle a Dingo)



Reminders

- If you would like to be involved in future Person Centred training sessions, please Phone, fax or email us.
- To cut down on expense and make for easier delivery, please let us know if you would like to receive your *Chat About* newsletter by email.
- Do email, fax or post to us any stories or info you think might be good for the next newsletter.

- For upcoming events, visit our website at www.parent2parentqld.org.au



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