



I Believe in Inclusion: But I'm not Sure How to do it!

Overview

There still exists considerable concern that although people with a disability are physically present in our communities they're still disconnected and living lonely lives of isolation and segregation. (Shut Out Report, 2009). Although we may hold the goal for more inclusive lives for people with a disability, we're often unsure how to go about it! This course is a learning event for those who are *serious* about exploring and discovering opportunities for welcome, contribution and connection that are abound within our communities for people with a disability.

Topics covered in this course:

- Belonging and social inclusion—What is it and why is it important?
- Possible dis-connectors and connectors!
- Building a context for a full, meaningful and inclusive life,
- Discovering and harnessing potential, gifts, interests and passions,
- The importance of typical pathways and valued roles,
- The art of asking,
- Making the most out of community,
- Practical strategies that enhance, enable and strengthen belonging, connection and relationships,
- Facing struggles and challenges with creativity, and
- Stories about people who have made the journey from segregated and isolated lives to living connected lives within the community.

This is a practical workshop and will use interactive exercises, reflection and discussion!

Who is this workshop for?

People with a disability, family members, support workers and others interested in developing socially inclusive lives for people with a disability and other marginalised people. It would be of particular interest to families who have sons/daughters leaving school and are seeking more typical and inclusive pathways.

Feedback from this workshop

Transformational. I have developed a clear idea of what social inclusion is. Anything is possible. Vision. Challenge! Real life stories. Fantastic. Inspiring, refreshing and wonderful. Changed my mindset about planning for my daughter's future. It's a progressive thinking and empowering way of action. Motivating. Thought provoking. I will look more and try harder! Open minded. Concept of asking. Working towards people's vision and values. Social inclusion is not paid involvement! Opened my mind to an understanding that there is a lot out there. Importance of identifying roles. It has challenged me to look outside the square and focus on my daughter's strengths. Diverse ways to reach inclusion. I thought my workplace was all over inclusion but can see how we can improve. Enlightening.



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Presenters

Deb Rouget is the CEO of Belonging Matters. For nearly 30 years, she has been involved in the lives of people with a disability and their families and has gained much practical experience and wisdom about imagining and designing supports that enable people with a disability to have typical opportunities in the community. Through her work at Belonging Matters, she instigated the Building Community Networks project which facilitates Circles of Support. In this project, through actively facilitating a number of Circles of Support, Deb has learnt what it takes to establish, maintain and harness people's enthusiasm and skills to enable a full, meaningful and inclusive life.

Teresa Micallef has always chosen to work at the cutting edge of change in community, and has worked alongside people with disabilities and their families for over 20 years. She has been the Coordinator of a family governed service called Living Distinctive Lives for the past 9 years. Currently she is the Project Manager of Building Community Networks and has been impressed by the power, creativity and resilience of people who experience disability, their families and networks. In just a short time, she has seen the incredible impact of engaging positively with a person's Circle of Support and how it can lead to the creation of a good life and safeguard the future.

Learning outcomes

This course will enable participants to:

- Define what we mean by authentic social inclusion and belonging ,
- Recognise the importance of belonging and inclusion for all human beings,
- Identify and discern the key dimensions and motivators of community inclusion,
- Define and recognise the importance of valued roles as a means to inclusion
- Develop practical techniques and methods that can be utilised to develop and maintain valued roles, social inclusion and relationships,
- Identify ways to disrupt exclusionary practice or traditional patterns traditional of thinking,
- Develop ways to overcome over come challenges and barriers,
- Identify and use collective wisdom, and
- Enhance listening skills.



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Teaching methods

- Practical exercises,
- Presentation of theory and methods via PowerPoint,
- Discussion,
- Brainstorming,
- Individual reflection and group work,
- Sharing inspiring “real life” stories of people who have full meaningful and inclusive lives,
- Handouts.

Duration

Two days (9.30am-4.30pm)

Cost

Melbourne based

Under 15 participants - AU\$2600.00 (Plus GST)

15-40 participants - AU\$4,900 (Plus GST).

Plus travel, meal and accommodation costs if required.

Guest speakers can be arranged at an extra cost to share their personal story e.g. family members. Variations can be arranged. Reductions may be negotiated for individuals or family groups

For further information

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