



A home of my own!

Overview

One of the most valued things in life is to have a home of one's own. It's a sacred place that we share with those we love or by ourselves if we choose. Our home is a revered place. It reflects our personality, provides a sanctuary and is ultimately a place where we can be ourselves. However this is not often the case for people with a disability. They experience few options if they need or want to move away from their family home. Often the only choices available are group homes or Special Residential Services with people they don't choose. Home becomes a service rather than a sanctuary!

The aim of this workshop is to open people up to thinking about other alternatives that are more life giving and offer people with a disability and other vulnerable people the opportunity to live in their *own home*.

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

The stories – they're Inspiring, beautiful and courageous. Heartening. I feel reenergised. Enthusiasm. Hope. Eye opening. Life not respite. Innovative ideas. I learnt that I'm probably holding my daughter back. "New. Lateral thinking presented" concept for living. Helped me reorientate the direction for my daughter. Amazing. Enlightening. Informative. Life saving. Mind-blowing. Realised I don't have to wait for my daughter to develop independent living skills first. It made me realise how many valuable resources we haven't tapped into. Realising a home of my own is possible [for my son]. Small beginnings, big vision = good lives. A positive outlook for the future. Listening to the outcomes of others. Promising. How to plan and what to do. Thought changing. I'm excited about the possibilities.



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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:

- Recognise the potential impact of living in a group home or setting that is only for people who are vulnerable,
- Discern what a real home is (and is not),
- Identify and explore underlying assumptions and principles about home,
- Revise the way they think about home for vulnerable people,
- Recognise and reduce the impact of agency driven rules and regulations that have the potential to make a home a work place,
- Re orientate their thinking to more personalised living arrangements,
- Learn how to discover the essence of an individual in creating home,
- Become motivated with new ideas to assist people to live in their own home through the development of a range of supports (informal and formal),
- Explore creative strategies for assisting people to live in their own home ,
- Develop strategies for nurturing home life, neighbourhood connection and natural relationship,
- Explore strategies that empower people and their families,
- Identify potential risks and safeguards around home, and



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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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