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Self Managed Options

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Welcome Aboard New Self Managing Families

Ability Options would like to extend a warm welcome to our new families who are just embarking on the wonderful and exciting journey of self management. School is out and the rest of your life is stretched out before you. Some of you may have already given some thought as to what you would like to pursue, and have been imagining what a "good life" will look like. It's exciting times, but they can sometimes feel a little daunting. Your self management consultant will help you navigate and guide you in your desired direction. One of the great advantages of self managing your funding is the empowerment and choice it grants you in designing a programme that suits *you!* From this philosophical base evolves visions and goals for a good life, socially valued roles, and genuine links and friendships within the local community. It's a long-term dynamic process, one that is responsive to the changing needs and desires of the participant as their life unfolds — no different to every young person forging an identity and independence.



It's a big wide world!

Come along to our seminars to meet and learn from other families, get inspired, and expand your horizons.

The upcoming dates for our training and seminar programs will be confirmed in our next newsletter.

Ability Options looks forward to working in partnership with new and existing families in 2010!

And... Welcome Aboard New Consultants

With the rapid expansion of our self managed programmes here at Ability Options, our team of consultants is also growing. A warm welcome to Ally, who is our newest consultant on the Self managed team. Ally comes from a diverse community services background and has a wealth of information to share. With Ulli soon to be off on mater-

nity leave (congratulations once again!), Melise, who many of you already have the pleasure of knowing, has come across from HR to become a Self Managed consultant. Full of passion, she will be able to offer some unique perspectives on self management.

Please find the contact details for the SM consultants on the last page of the newsletter.

Tom's House



A thank you to everyone who came to our November seminar, and a special thank you to Rachel for coming to share her inspiring story of her son Tom.

Tom is now living independently with support from a strong circle of support and housemates who in return for basic caring tasks receive free board. Through this arrangement Tom has forged some strong friendships which have continued on once housemates have moved out.

Rachel's current project is all about setting up an 'intentional community'. Those of you who made it to the seminar with

Janet Klee's will be aware of the Deohaeko Support Network and the intentional community they set up in Ontario, Canada. Rachel has a vision for something similar here in Sydney, where people with a disability can lead rich, full, participating lives with the support network of an intentional community around them, building genuine links and friendships both within this intentional community as well as in the greater community. Very exciting!

If you would like to follow the progress of Rachel's project or get in touch, visit: www.homecommunity.com.au

Self Management Facebook Fan Page

The self management team here at Ability Options now has a Facebook "fan page" up and running. This will act as an online portal for any news regarding self management, any dates for training / workshops that families might be interested in, and most of all it will provide a forum for families from around the state to network, exchange stories, participate in online discussions, and send feedback directly back to us.

If you have a Facebook profile already, you can use that to become a fan; other fans will only be able to see your profile picture (depending on your privacy settings) but obviously if you start adding other fans (i.e. other self managing families) as friends, then they will be able to see your full profile. So you may want to create a separate Facebook account solely for the purposes of networking with other families via our fan page, if you would prefer to keep your personal account private.

Once logged into your account, if you search for "Ability Options Self Managed Programmes" in the search box on the top right corner, our fan page will appear.

Click on the name to be taken to it, then look for the button that says 'become a fan'. Click on this, and you're done.

If you are unsure about how to set up a Facebook account, but still want to get involved, call your self management consultant and they can talk you through setting one up.

It is up to you how active you are on the fan page, some people might like participating in discussions while others may be happy just reading the new posts. It all depends on your time and interests.

Please note that information placed on the site will be moderated by Ability Options staff, to ensure no inappropriate material is placed on the site.

We look forward to seeing as many of you on there as possible so we can create a viable, vibrant online community of self managing families and individuals.

www.facebook.com

Life Choices: News

The Self Managed Life Choices (SMLC) programme is now up and running. Older people with a disability now have the opportunity to self manage their allocated funding and design a programme suited to their lifestyle and interests.

Ability Options has been nominated to appear in the Best Practices guide for our self-managed Life Choices programme, produced by ADHC and distributed to service providers and community services statewide. Three people have been selected to share their stories and reflect on their experiences over the last six months.

This will provide invaluable information to prospective Life Choices participants on what sort of activities can be included in their programme as well as inspiration to get individuals thinking about what sort of a programme they could design.

A big thank you to our participants for agreeing to take part and sharing your stories.



Ability Options has been nominated to appear in the Best Practices guide for our self-managed Life Choices programme...

Links of Interest:

<http://www.abilitybooks.com.au>

An Australian disability-specific online bookstore.

http://www.acd.org.au/siblings/fact_sheets.htm

Factsheets produced by The Association for Children with a Disability on the experience of growing up with a sibling with a disability. Can be downloaded from the website or printed copies ordered free of charge.

<http://www.deewr.gov.au/ndco>

A government scheme that assists people with dis-

abilities access post school education and training.

<http://www.bladderbowel.gov.au/furtherinfo/caps.htm>

The incontinence scheme: This scheme entitles eligible people a yearly amount to help pay for continence pads etc.

<http://www.cacl.ca/english/index.asp>

The Canadian Association for Community Living. An interesting source of information and resources on the idea of inclusion for people with a disability and ways to realise it.

NSW Companion Card Scheme

Introduced earlier this year, the companion card scheme is designed to encourage people with a significant and permanent disability to participate in the community more, by allowing their carer to enter participating venues for free instead of having to pay double admission costs. The website contains all the information you'll need about the scheme, including an application form. Alternatively, contact your self management consultant and they can send you all the required information and forms.

<http://www.nds.org.au/nsw/companioncard.htm>





Acrobat Document

Self Managed Programmes

We warmly welcome contributions from readers. If you have an event or news item you would like to share, views or comments on any of the items in this newsletter, or would just like to share an excerpt from your experiences self managing, then please let your self management consultant know. We would love to hear from you!

Next issue:

Early start news...

Family success stories...

Equipment and modification applications 2010...

Consultant Contact Details:

Ally Vincent-Penisi: 88 111 742 or 0451 372 133

Caroline Portolesi: 88 111 746 or 0410 577 250

Kelly Piper: 88 111 731 or 0405 229 793

Matthew Dimmock: 0450 955 346

Melise Bourne: 88 111 734 or 0424 173 078

Ulli Zaulich: 0425 208 549

Address for payment requisitions/invoices:

7 Rowley St OR PO Box 165

Seven Hills NSW 2147

Attention rural families!

Please send in news, events, stories, opinion pieces, etc for a regular 'view from the bush' column.



Caroline's Joke Corner

If you have any jokes you'd like to share, Caroline would love to hear from you!

True story.....

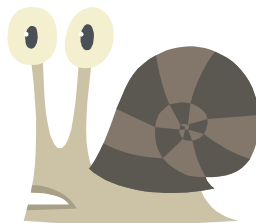
My mum was entertaining all her friends for dinner. So she asked my dad to go down to the fish markets and pick up some fresh sea snails. On the way back dad decided that he had enough time to pop into the local pub to have a beer or 2 too many with his mates.

After realising just how much time had passed, dad grab the snails and headed home.

As he charged through the front gate dad tripped over and dropped the snails all over the front path.

Mum ran out the front door and on seeing the state my dad was in she asked "where have you been?"

Dad looked at Mum then looked at the snails as he pointed to the front door saying "come on boys, nearly there!"



What's On?

Family Advocacy welcomes Ted Smeaton to present "Inspiring Communities"...

An exploration of ideas and strategies for building inclusive communities for people with disability.

When?

Friday 12th February 2010

Registration 9.30am for start at 10am—3.30pm

Where?

Ryde/Eastwood Leagues Club: 117 Ryedale Rd West Ryde

The workshop will be of interest to anyone who wants to support a person with developmental disability to be part of a welcoming community. It will be highly relevant for families (including adult brothers, sisters and extended family).

Contact your self management consultant for a flier with further info and a registration form.