Workshop
Five

Welcome Round:
Share how you are feeling today and something positive that has happened since we last met.
Review last session's work: Add any new information you learned from others that know and care about yourself or your family member with a disability

My Places:

Reference: Connie Lyle-O'Brien, Beth Mount and John O'Brien from Pathfinding with Personal Futures Planning.

These are the places that matter to the person. Some of these will be everyday places others might be once-in-a-while places (maybe on holiday or family visits). Some of these may be community places the person goes on their own or with family or friends. Some may be community places they go as a member of a human service group (maybe on a work crew or an outing with special education classmates or a special recreation program). Some may be human service places (like a special education class or a day program).

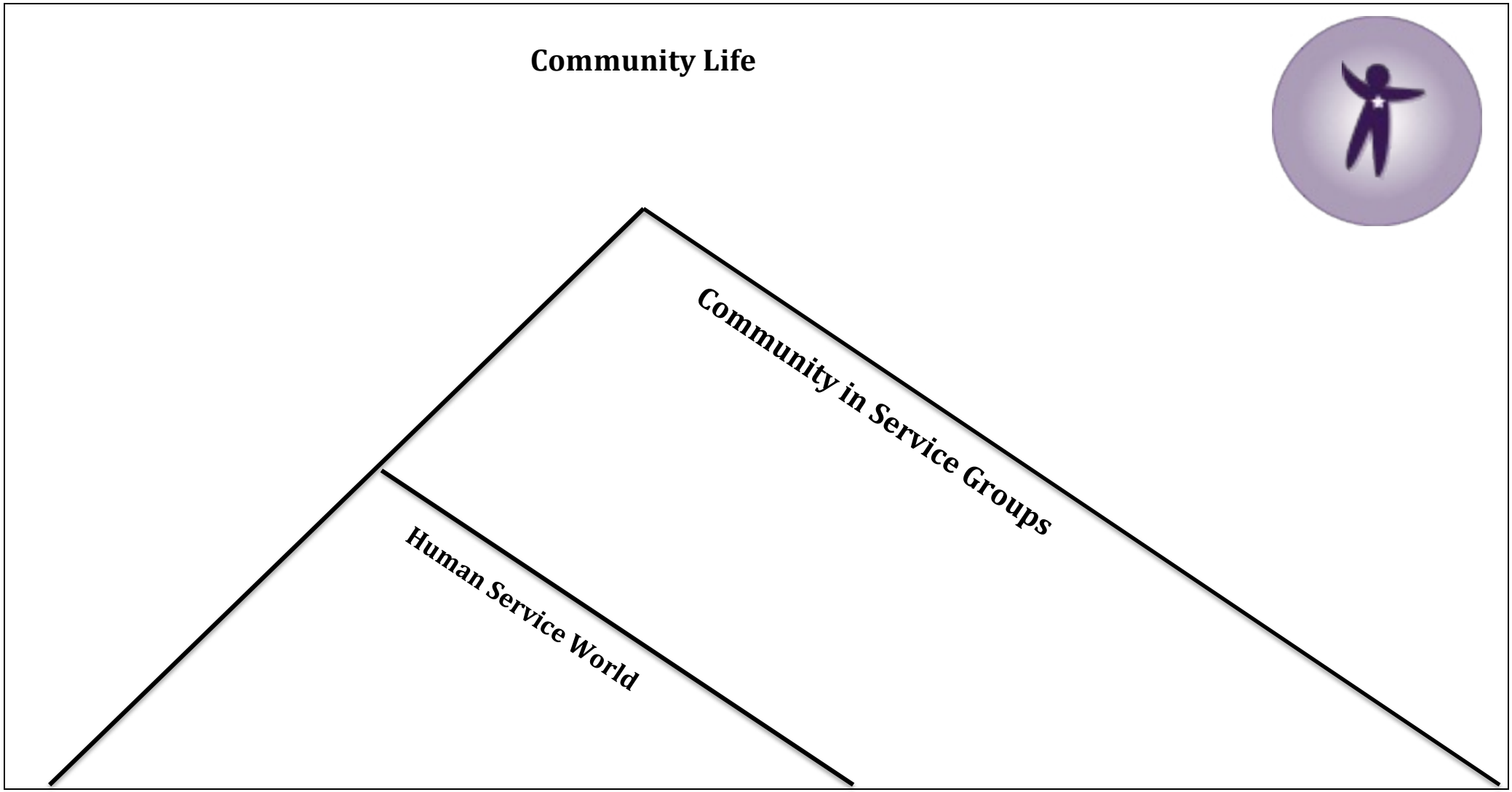
Activity: Complete the graph on the next page:
Community Life: places the person goes with family, friends or on their own
Community in Service Groups: places the person goes with service provider groups
Human Service World: are places that only exist as a place that people with disabilities go
Don't worry about listing every place they go, as long as you get the places that are most important to them.

After you have identified places, think about what they do there.

- Put an **'R'** next to community places where they are a **regular** customer or browser (maybe a coffee shop or bookstore or library)
- Put an '**M**' next to community places where the person is a **member** (maybe a church or an informal 'breakfast club' at a restaurant, or a work group, or the place an advocacy group meets).
- Draw a **heart** next to one or two places that they most like to be and feel most themselves (sometimes it helps to be very specific about the places and what they like to do there: 'shooting baskets with his brother in the driveway', 'sitting in her favourite chair watching a DVD she got at the library', 'singing in the choir at church')
- Draw a **star** next to any community places where you think they could make even stronger connections.

Note: Any new information learned please make sure you add this to the plan in either the important to now or future section. Add the details that are needed to make it clear for the reader.

My Places


Community Life
Community in Service Groups
Human Service World

Power of 10 (ten)

With thanks to Inclusion Works –www.inclusionworks.org.au

The Power of 10 could be best described as '*the deliberate process of using the concept of the multiple of ten (x10) to take us beyond the boundaries of our traditional thinking.'* Our short term memory shuts down after 7 numbers or 5 words or concepts. The Power of 10 forces us to 'go on' to 'push the boundaries' to 'think outside the box.'

The 'Power of 10' is software for your brain. The 'Power of 10' doesn't just extend your thinking. Dr Hewitt-Gleeson reminds us that it in fact acts as a booster. The 'Power of 10' helps provoke your thinking; it helps you make quantum leaps, in your thinking.

Definition of Community The social place used by:	Options *(Water Opportunities)*	Valued Roles *(Water Skiing Club)*	Value of Contribution (Social Organiser)
Family	1. Swimming Club	1. Member ($)	1. Time available
Friends	2. Sailing Club	2. Skier	2. Reliability
Neighbours	3. Lifesaving Club	3. Driver	3. Priority
Neighbourhood	4. Kayaking Club	4. Spotter	4. Physically strong
Associations	5. Jet Ski Club	5. C of M member	5. Personality
Clubs	6. Outriggers	6. Promotions	6. Coordination
Civic Groups	7. Water Skiing Club	7. Social organiser	7. Planner
Local enterprises	8. Rowing Club	8. Manager	8. Connections
Churches	9. Scuba Diving Club	9. Comp. Manager	9. Transport
Schools	10. Water Polo	10. Newsletters	10. Member ($)

Activity: Using the Power of 10 framework and the focus person's gifts, find further ideas that will help the focus person find opportunities in the community for their gifts to be valued.

Social Places	Options	Valued Roles	Value of Contribution

Note: Any new information learned please make sure you add this to the plan in the important to the future section. Develop goals and strategies for any additions to the future section.

What community connections am I looking for?

With thanks to Connie Lyle-O'Brien, Beth Mount and John O'Brien from Pathfinding with Personal Futures Planning.

Think about possible connections that could answer one or more of these questions ('I' & 'my' being the person with a disability):

- Which associations and networks of individuals share my interests, enthusiasms and passions?
- Who cares about what I care about and how does their caring show up in community life?
- Where will people identify with my family, nationality, ethnic group or religion?
- Who would enjoy my company?
- Where could my presence make a positive difference?
- Who would enjoy and add to the knowledge, questions, experiences, and information I have?
- Which community projects and activities would benefit from what I can do or produce?

Activity: Use the template on the next page:
In column one, summarize the capacities (gifts of the head, hand, heart) to build on or develop.
Brainstorm as many possibilities as you can in columns two and three by asking 'Where would these capacities be welcome?' and 'In what role could the person contribute?' (Roles include such possibilities as security guard, motivational speaker, organizer, soprano, usher, regular patron, waiter, gardener).
The ground rules for brainstorming is, "No judgments" – don't worry about whether an idea seems 'Realistic' or not; sometimes far-out ideas lead on to better ideas and real positive steps.

Review the worksheet and circle two or three of the most promising possibilities.

Describe as clearly as possible exactly what it is that you are looking for in the community (for example, 'We want to connect with a theatre group that does musicals and will give chorus parts to people who can't read music', or ' we want to find a good place to listen to Irish music', or 'we want to connect with a group that gives volunteers safe ways to help homeless people,' or 'we want to connect with an artist who will be a mentor'. Be courageous and optimistic; if you don't know what you are looking for, you have little chance to find it; if you don't ask for exactly what you want the chances of getting it are poor.

Capacities to Build on or Build up Gifts of hand, head, heart, identity	**Potential Community Opportunities** Places, associations, networks where the person's capacities would be welcome	**Possible Roles** How the person can act as a contributing citizen in this place, association, or network

Think differently.

Note: Any new information learned please make sure you add this to the plan in either the important to now or future section. Add the details that are needed to make it clear for the reader.

Weekly Activity Timetable

We all use some type of timetable to organise our lives e.g. calendar on the kitchen wall, our diaries, online diaries shared with others, etc. The weekly activity timetable will help us to organise times to work on our goals, do things in life that keep us healthy, fun things we want to do with our family and friends and more.

Setting out the times things happen helps us to organise things for the people we support in a number of ways:

- To figure out a budget for paid support
- Schedule activities for fun and for learning
- Schedule activities for things that need to be done to help the person stay healthy
- Sharing with others what is happening in the week
- Organising support for times it's needed
- Knowing the times that person wants to and can be alone
- Knowing the times that need paid support and the times that are supported by family and friends

Activity: Complete the timetable below with what happens on a usual week; add the details of the times e.g. Monday morning, 7.30am – 9am, getting up and getting ready. Shade the different sections to indicate paid support and unpaid support. If there are some things that happen regularly but not every week, make a note about that e.g. Friday evening, 8.30pm – 11pm, once a month visits Cousins for dinner and games. Anything that happens less than once a month, e.g. once a year holiday, add notes under the activity timetable.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning							
Morning							
Midday							
Early Afternoon							
Late Afternoon							
Evening							
Overnight							

The Budget

Use the weekly activity timetable to figure out the hours of support required for yourself or the person with a disability. This budget is a yearly budget, so start with figuring out the hours per week then multiply by the number of weeks in the year the support is required.

When considering the budget look at:

The NDIS Pricing list http://www.ndis.gov.au/providers/pricing-and-payment

Social & Community Services industry pay rates - http://www.fairwork.gov.au/pay/minimum-wages/social-and-community-services-industry-pay-rates

Staff costs: • Personal Assistant • Living Skills Assistant • Mentor • Community Linker **Travel Expenses** **Occasional staff costs:** •	Weekday 9am-6pm $? + 9.5% super = $? p/h x hrs. p/y Weekday 6pm-12pm $? + 9.5% super = $? p/h x hrs. p/y Saturday all day $? + 9.5% super = $? p/h x hrs. p/y Sunday all day $? + 9.5% super = $? p/h x hrs. p/y Mileage: 78c per km with an average of ?km per week Evening monthly – 1pm – 10pm $? + 9.5% super = $? p/h x hrs. p/y	**$** **$** **$** **$** **$** **$**
Activity cost expenses	$? per week x ? weeks per year	**$**
Therapists	$? per week x ? weeks per year	**$**
One off purchases		**$**
Plan management • Financial intermediary set up costs • Monthly processing • Service activities • Training	$? Per year $? Per month x 12 months $? Per hour x ? hours per year $? Per hour x ? hours per year	**$** **$** **$** **$**
Insurances		**$**
Sub-Total		**$**
Total - Annual		**$**

Given all the thinking you have done through your places, power of 10, looking for connections and the timetable – write down any actions you wish to pursue.

Action to be taken	Who	When

Things to think about and do until we meet again next month:

Share with the person with a disability and others that know and care about them – what has been developed today and get any further feedback and information to add to the plan.