



OUR VOICE SA & SOUTH AUSTRALIAN COUNCIL ON INTELLECTUAL DISABILITY KEYNOTE PRESENTATION

ASID Conference 2019

INTRODUCTION OF PANEL

Tiffany- Our Voice SA Committee Member



INTRODUCTION OF PANEL

Ian- Our Voice SA Chairperson



INTRODUCTION OF PANEL

Rebeka- SACID Inclusion Worker



INTRODUCTION OF PANEL



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South Australian Council on **Intellectual** Disability

Gavin- SACID Inclusion Worker and Our Voice SA Committee Member



INTRODUCTION OF PANEL

Chris- SACID Inclusion Worker



INTRODUCTION OF PANEL

Sarah- SACID Inclusion Worker



INTRODUCTION OF PANEL

Libby- Our Voice SA Committee Member





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WHO IS OUR VOICE SA?



PEOPLE LIVING WITH INTELLECTUAL OR LEARNING DISABILITY

Our Voice SA is a group of people living with intellectual or learning disability.

INCORPORATED

Our Voice SA is incorporated; we only answer to ourselves!

MONTHLY MEETINGS

Our Voice SA meets once a month to talk about issues important to us.

WE ALL HAVE DIFFERENT ABILITIES

The members of Our Voice SA all have different abilities and we all believe that difference is good.

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WHAT DOES OUR VOICE SA DO?

SPEAK UP

Our Voice SA speaks out about matters that impact people living with intellectual or learning disability.

TRAINING

Our Voice SA will provide training in self-advocacy and advocacy.

GET OUR VOICES HEARD

Our Voice SA ensures that the voices of people living with intellectual or learning disability are heard.



OUR VOICE SA ILC FUNDING

BUILD NETWORKS

The ILC funding has enabled Our Voice SA to provide training and build a network of peer-support, self-advocacy across metropolitan and country South Australia

STATE CONFERENCE

Our Voice SA has also delivered a user lead state conference for people living with an intellectual disability

STRENGTHEN

Our Voice SA has grown its membership and establish peer-support, self-advocacy groups across the state



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WHO IS SACID?



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SOUTH AUSTRALIAN COUNCIL ON INTELLECTUAL DISABILITY

SACID is the South Australian Council on Intellectual Disability.

INCLUSION WORKERS

At SACID we have Inclusion Workers, they are people with intellectual disability that work at SACID.

INCLUSION POINT

We have a project called SA Inclusion Point. SA Inclusion Point is a free information service.

INFORMATION

We get a lot of questions from family members. Anyone can contact us to get easy to understand information.

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WHAT DOES SACID DO?

WORKSHOPS AND CONFERENCES

We run workshops and get to present at conferences.

NDIS WORKSHOPS

We run workshops to help people understand the NDIS, think about a good life and to teach people how to stay safe.

NEW WORKSHOPS

We make new workshops about things that people with intellectual disability tell us are important.

INCLUSIVE COMMUNITIES

Everything we do at SACID is working towards making the community more inclusive of people with intellectual disability.

We have started some new projects to give people with Intellectual disability more voice at SACID and to think about how we can do more work to support families.

SACID ILC FUNDING

SA INCLUSION POINT

Our funding was for setting up SA Inclusion Point

INFORMATION FOR A CONNECTED COMMUNITY

We hope that the information we give people with intellectual disability and their families helps people to be more connected with their community.



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WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

Speaking up has opened many doors for me, particularly in independent living. Since I was 8 years old, I have wanted to live independently.

Speaking up meant I was able to do an independent living assessment to work out what I needed to do to move out of home and at the age of 24 I was able to move into my own home.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

I now live in my own apartment with my dog Bella. I oversee my own support, I choose my own staff, I direct my own care.



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WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?



Speaking up has also opened doors in politics, I am a member of the Dignity Party and have stood for parliament on two occasions.

And I'm not done yet.

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I was 19 when I moved into Minda. Life was tough living there, I shared a 'home' with 31 men and boys all with different temperaments.



By speaking up I was able to move out of institutionalized care and into my own home

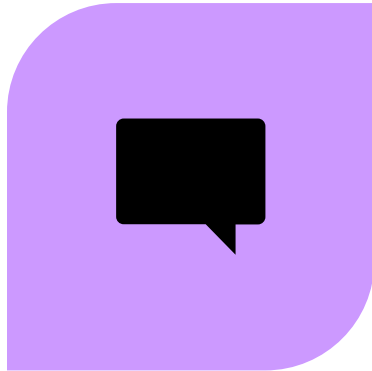
**WHAT
DIFFERENCE HAS
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WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?



Speaking up has really changed my life and as well I teach other people to speak up. I like helping other people to speak up too.



I couldn't speak at all until I was in year 6/7 at school.



The first time I spoke up I got to speak to people that I was close to and it made me feel really special that people really care about me.



Before I learnt to speak up I would do some behaviour and actions that would get me in to trouble.



Now that I have learnt to speak up I am able to be a mentor to young kids and teenagers who have intellectual disability at dancing.



I hope that they can learn to be self-advocates too.

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WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?



Since joining Our Voice SA and SACID I have learnt that there are different ways you can speak up to help change things.

I hope in the next few years things will change because people are standing up. Different peer groups are standing up, asking questions and the community is getting more information in Easy Read format.

WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

LISTEN

I hope there are more services that you can go to who will listen.

MEET FACE TO FACE

Meeting people face to face is best.

ROLE PLAY AND VIDEO

Having peer groups, doing role plays or having services be clever with using videos would be good.

TECHNOLOGY

It can be good to have software to help people but technology can be hard, so we don't want to lose face to face services.



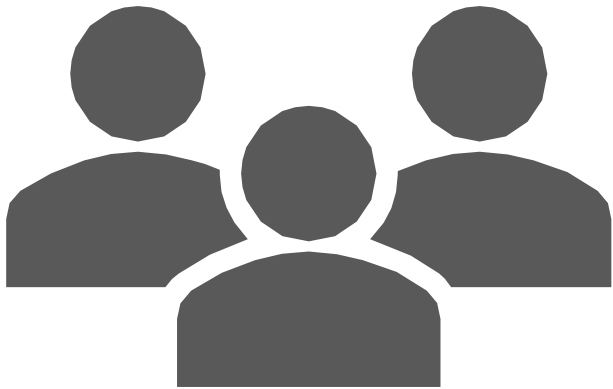
WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

Our Voice SA and SACID are setting up programs and peer support groups so people with intellectual disabilities have a stronger voice.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

I am passionate about speaking up for people living in the country because I grew up in the country



Some examples of me speaking up are

- NDIS Reference Group
- Running the SACID Reference Group
- Starting up peer groups with Our Voice SA
- Being a staff rep on the Camden Community Centre Board



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I decided to speak up to move out of the group home.



I didn't like the people I was living with.

**WHAT
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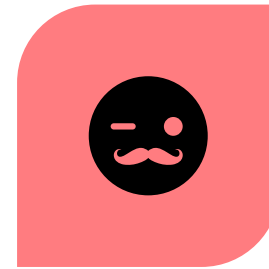
I had started doing some self advocacy training.



The training helped me know how to speak up and talk up for others.



It helped me to know my rights.



I knew that I didn't have to stay doing something that I didn't like.

WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?



I had to speak up and decided that I wanted to move out.



It took some time and was a big decision.



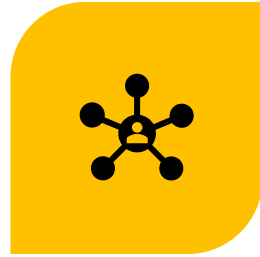
I spoke up to staff, support leaders and the manager of the house and they helped me to plan to move out.



I got to move out and now I live on my own.



It is good living on my own, I can come and go as I want and do my own things.



I was really empowered that I could speak up and make things in my life change.



Doing the self advocacy course has made my life good.

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WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

Speaking up makes me feel confident in myself.

It makes me feel good when I speak up about the things that are important to me.

Sometimes it can be easy but sometimes it can be hard and challenging at times.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?



I have done some speaking up to my family and they encourage me to speak up a lot more.

When I speak up to my family, they can then help me to make big decisions.

I told my family that I would like to work towards living independently and now I am working towards it.

WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

I am working hard on the skills for this like learning cooking, transport and managing on my own.

I think it will be not long now before I can live on my own.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

At my work at SACID I also get to speak up about things.

At work I spoke up about keeping safe because I thought it was important for people with intellectual disability to learn how to keep safe in their community and online.

I wanted to learn more about this too.

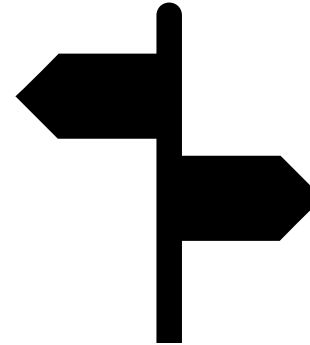
Because I spoke up about this, SACID now run workshops to teach other people with intellectual disability how they can stay safe.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?



I know that some people don't feel confident to speak up but you can train yourself to speak up.



You can practise speaking up about the little things like choosing what you have for breakfast, what top you would like to wear or telling someone that you want to learn how to catch the bus.

WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

When I speak up it makes me feel happy and I am proud that when I speak up it helps other people to be empowered too



PROUD
HAPPY
BRAVE



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WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

For most of my life I have been told what to do, when to do it and how to do it.

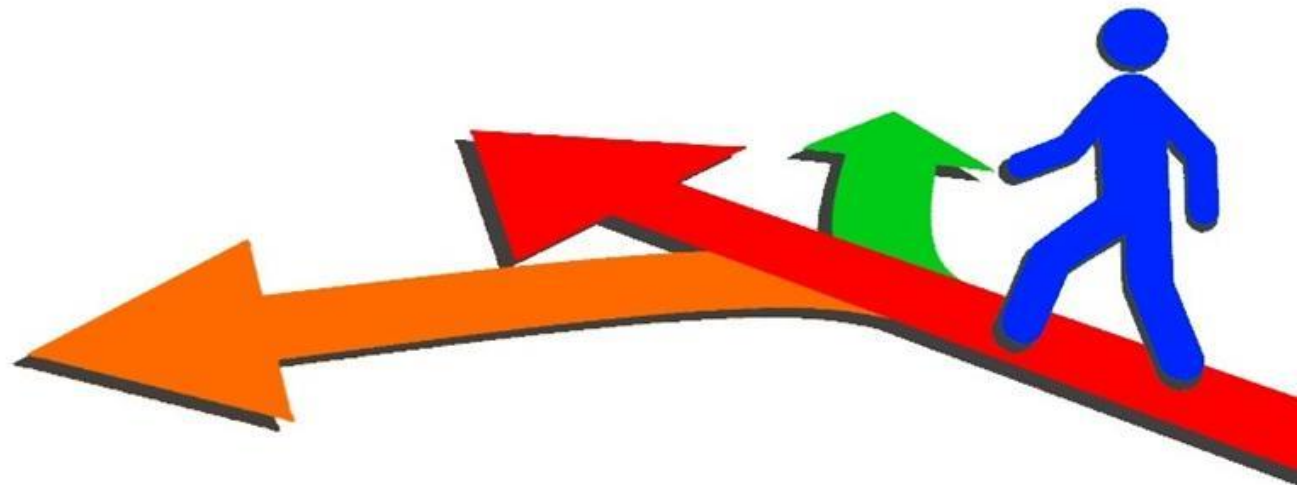
In recent years, my life has turned around.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

I now know that I have the ability and the right to make decisions about my own life.

I have learned that I have choices.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

I can choose what I want to wear and what I want to eat.

I can choose to visit my family.

I can choose to go to church and to attend a craft group.

And I can choose to be a happy person.



Choices

WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

I now have the confidence to speak up about things that matter to me.



WHAT DIFFERENCE HAS SPEAKING UP MADE IN YOUR LIFE?

When I speak up it makes me grow inside.

It opens doors and helps me be independent.

I want to speak up to live on my own one day.

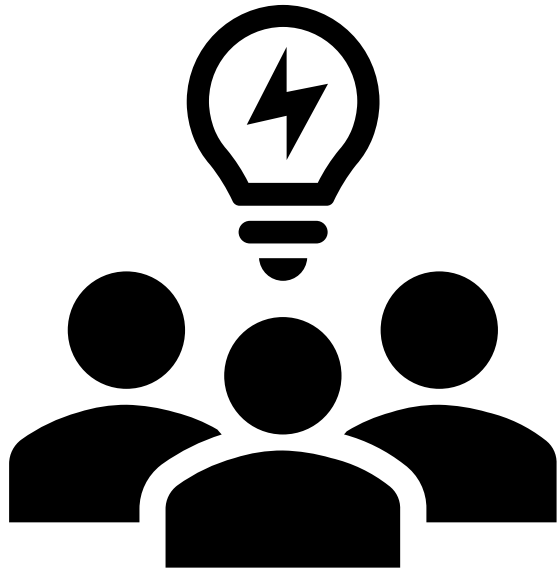


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WHAT ARE SOME OF THE BARRIERS OR CHALLENGES YOU'VE FACED
IN YOUR LIFE?
WHAT SOLUTIONS HAVE YOU USED TO OVERCOME THEM?



We know people in country areas can be more disadvantaged

It is important we don't forget about people in country areas

We need to listen to the people and help them find out what services are there that can help them

WHAT ARE SOME OF THE BARRIERS OR CHALLENGES YOU'VE FACED
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WHAT SOLUTIONS HAVE YOU USED TO OVERCOME THEM?



One thing we could do better is making sure people in the country have access to information so they can know what services are out there that could help them.

Services need to make sure they are telling people in the country about what their services provide.



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WHAT ARE SOME OF THE BARRIERS OR CHALLENGES YOU'VE FACED IN YOUR LIFE? WHAT SOLUTIONS HAVE YOU USED TO OVERCOME THEM?

I have had difficulties with staff not being flexible to my needs, not being trained to support me and communication barriers.

I have been the voice of consumers on two boards. At the age of 18 I became a Consumer Representative on the Board of Directors at Cara. After this I joined the Board of Directors at Enhanced Lifestyles. I am now a Consumer Representative on the CEO's Advisory Board. Being a part of these boards I have been able to voice my stories and express the needs of people living with intellectual disabilities.

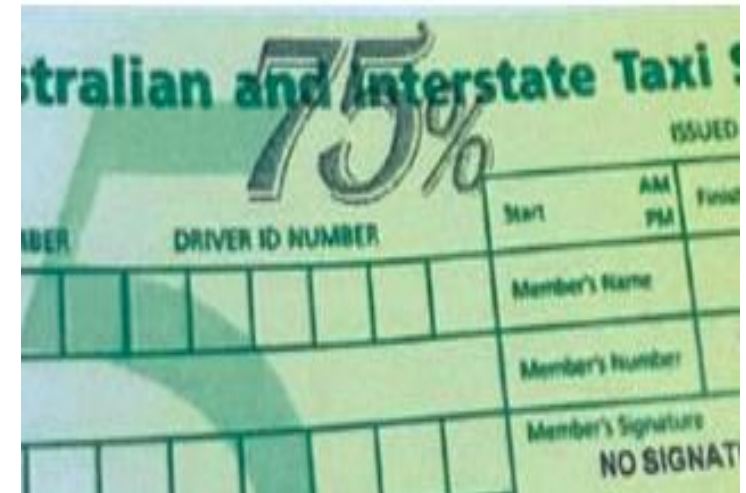


WHAT ARE SOME OF THE BARRIERS OR CHALLENGES YOU'VE FACED IN YOUR LIFE?

WHAT SOLUTIONS HAVE YOU USED TO OVERCOME THEM?

One other barrier I have faced in my life is transport. Public transport is not always accessible and can't take you to the places you want to go to. Taxis often run late or aren't available at the time you need them. Taxis are also expensive.

I have worked closely with politicians to ensure discount taxi vouchers are kept in place until the NDIS addresses the need for adequate transport funding.



WHAT ARE SOME OF THE BARRIERS OR CHALLENGES YOU'VE FACED IN YOUR LIFE? WHAT SOLUTIONS HAVE YOU USED TO OVERCOME THEM?



I loved my time at school, however sometimes other children bullied me.

Some children even thought that it was funny to tip my chair over. At that time Regency Park School introduced a program to educate children in schools about people with disability.

I was more than happy to help.

WHAT ARE SOME OF THE BARRIERS OR CHALLENGES YOU'VE FACED
IN YOUR LIFE?
WHAT SOLUTIONS HAVE YOU USED TO OVERCOME THEM?



I continue to educate others about accessibility, rights and discrimination for people living with intellectual disability.

I feel empowered when I can teach people about their rights as a person living with a disability.

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WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF SACID?

I have had a lot of changes with balancing my work life, social life and home life.

I enjoy doing public speaking in different areas at SACID. I have enjoyed being able to speak at conferences about my experiences like inclusive education and other things that are really important to me and other people with intellectual disability.



WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF SACID?



It makes me feel happy and excited to share information and it has made me more confident.



This year I have been able to be a state representative on a national committee speaking up for people with intellectual disability in South Australia.

WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF SACID?

It is important to give people with intellectual disability a chance to open up about their past life so they can use their voice to be more confident and empowered to speak up and do it again.



WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF OUR VOICE SA OR SACID?

The opportunity to work at SACID has changed me and my life.

I feel important and wanted.

When I wake up in the morning I feel happy and proud to come to work.



WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF OUR VOICE SA OR SACID?

I had other jobs before but they didn't give me the opportunity to try new things that were harder or different and I didn't feel happy.

When I left school they didn't give me many options for what I could do for a job, now I am working as a professional business woman, I think they would be surprised!



WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF OUR VOICE SA OR SACID?

Before now, I had worked in the same job at Subway for 13 years but at SACID now I see a new future and I want to stay put!

I know now that it is good to do what is important for us, speaking up is doing something good, and you can help other people too.





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WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF OUR VOICE SA?



Years ago it was very dark days until I met someone in hospital.



I moved out of the hospital and into a home I share with three other people who also live with disability.



We are all supported by staff.

WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF OUR VOICE SA?



Last year I was invited to the Our Voice SA AGM.



I decided to join.



Joining Our Voice SA has helped me grow.

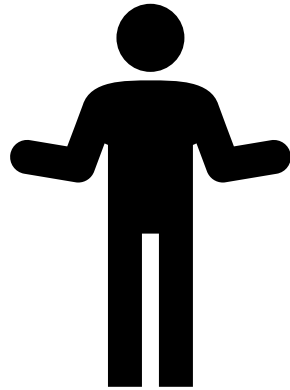


I have learnt that I CAN stand up for myself and that I have rights.

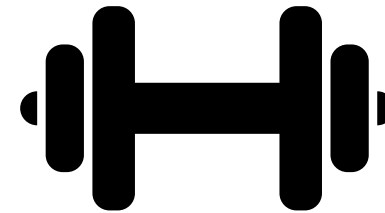


I am now involved in helping other people to understand about their rights.

WHAT CHANGES HAVE HAPPENED IN YOUR LIFE SINCE BEING A PART OF OUR VOICE SA?



Being part of Our Voice SA has given me the confidence to ask questions and to make decisions.



I am getting stronger by the day and I will use my strength to help others.

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HOW CAN PEOPLE GET INVOLVED WITH OUR VOICE SA?

MEMBERSHIP

People living with intellectual or learning disability are welcome to become members of Our Voice. Membership is free and if you are a member, Our Voice SA will keep you up to date with all the that we are doing

ASSOCIATE MEMBERS

Friends and family of people with intellectual or learning disability are welcome as associate members.



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HOW CAN PEOPLE GET INVOLVED WITH SACID?

If you want to get involved with SACID you can contact us

- online on our website
- call us
- follow us on Facebook
- join our mailing list
- become a member on our website.

I love my networking so if you want to find out more you can always come and chat to us here at the conference.

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QUESTION AND ANSWER PANEL DISCUSSION

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THANK YOU

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