
Living a Good Life in my own home



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Acknowledgment of the land

I respectfully acknowledge that we are meeting on the traditional land of the Kulin nation and I pay my respects to the Elders, both past and present, and Elders from other communities who may be here today

Karakia

Whakatau mai te wairua	(Settle the spirit)
Whakawātea mai te hinengaro	(Clear the mind)
Whakarite mai te tinana	(Prepare the body)
Kia ea ai ngā mahi	(To achieve what needs to be achieved)

Today's Focus

Many adults with intellectual disabilities

- continue to have little agency to decide how they want to live as adults.
- They often continue to live in “group homes.”
- My aim is to show that alternatives are possible.



Australia

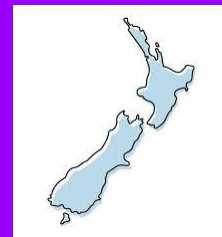
There are some common parallels between how disability was historically viewed and catered for in both our countries.

With the advent of a stronger advocacy movement and changing attitudes, deinstitutionalisation began. (1) (2) (3)

Royal Commissions in both countries have highlighted abuse in care residences. (4) (5)

There are policies with the aim of giving disabled people their own voices and power as to their own choices, which are also impacted by overseas policies such as UNCRPD. (6) (7) (8) (9) —

Aotearoa/New Zealand



Leaving Home Options in Aotearoa/New Zealand

Residential Care

- A provider provides all cares 24/7
- Often a waiting list
- Accomodation included
- The Government is moving away from this model due to changed societal attitudes and cost

Choices in Community Living

- Alternative to residential care-more choice for person and their family
- Choice of one of 7 providers to manage budget
- Accomodation NOT included
- Provider provides support as funding allows. Other support purchased as per budget

Supported Independent Living

- Package to enable person to live semi-independently in the community
- Not a 24/7 package of care. Not intended to be a long term support-about upskilling
- Accomodation NOT provided.
- Provider will assist and provide support as funding and the support plan made allows

Family Governed Models

- High levels of control by family. Big commitment needed
- Use Individualised Funding (Disability Supports) and Work and Income entitlements
- Accomodation NOT provided

Barriers and concerns

- As parents we are terrified of what will happen for our children when we are no longer around to advocate for them. (10) (11)
- The thought of doing something can become so paralysing and daunting that families wait until a catastrophe happens and then “choice” and “preparation” is compromised.
- In various bureaucracies (both government and service providers) there is still a struggle to change attitudes and concepts-it can seem like a lot of “passionate lip service” and “rhetoric” that does not translate to what happens on the ground.
- We are “laying the train tracks” while we move forward-it isn’t very long ago people like our children were in institutions.

Meet Miles



A 30 year old man with an ID and autism diagnosis. Much loved son, brother, uncle, friend. Likes his cat, his life, watching t.v, playing video games, walking, swimming, going out and would like a girlfriend-*if anyone knows someone available?*

What helped/helps Miles live his life well?

- Having a vision that this WOULD happen
- Accessing funding to support Miles' life
- Accessing income related rent housing
- Taking time to prepare Miles (and us) for his move
- Using tools that we know work for him and help him understand
(Supported decision making)
- Employing a P.A
- Being responsive-changing things that don't work

MILLES



IMPORTANT LIFE SKILLS FOR ADULTS

life skill (noun) A skill that is necessary or desirable for full participation in everyday life.

SKILL	I NEED A LOT OF HELP	I NEED SOME HELP	I CAN DO THIS
HOUSEKEEPING SKILLS			
Cleaning Skills			
How to Cook Meals			
How to fix things or know where to get help to fix things			
How to use kitchen appliances			
TECHNICAL SKILLS			
How to use a calendar or schedule			
Communicate in a way others can understand			



Once a week Cleaning

Vacuum and Dusting

Vacuum the floors in all the rooms of the house

Empty the vacuum cleaner into the kitchen rubbish bag

Dust up high for any cobwebs



Making a Prawn Stir Fry

You will need:



A frying pan	
A wooden spoon	
Butter	
Garlic powder	
A microwaveable bowl	

Meat or Seafood

Pork

-Chops

-Ribs

-Stirfry

Chicken

-Legs

-Drumsticks

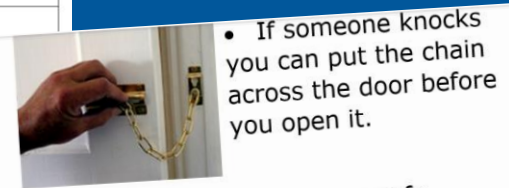
-Wings/Nibbles

-Breasts

-Stirfry

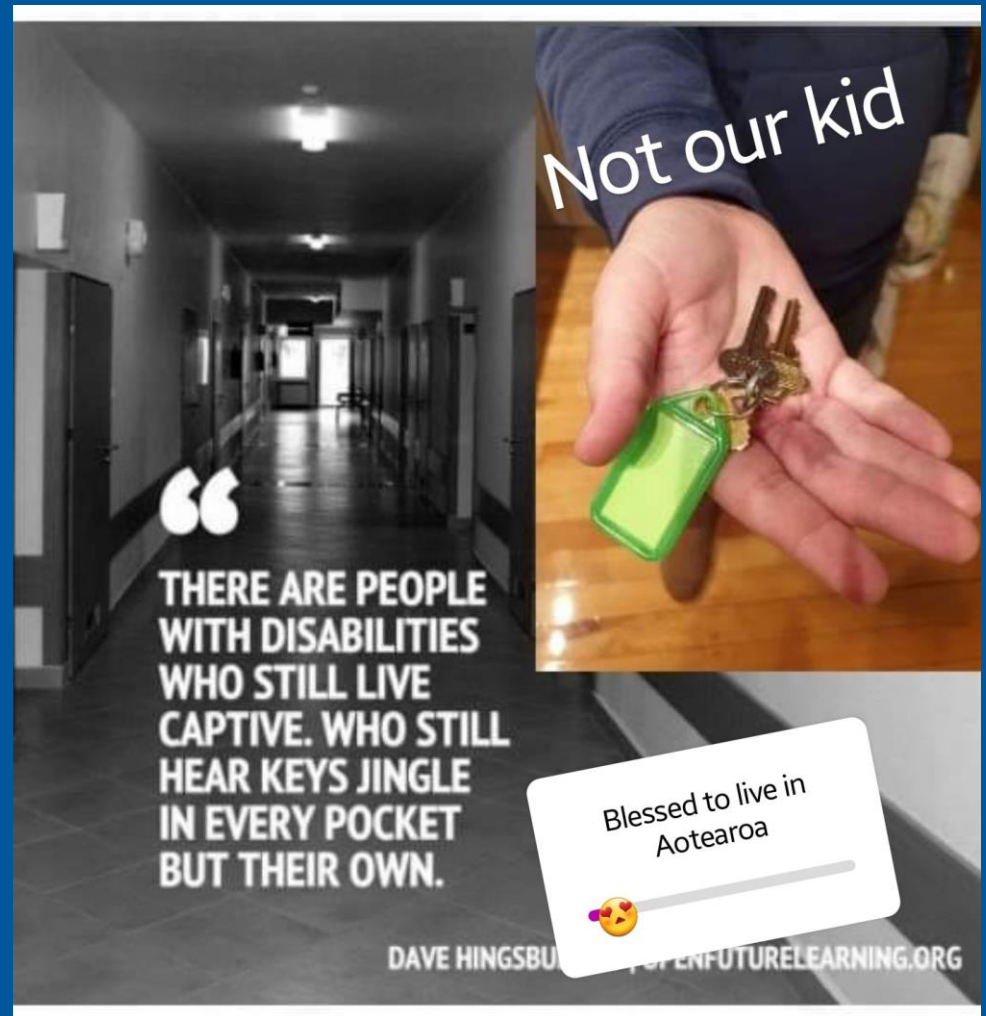
Beef

-Stirfrv



- If someone knocks you can put the chain across the door before you open it.
- If the person visiting is a safe person, you can then let them in
- Don't let people come in if you do not know them-they are strangers.

- The barriers and concerns raised by professionals AND others are able to be worked through.
- Allow the person you are supporting to have their own voice in order to let them live their own “good life.” (12) (13) (14)



Not our kid

“

THERE ARE PEOPLE WITH DISABILITIES WHO STILL LIVE CAPTIVE. WHO STILL HEAR KEYS JINGLE IN EVERY POCKET BUT THEIR OWN.

Blessed to live in Aotearoa



DAVE HINGSBURY FUTURELEARNING.ORG

Take home message offering

“

It is hardly any time at all since we closed our institutions in Australia and Aotearoa/New Zealand

An alternative life away from a “mini-institution” group home is feasible with the right funding and support

We need to be “brave” as parents and professionals and take the leap of faith towards a better future **BEFORE** there is urgency

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Thank you
Ngā mihi nui

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