



And You Think You're The Expert?

Centering Lived Experience of Intellectual Disability in Violence Prevention

Kristy Hill & Alison Maclean

wwild

WORKING WITH PEOPLE WITH
INTELLECTUAL AND LEARNING DISABILITIES

PO Box 495 Lutwyche QLD 4030
211 Hudson Road Woolloowin QLD 4030
phone - 07 3262 9877

fax - 07 3262 9847
email - info@wwild.org.au
www.wwild.org.au

Acknowledgement of Country

WWILD

Sexual Violence Prevention
Program

Victims of Crime Program

Disability Royal Commission
Program

Listen Up! & Other Projects

What's a peer worker?

Who are the experts?



Abbey

Qualifications:

A forgotten Australian, survivor of sexual violence and domestic violence and a mother of 4. Likes to create things for people, is involved with a theatre company, and volunteers at a school helping children.



Betty

Qualifications:

Over 20 years' experience supporting carers and other people with a disability, 11 years' experience of supported accommodation, an avid fundraiser for The Cancer Council and a good listener.



And You Think You're The Expert?

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It will play in a few moments.

And You Think You're The Expert?

Want to know what makes services accessible for women and non-binary people with intellectual disability who have experienced violence?

Hear it from the experts in this field; that is, women and non-binary people who have an

The image shows a website header for 'And You Think You're The Expert?'. The header includes a navigation menu with links for Home, Podcast, About, Booklet, Posters, Videos, Training, and Contact. Below the header, there is a placeholder for a video player with the text 'It will play in a few moments.' The main content area features a large illustration of four people sitting around a table, with the title 'And You Think You're The Expert?' in purple. Below this, there is a paragraph of text in purple: 'Want to know what makes services accessible for women and non-binary people with intellectual disability who have experienced violence?'. To the right of this text are two illustrations of women sitting on chairs and reading books. At the bottom, there is a partial sentence: 'Hear it from the experts in this field; that is, women and non-binary people who have an'.

<https://andyouthinkyouretheexpert.com.au/>

Hi!

I AM



MIRA

Why the Listen up! project?

- Women and non-binary people with intellectual disability experience violence more than other groups
- Sexist and ableist assumptions are the drivers of violence against women and non-binary people with intellectual disability
- People with intellectual disability don't get asked about what would help
- We wanted to change that



What did we do in the groups?

- Codesign workshops
 - brainstorming; games; activities; discussions and importantly, lunch!

How did we make it understandable and safe?

- We took our time
- We made sure everyone knew there was support
- We used lots of different activities like drawing and games
- We did check in and check outs
- We practiced saying what we thought in games where we said what we liked and didn't like
- We used red and green balls to vote

What did we do next?

- Made the resources
 - We asked people what they thought; we wrote out what we wanted to say and we practiced a lot
- Review workshops
 - brainstorming; games; activities; discussions

Sometimes it's hard to give feedback

So, what helps?

- Building relationships
- Letting us know that our opinions are important
- Practice, Practice, Practice
- Celebrate when we do share!
- Tell us why you need to know and that it will make things better

From the
experts...

'I want people to know that even
though we have an ID; we know what
we are doing. I feel that we can make
our own decisions.'

From the
experts...

'Once people view it, I'm hoping that
people will have a different
perspective. I'm proud of this.'

'I feel very good about myself. It's
always good to feel a part of doing
something.'

What we liked about being peer workers

- It shows that people with intellectual disability can be leaders!
- Gives us meaningful paid jobs
- Makes things more equal
- I have a voice - I can stand up for people with disabilities
- Feel more confident.

We have lots to say on stopping violence.

We have good ideas and can make decisions for ourselves.

Giving us the right help and support means that we can
meaningfully get involved!

We are the experts!

Thank You!

