

# Self Direction

## Things are changing for people with disability

We are currently in a period of great opportunity for people with disabilities and their families and allies.

The National Disability Insurance Scheme (or DisabilityCare) heralds not only significant change in financial investment in people with disabilities, but also enormous opportunity for how people get the support they need.

## Things needed to change

For a great many years people receiving services have, by-and-large, been offered fixed models of care and support. This means that services are largely created before people arrive on the scene.



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This resulted in a 'one size fits all' approach. Such a system is not able to provide what a person needs to maximise the potential of their life. Maximising a person's potential is predicated on a personalised system, where support can be designed with people, 'one person at a time'.

What this means for people with disability  
Creating personalised solutions means people with disability will move from being passive recipients of 'one size fits all' care to 'partners', 'creators' and 'drivers' of solutions.

To grasp this opportunity they will need to become engaged in the design and delivery of their own support arrangements, and become equipped to choose and direct the services they receive.

This approach – called a self-directed approach - requires a radical change in mindset, role and responsibilities.

## About InCharge

InCharge exists to make self-direction possible and sustainable for people with disability.

## InCharge supports people to grasp this opportunity

InCharge works with people to grasp the opportunity of self-direction.

We do this by creating products, services and partnerships that make self-direction attractive, exciting and entirely possible for people to sustain into the longer term.

### 5 Elements that make the self-directed approach sustainable

1. Beyond 'self' - Building my tribe
2. Living my potential
3. Unleashing possibility
4. My mindset
5. Finding allies



# The 5 Elements

## Beyond 'self' – Building my tribe

We need others who hold our life vision and support us achieve it into the longer term. If we are only relying on services and governments then we are more vulnerable. InCharge works with people to build strong networks and to fully participate in their community.

## Living my potential

Self-direction is a means to an end. InCharge works with people to think about their life and what they want for themselves.

## Unleashing possibility

At the beginning of great reforms like the National Disability Insurance Scheme we need tangible examples of possibility beyond our present experience. InCharge inspires and resources people to create their own innovative solutions and approaches.



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## My Mindset

As we step into our power as partners and creators of our own solutions what new skills and knowledge are needed? InCharge builds people's skills and knowledge through tools, resources and partnerships.

## Finding allies

Self-direction is highly sustainable when we are connected to others who can be alongside us in very practical ways. InCharge helps people to develop their allies and partners.

**Would you like to learn more?**

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