The Your Life Your Choice (YLYC) Peer Support Initiative
Facilitated by people with lived experience from Pathways to Leadership

The YLYC Peer Support Initiative is for people with a disability, their families, carers and enduring friends to have the opportunity to attend discussion sessions, hear from their peers and share their own experience of self-directing their supports.

Sessions will be facilitated For people who are:

- *Already self-directing their supports under YLYC* – familiar with the process, would like to share stories, ideas, information, what has and has not worked for them
- *Just beginning their journey in self-directing their supports under YLYC* – new to the concept, finding their way
- *Considering self-directing their supports under YLYC – and who* want more information about it.

By - people with the lived experience in self-directing their supports.

What will be the benefits of attending the sessions?

Participants will be provided with an opportunity to:

- Receive a kit including a discussion booklet, relevant information, useful contacts and internet links
- Learn from each other about what works and doesn't work when directing/managing your own supports. You will also have the opportunity to ask questions from each other
- Hear and share stories and share local community contacts
- Explore the advantages of peer support networks and their relevance in different local communities including your own
- Gain information on how directing/managing your own supports will link into the introduction of the National Disability Insurance Scheme/ Agency
- Learn about person centred planning and how effective planning is fundamental to self-direction

There will be several discussion sessions in each of the 7 Disability Service Regions, between Feb and Sept in 2014.

- The information discussion sessions occur in Central region in February, followed by South West, North Coast and Brisbane Regions from March.
- People who have individualised packages will receive an invitation to attend a session from their Disability Services regional office

Assistance will be provided by peers from your local community *who are self-directing their own, or a family member's supports through YLYC and who have offered their assistance. This means having the opportunity to meet local people, hear their stories and get information from networks around you.*

If you would like to offer your assistance, share your story or help us with the workshops we would love to hear from you at Pathways to Leadership

Julie Simpson:	Phone 0417 079 788	julie.simpson@pathwaystoleadership.com.au
Belinda McAuliffe:	Phone 0401 768 040	belinda.mcauliffe@pathwaystoleadership.com.au
Carol Thorne:	Phone 0408 018 095	carol.thorne@pathwaystoleadership.com.au

Pathways to Leadership-Your Life Your Choice Peer Support Initiative 2014– Funded by Department of Communities, Child safety and Disability Services

Your Life Your Choice Peer Support Initiative
Information and Discussion Sessions

The Your Life Your Choice (YLYC) Peer support initiative:

- aims to provide people with disability, families, carers and enduring friends, the opportunity to come together with their peers, to explore self-directed support
- is part of the Department of Communities, Child Safety and Disability Services' commitment to assisting people to prepare for the National Disability Insurance Scheme (NDIS).

Self-direction is an opportunity to make positive change and have choices when organising and purchasing supports or services from disability or other providers. One of the most useful ways to save time and energy and not re-invent the wheel is to network with peers, through peer support networks, which provide an opportunity to:

- hear stories and experiences from those already self-directing
- share information on self-direction strategies and helpful local community approaches, and gain support if and when needed
- ask questions and receive answers or referral points for queries.

In 2014 discussion leaders from Pathways to Leadership and local peer participants will be holding several discussion sessions in each of the regions in Queensland.

The discussion sessions are for people who are:

- *already self-directing their supports under YLYC* – familiar with the process, would like to share stories, ideas, information, what has and has not worked for them
- *just beginning their journey in self-directing their supports under YLYC* – new to the concept, finding their way
- *considering self-directing their supports under YLYC* – want more information about it.

Discussion leaders are peers who have experience in both self-directing and being part of peer support networks.

How can you take part?

If you have individualised recurrent funding from Disability Services, you should receive an invitation, including local dates and venues. We would welcome people with disability, their families, carers and friends to:

- share your story at the session
- help us to organise the sessions in your region and local community
- join us in facilitating the sessions.

Contacts:

Julie Simpson: Phone 0417 079 788 julie.simpson@pathwaystoleadership.com.au
Belinda McAuliffe: Phone 0401 768 040 belinda.mcauliffe@pathwaystoleadership.com.au
Carol Thorne: Phone 0408 018 095 carol.thorne@pathwaystoleadership.com.au

More information:

Your-Life-Your-Choice: www.communities.qld.gov.au/disability/key-projects/your-life-your-choice
National Disability Insurance Scheme (NDIS): http://www.communities.qld.gov.au/disability/key-projects/national-disability-insurance-scheme

December 2013

Funded by
Queensland Government