

Life skills for independence  
through role play and practice  
in the community



# What is involved



## Developing the skills for a good life

The Achieve My life, My say program is a series of 12-session courses to help you achieve your goals to develop or improve communication, self-advocacy and life skills, to live a good life. You will learn new skills in the program by using role-play, drama and practice in real-life settings. These are developed learnings, along with the chance to assist others and be a leader.



## Use of assistive technologies

Assistive technologies help you do things that you might need help with. Assistive technologies are used in the program to help with learning and engagement, and to record progress in each course.

# What to expect



## Inclusive

The program is welcoming, which leads to meaningful engagement and participation.



## Learning

Learning happens over time, and is varied in approach.



## Your choice

Confidence grows with each course as skills develop and opportunities open up.



## Fun

Skills are built with peers and friends, using entertaining and fun activities.



## Person-centred

Each person is important, and the program is made to suit your needs.

# How it works



## Learn about you

Achieve works with you and people important to you to understand you, your interests and abilities, so that we can tailor the program. You and your family choose the courses to take.



## Build skills

Building skills through role-play and activities, you will use videos and feedback to develop confidence.



## Practice in community

Skills are practiced in real-life settings in the community – on your own or in small groups, with support workers.



## Celebrate

Enjoy celebrating your new skills with others learning the course and people important to you. This may be an online or in-person event.

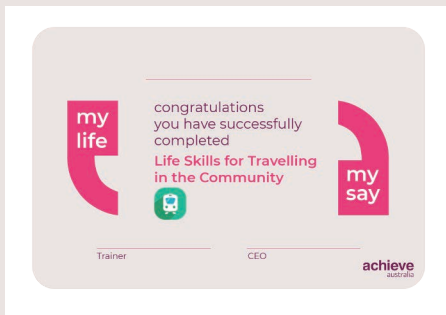
## Progress rewards



My life, My say has been created in a social and fun way. The skills you learn will match your learning goals and abilities.

You will build skills over time, starting with role-plays and moving on to real world settings in the community. You will get feedback and can see your progress as you complete the module.

At the end of each 12-session course, you will be presented with a certificate of achievement.



# Courses

My life, My say is an opportunity to learn life skills and communications skills in a fun and engaging way. Each course has 12 x 90 minute sessions.

## Choose from multiple courses

Choose all four courses across the year to make up a 12 month schedule, or select individual ones.

### Life skills for travelling in community

You will learn how to use public transport, including how to plan and pay for your journey across different types of public transport. Safety tips for travelling will be covered, including how to watch where you are going so you get off at the right stop.



### Life skills for moving out of home

You will learn about your options when moving out of home, including how your budget will affect these options. Skills learned will include how to pick housemates, how to furnish your home and what to bring with you. How to pack, move, and unpack your belongings. You will also learn about setting up electricity and gas, shopping, cleaning, and hosting visitors.





## **Communication skills**

Communication means how you chat with people, it includes how to talk and how to listen.

You will learn how to be a good communicator. Skills will include how to be a good listener, understanding other people's communication, taking turns in a conversation, and what information you share with people you know or people you do not know.

Computer-specific skills will cover how to sign up for an email address, how to send and read emails, and what risks there are with emails. Phone skills will include things like placing an order, or calling to get a timetable.



## **Self-Advocacy**

You will learn how to speak up for yourself and tell people what you need. You will learn what an advocate does and how to engage an advocate, or advocate for yourself.

An advocate is a person who supports and stands up for you.

You will learn about your human rights, what to expect from the NDIS, and your rights as a person with a disability. You will also learn how to use these rights. Skills will include how to give feedback and make a complaint when needed.

## Program facilitators and supports



The My life, My say program has been developed with young people with a disability, their carers, families, and providers, so that we can ensure we are running a learning experience that you will enjoy.

It will be run by professional facilitators to help you learn in a fun and engaging way. Some will have disability experience, and some will have experience with a specific topic such as drama.

Facilitators are people that are there to help you understand the modules.

Support workers are available to support 1 to 3 or 1 to 1 based on your support needs.







# How to sign up

## Step 1

Look at the courses with your parent, family or support worker and choose the one or ones you want to attend.

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## Step 2

Call or email us if you have any questions before enrolling.

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## Step 3

When you are ready to enrol, call or email us for a face to face appointment so we can understand your needs and sign you up!

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## Contact details

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**achieve**  
australia

my  
life



my  
say