
  
**Samaritans**  
**Your Rights Your Life**



Practice Forum 2010

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**In memory of Brian Frew**



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**What is the CLSU?**

- The Community Living Support Unit
- Based at Adamstown 8 permanent staff and lots of casuals
- Support for 4 clients living semi-independently
- Providing 1:1 focused support for group home residents in the Newcastle and lake Macquarie area
- Leisure Links
- Leaving Care
- Crisis accommodation

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**Why Rights Education?**

- People with an intellectual disability have been unaware or unable to exercise their rights due to a lack of education and over protection by the people around them
- A widely held belief in the Community that people with an Intellectual Disability DON'T have similar legal rights and responsibilities as everyone else



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**Rights and Responsibilities**

- Focused on teaching a balanced view on rights and responsibilities
- Adaptable to cater for a wide range of skills and learning abilities
- 2 hour sessions over 6 weeks



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**Your Rights Your Life Training Package**

- Six sessions, 2 hours each
- Consists of learning exercises using:
  - Role plays
  - Discussions
  - Pictorial and easy reading handouts
  - Brainstorming
  - Videos
  - Homework book



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### Your Rights Your Life – Session Topics

- Rights and Responsibilities
- Choices and Decisions
- Rights Where You Live
- Rights in the Community
- Consumer Rights
- Protecting Your Rights and Making a Complaint



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### Outcomes

- Fun
- Community
- Sharing Stories
- Keep on Telling until someone listens "Stand up for yourself"
- Choice and Decision Making "Someone told me to do something I don't like so I said no"



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### Outcomes

- Participation in learning
- Discrimination
- ... "Excuse me, I was here first"
- Disability Service Standards
- Friendship
- Families and achievements = confidence and self esteem
- Staff expectations



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### Where to from here?

- More sessions planned
- More presenters wanted
- The individual training kit
- Completion of a formal evaluation
- More training opportunities for service users?



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