

Chapter 4

Setting goals and accessing the community

What are you good at?



We all have things we are good at, and things we don't enjoy so much. Thinking about your strengths (our talents and skills) and things you enjoy can help you set goals for the future. What are some of the things you are good at?



Sometimes it can be hard to think about what your strengths, skills, or talents are. If you haven't thought about them before, but it can be a useful thing to do.



Write or draw some of your strengths here (make sure these are positive things and not negative): This does not just have to be at work, but in general (Hint: if you can't think of any, ask some people who know you).

Things that I am good at:

e.g. I am good at being on time

Thinking about new activities?

Trying new activities can help increase your confidence and self esteem or help us feel good about ourselves. It is also important to try new things because it might turn out to be something you really enjoy.

Self esteem is the way you feel about yourself. This can be important when you are experiencing big changes or starting something new.

Having low self esteem may hold you back from trying new things because you might not feel like you can do it.



See Chapter 5 for more information on self esteem.

What is a goal?

Goals are mentioned a lot in our everyday lives.

A goal is a direction, an objective, or an end.

Goals could be about things we want to do more of, or maybe improve on.

A goal is something we want to achieve.

People can have all sorts of goals. For example:

- I am going to join the local cricket club next year
- I am going to stop smoking
- I am going to lose 5kg.



Think about your last EAP (Employee Assistance Plan) at work. This was a time when you and your supervisor/s created goals about work.

It may be important to think about some things you might find challenging.

Think about the things you DO enjoy as well as the things you DON'T to help you explore your options more fully.

Why have goals?

- By identifying your goals you can work out what you want to achieve that suits you and your lifestyle.
- Having a goal helps in having a clear path to follow - it helps you go in the right direction and get you to the right place.
- Some goals can seem too big; if this happens it's a good idea to break them down into smaller goals or easy steps.
- Completing a goal is a great achievement. It is a reason for celebration and a chance to look back and see how far you have come.
- Remember, if you don't reach your goal, that's OK. Everyone sets goals, but they are not always achieved. Your goals will keep changing as you change.

Example of Sue's goals

'Sue' was an Australian Disability Enterprise employee who wanted to think about cutting down her hours and making friends closer to where she lived.



She always enjoyed crochet when she was younger. Her goal was to pick up her hobby again.

Sue and her support worker used the yellow pages. They found that the local community centre had a crochet group every Thursday morning. They also called up about bus routes, time and costs.



Sue then went (with support for the first week) to the group, and over time formed good friendships with other people in the group. Sue enjoys her time with the group.

Sue's steps:

- Thought of a realistic goal.
- Found out the information needed to help achieve her goal - such as contact details, activities offered, bus routes, times and costs.
- Asked for company on the first week. Taking these steps has allowed Sue to make new friends and enjoy her craft.

**"I give myself a pat on the back when I achieve a goal."
Bill, ADE employee.**

Goal Setting

It is up to you to think about what goals you might like to set. Goal setting can be used for ANYTHING. For example you can set a goal to do with:

- work
- hobbies
- relationships
- finances
- health.

It's up to **YOU** to think about what things you might like to change.

Goals can also be something that:

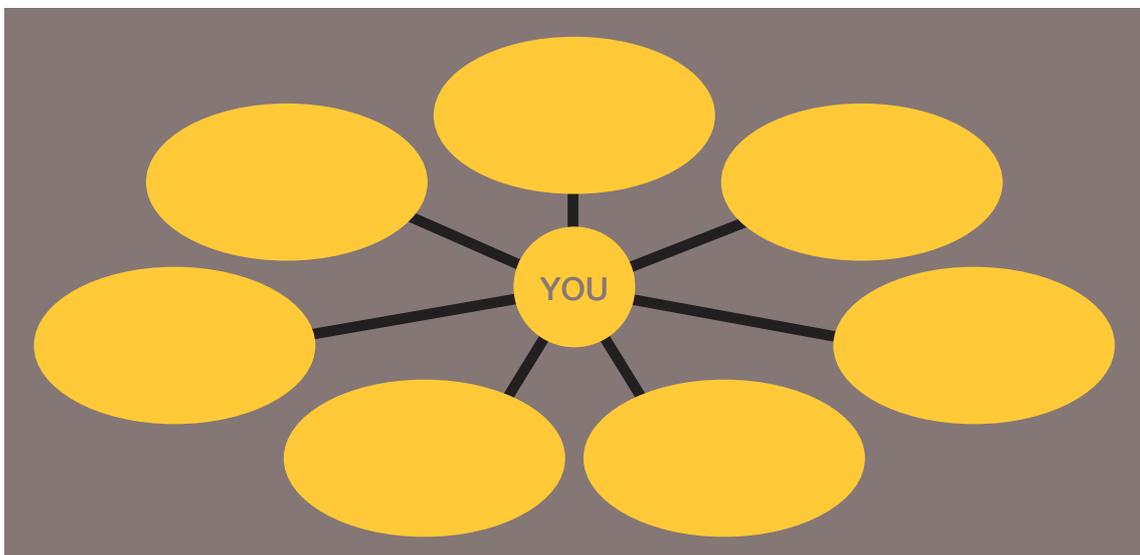
- You want to be able to do in the future
- You want to be better at doing
- You want to stop doing.

Having goals gives you something to aim for and can be a really good motivator to keep focussed on a particular task.

Thinking about your goals



Have you thought about some goals you would like to work on? Write or draw in the bubbles below some goals that you have been thinking about.



Things to think about when looking for new activities

You might feel nervous when you are about to start a new activity. The more information you have about something the less nervous you might be when you try it for the first time. It could be helpful to get as much information as you can about an activity when you contact them. It is a good idea to have a list of questions ready before you call.

Some questions you may want to ask:

- What is the name of the group?
- What does the group do?
- How often do they meet?
- Does it cost anything?
- Who else goes there?
- Is there transport available?
- Do I need to bring anything?
- Can I bring someone with me (e.g. a support worker, family, or friend)?
- Is it okay if I haven't tried this activity before?



Remember to ask WHO? WHAT? WHEN? WHERE? HOW?

What do I need to do to achieve my goals?

What are some of the things you might need (e.g. money, a person, equipment) to achieve your goals?



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Sharing goals



Sharing your goals with other people can often lead to more success. Talk with your friends and family when you are setting goals for the future.

Write or draw some goals you would like to try:

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Can you think of some goals that you can share with someone and work together on?

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Talk to your family, friends or support worker about trying these new things.



See Chapter 2 for ideas on social support and who you might like to talk to.

Are there any risks or problems you can see, or other people can see with your new goals?



What about risks?

Discuss how you can manage the risks involved (e.g. If an activity is only on when it's dark, maybe you should arrange to get a lift so you are not waiting at the bus stop in the dark).



Write down the plan you have decided on to manage risks:

Creating an action plan to achieve goals

With the person helping you, start by writing down a small goal. We have put an example in to help you get started.

Goal No.	What is the goal?	Who can I share this goal with?	What steps need to be taken?	Who will do it?	When should it be done by?
E.g.1	e.g. start lawn bowls	Mum and mate Dave	Call to find out where. Find out cost and transport options.	Dave and I	1 week from today

Friendships and interactions



Research shows that friendships and social interactions can be one of the biggest benefits of working in an Australian Disability Enterprise so it's important to think about how that might change if you were to leave work.



Some of our closest friendships are with work mates.
Would you still want to keep in touch with your work friends?

How could you keep in touch with them?

Would you like to keep in touch with work by helping to show new staff around or helping with staff inductions now and again?



Would you like to attend social gatherings or work parties (like people's work anniversaries, seasonal parties, or social gatherings)?
If so, who would you need to speak with to find out about them?

Will my friendships at work change if I leave?

It's important that all relationships in your life are supportive of you and your choices.

How do you think leaving work might affect your friendships?

When you are setting goals have you thought about new opportunities to meet new people?

How do you feel about meeting new people (see feelings chart at beginning of the book for help)?

Do you have any worries?

Having good influences in your life

Discuss some of the things you might do if a friend or a person you knew was not treating you well, and was not being supportive?

Who might you talk to about your concerns?



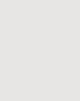
Activities



There are many things you can do to keep busy once you leave work or cut back your hours. Tick any of the following which interest you, or draw some extra ones in the spaces provided.

✓	Activity	✓	Activity	✓	Activity	✓	Activity
	Photography 		Having friends over 		Church activities 		Tree Planting 
	Golf 		Volunteer work		Playing an instrument 		Fishing 
	Swimming 		TAFE		Singing 		Gardening 
	Bowls		Computers 		Listening to music 		Going to the movies 
	Ten Pin Bowling 		Craft 		Concerts 		Eating out 

Other activities to think about

✓	Activity	✓	Activity	✓	Activity	✓	Activity
	Exercise 		Sewing or knitting 		Theatre 		Reading/ audio books 
	Scrap booking 		Card making 		Video Games 		Drawing 
	Painting 		Card games 		Board games 		Cooking 
	Day Trips /travel 		Enter some of your interests here				

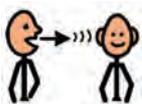
How to approach a service or group



For more information on how to engage with different services please see Chapter 5 on Health and Wellbeing.

Approaching a service or group can be scary for some people. Some people may need to learn how to communicate with people living with a disability, and to learn more about what that person's disability means to them.

How do you feel about asking or approaching a service or group in the community (e.g. calling up the local community centre about what happens there)?



Discuss the following questions:

Would you rather someone help you?

Who might you ask?

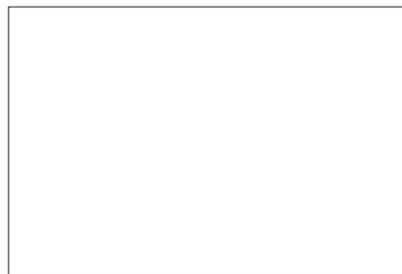
How would you approach a service/group in the community?

Things to think about before calling a service:

- Find the phone number in the phone book or on the internet.
- Write down on a piece of paper the things you would like to find out about.
- Practice what you might like to say

Can you think of anything else that you would like to find more information about?

Write or draw them below.



Some other ideas might be following up with a training course where you can learn new skills, or develop the skills you have.

For information on training courses, as well as support for people with a disability you can call Training Queensland on 1300 369 935, or go to www.training.qld.gov.au

Finding out about new activities

Some good places to begin are:

- Ask friends or family
- The phone book
- Telstra directory assistance
- Your local paper or community newsletter
- Libraries
- Internet
- Neighbourhood/community centres/ health centres
- City council
- Radio
- Community noticeboards
- Specialist magazines (car magazines etc)

For more information contact the Disability Information Line to find out when and where the next disability expo will be held:

**Telephone: 1800 177 120
(toll-free within Australia)
TTY: 07 3896 3471
1800 010 222
(toll-free within Australia)
Email: disabiliyinfo@disability.qld.gov.au**

Contacting groups or services... have a practice run

Hi, my name is Sally. Can you please tell me about any church activities you have coming up?

Sure, we have a church group that meets and does charity work in the community.

What day does the group usually meet?

The group usually meets on a Wednesday at 3pm

Where does the group meet?

The group meets here at the church on William

Can I please come along and see what it is like?

Yes of course, the group is always looking for new members

Is it ok if I bring a friend?

Yes, no problems.

Thank you. So we will see you Wednesday at 3:00pm at 'William Street Church'.

Bye!

Sounds wonderful. Thanks for the call Sally. Bye

REMEMBER: THIS IS NOT THE WAY ALL CONVERSATIONS WILL GO, THIS IS ONLY AN EXAMPLE.

New computer skills

If you haven't used the internet before, it can be frustrating. There are ways to get help with learning about the internet and accessing computers (if you would like to learn more).



Remember – it's ok if you don't want to use the internet!

Think about finding the numbers and phoning the following people to find out about free computer courses for beginners:

- Local library
- Local council
- Community centre
- Local TAFE
- Training Queensland

If you can use the internet try out the following websites and see if you can find some information about anything you are interested in.

www.google.com.au www.yellowpages.com.au www.whitepages.com.au

The internet can be a good source of information that you can use to connect with new activities and services. Keep in mind that some websites are very reliable and others are not.

Activity

Go to one of the websites from above and find out the following information:

1. Find out the phone number for your local library and write it here

2. Find the postal address for your local community centre and write it here

3. Find the email address for your local training centre or TAFE and write it here

4. Find a website that tells you about your favourite hobby and write it here

Volunteering

Volunteering means doing a job which helps an organisation or person, but without getting paid for it. It can be a great way to keep busy and stay connected in the community.

There are many opportunities to volunteer in the community and volunteering can be a very rewarding experience. Volunteering can make you feel great because you are doing something good for other people.

The jobs you can do vary. You could be helping out in a retail store, or you could be helping out in the place you used to work. It is important when you volunteer that you know your rights and that you are not being taken advantage of.



See Chapter 1 for more information on your rights, and ask someone for advice if you are unsure.

Volunteering Australia is a resource for services or employers on supporting volunteers with a disability, see www.volunteeringaustralia.org.au for more

Some ways to get involved with volunteering are:

- Contact your local council
- Check out Volunteering QLD to see what's available - www.volqld.org.au or call 07 3002 7600
- Through a local disability service
- Ask at our local community centre
- Contact a charity you feel strongly about
- Talk to the manager at the ADE where you work already
- Ask friends/family if they want any help

Some important things to think about when looking at volunteering are:

- Does the organisation make new people feel welcome and will they show you what to do if you need help?
- Is the organisation insured for you to be volunteering so you will be covered if there is an incident or accident?
- Is the organisation accessible for you (e.g. with stairs/lifts or transport)?

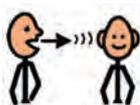
Community and group activities

Community groups are an excellent way to meet new people and possibly learn new skills. It is important to have connections in the community outside of your Australian Disability Enterprise. Community groups will be there when you are with your ADE as well as when you leave.

Community centres

Each centre may offer different things, so it's a good idea to find one close to you and give them a call to find out what they offer.

Local council



There are a lot of activities to do for people of all ages. Can you think of places you can go in your local area that may offer some fun and exciting things to do? Discuss these ideas with your support person.

Group activities can be a great way to meet new friends and try new things! Remember if the community centre nearest your home doesn't have many activities, don't give up! Another one in a nearby suburb may have other great things you can join in with.

Helpful numbers for me

Brisbane City Council number 07 3403 8888 - www.brisbane.qld.gov.au

My local council number is

Library events and activities - Each library will offer different things so it is a good idea to call your closest library and see what they offer.

My local library number is.....

Local RSL Club - Each club offers different things so make sure you give them a call and see if they have something that might interest you.

My local RSL number is.....

Local Church - Discussion groups, support services, charity groups and so on. Contact your local church to find out what they offer that may interest you.

My local church number is

Spiritual connections

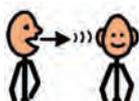


Having faith or a belief in something is very important to some people. If you are part of any particular belief group such as Christianity, Buddhism, or any other faith, there are places and groups that you can go to and be supported by like-minded people.

Do you have a particular faith you follow or one that you would like to find out more about?

Do you know many other people that are part of that faith?

Do you attend or know of any spiritual groups you can attend that you might enjoy?



Discuss who you might contact to find out more about local spiritual groups you might like to link in with.

What if I can't access a service?

If you feel you are disadvantaged when you are trying to access a service because of your disability, talk to the group organiser or service. If you feel you are not being listened to, you have the right to make a formal complaint.

For example, this might be that you are unable to attend a support group because it is inside a building with no wheelchair access.

The anti-discrimination tribunal Queensland may be able to help you. It can be found here:

Brisbane Registry (QCAT). Telephone 07 3239 6408

You can also get assistance from your support person, or advocacy supports.



See Chapter 6 for more information on Advocacy.

Well Done!



Now you have an idea about setting goals and accessing the community. Write or draw any ideas you and your support person may have. You may wish to put any main points in 'My Road Map' on page 16 of this handbook.

Notes by me	Notes by my support person

