

The Future is Ours!



Having a Say Conference Report



Australia's largest conference for people with disability
Deakin University, Waterfront Campus, Geelong
5th - 6th February 2024

Sponsors

VALID and the Having a Say conference Committee would like to thank ...

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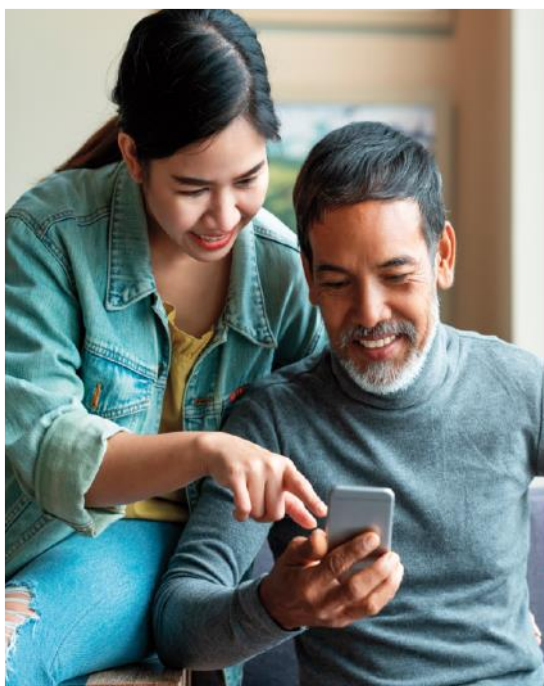
Major partners

Having a Say conference organisers would like to thank its major partners ...



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Autism Connect Free autism knowledge and help

Autism Connect is a free service. You can call, email or visit our website to get autism knowledge and help.

We have a team of people who can talk with you about many things including:

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- help with school for Autistic people
- help with work for Autistic people
- NDIS for Autistic people
- helping Autistic people connect to services and support.

Autism Connect is funded by the Australian Government Department of Social Services.



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Opening Ceremony



Simone Stevens

Chairperson Local Reference Committee

Simone on behalf of the Local Reference Committee, welcomed everyone to the conference and reminded people it is about getting our voices heard. She hoped everyone would have a great time.



Mel Martinelli

Executive Director, Equity and Inclusion Deakin University

Mel welcomed the delegates to Deakin University and said how proud they were to be able to support the Having a Say Conference since 2006.

Mel talked about work at Deakin University to increase diversity and inclusion. Supporting HaS conference is a part of this work.



Cr Trent Sullivan

Mayor of Geelong



Trent Sullivan the Mayor of the City of Greater Geelong welcomed everyone to Geelong.

The City knows the importance of fostering communities that include everybody. They want all public areas to be 100% accessible to everyone – in the next year there will be a new Riverside inclusive accessible play space; a central Geelong accessibility project to improve damaged ramps, footpaths and roads, and the opening of a new fully accessible aquatic centre. Geelong now has the second highest number of Changing Places facilities in Victoria, with 22 of them.



Dan Stubbs

Victorian Disability Workers Commissioner (VDWC)

Dan talked about the importance of 'Speaking up for your future' topic. When we speak up about things that are not right, then that will make our future better for yourself and others.

Dan encouraged people to tell the VDWC when something is wrong, like a worker treats you badly or makes you feel unsafe. They will listen and support you talk to the right people.

For more information you can contact the Victorian VDWC by email: info@vdwc.vic.gov.au



Special Presentation

William Ward-Boas

Self-Advocate Leader



William is a young person with disability that started working in the disability sector four years ago. William wants to use his experience to promote understanding within the disability sector about empowering the voices and rights of others.

William wants to stay in this sector for the rest of his life.

In his different jobs, he has learnt valuable things. About rights within services, self-advocacy and empowerment. He talked about all this experience as helping him grow more empowered as a person and also to be more confident in his own identity.

His encouragement to everyone was “celebrate yourself, don’t be hard on yourself – to support others you need to be your ‘real self’”



MusicSpace performance - Our Voice, Our Future!

MusicSpace is a local Geelong performance group. The group celebrates what each person ‘can do’ as part of the group. They wrote a song ‘Our Voice, Our Future’ to perform at HaS.

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Tuesday Plenary

Special Presentation



Bruce Bonyhady

NDIS Independent Review Panel Member

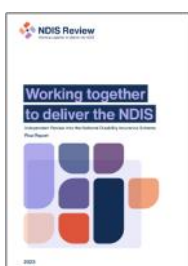
Professor Bruce Bonyhady AM is the Executive Chair and Director of the Melbourne Disability Institute at the University of Melbourne. He spoke in his capacity as Co-Chair of the independent NDIS Review panel.

The Review Panel talked to and met with about 10,000 people with disability. They also received 4000 submissions.

The Review Panel released a report on how the scheme could be better in December last year.

The Report outlines what people said, and 26 recommendations. These are ideas about how to make the NDIS safer, fairer and easier.

You can get more information about the Review on the website [NDIS Review website](#)



Tracy Mackey

NDIS Quality & Safeguards Commissioner (at the time of the conference)

Tracy talked briefly about the roles the Commissioner's office has including complaints, worker and service registration.

The Commission is looking to improve what they do and is open to your feedback.

They have received more complaints in the last year than ever before. But this is a good thing that people feel comfortable to complain.

Commission now has a Safeguarding Team – to try to respond quickly to urgent complaints. This team have assisted 1500 people.

They now also have a Price Help Team that can assist you if you feel a service provider is charging you more than they should.

In the last year the Commission has undertaken three major inquiries where they talked with participants and their supporters about:

- Supported accommodation e.g. Supported Independent Living (SIL)
- Platform providers (on internet connect you with workers)
- Support Coordination & Plan Management

Also have a new Consultative Committee now has more participants on it than service representatives.

More info: <https://www.ndiscommission.gov.au/what-we-do-easy-read>



Closing Ceremony

Award Presentations

Family Empowerment Award

was presented to Linzi West (more information on page 15)

Pentland-Banfield Award

Was awarded to Romolo Turco (more information on page 15)



Art Competition

The announcement of the winners of the Barbara Donovan and Sarah Guilfoil Art Competition was made by Mandy Donley, Victorian Senior Practitioner. Winners were presented with a certificate and a prize (see page 10)



HaS's Got Talent Finals

The three finalists performed and the winners were announced. More details on page 12



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Dinner Disco

The Dinner Disco was held on the sparkling water at The Pier. The theme for the evening was 'come as you are', that is, dress up to represent your individuality. It was a fun-filled night with delicious food, amazing music and 100's of people dancing together.



As always the band 'Un-Limited' blew us away with great songs and perfect music. So, it was a fantastic night of fun and plenty of singing along too! Thanks again to the Un-Limited band members below.



Dinner and Chat

The 'Dinner & Chat' was held in the Wah Wah Gee Restaurant (part of The Pier complex).

The guest speaker was Colleen Pearce, Victoria's Public Advocate.

Colleen spoke about the gag laws on people who are under a guardianship or administration order through VCAT (Vic. Civil & Administration Tribunal) order.

Colleen supports the removal of the gag laws, to give people with disability the right to speak up about their life and their experiences of guardianship and administration.

Colleen also spoke passionately and in depth about truth-telling from a First Nations perspective.



Thank you to the Victorian Disability Workers Commission for sponsoring the Having a Say Conference dinner.





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If a disability worker does something that doesn't feel right,

we're here for you.



The Victorian Disability Worker Commission can deal with your concerns about a disability worker's behaviour or quality of their work. Our complaints service is confidential, and we can take action if something isn't right.

Because people with disability deserve to feel safe.

For more information about complaints, or if you have concerns about a disability worker, contact us:

- Visit vdbc.vic.gov.au/complaints
- Call 1800 497 132
- Meet us face to face
- Via the National Relay Service, including for Auslan interpreters: call 1300 555 727 or SMS 0423 677 767



Authorised by the Victorian Government, 1 Treasury Place, Melbourne.

Art Competition

The Having a Say Art Competition has been named in remembrance of Barbara Donovan's work for people with disabilities over the past 50 years. Barbara passed away in 2019. Barbara was a Life Member of VALID and other Geelong organisations. She has volunteered at the Having a Say conference for over 10 years.



The Barbara Donovan Art Competition is proudly sponsored by the Office of Professional Practice. All winning art works will be displayed in the foyer and corridors of the Office of Professional Practice, DFFH.



There were five winning artworks selected, three conference delegates and two non-conference entries. The Senior Practitioner Mandy Donley presented the winners with a certificate and cheque.



Tree of Four Seasons by Melinda Hewitt



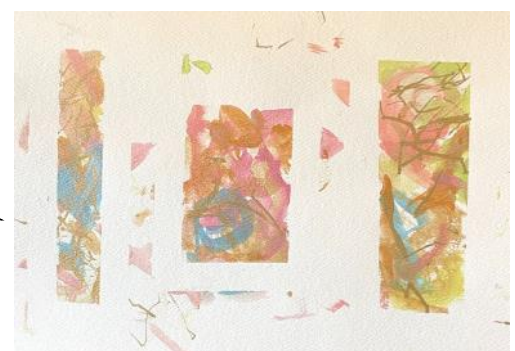
Wedding by Sarah Veli



The World is Ours by Michael Burrowes



The Path to Hope and a Bright Future by Madi Hunt



Mum by Anna Russ



Some of the entries



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inlife.org.au



InLife

Having a Say's Got Talent

The Having a Say's Got Talent (HGT) Auditions were held at the Sphinx Hotel on the Monday night. The venue was buzzing with excitement as the eighteen acts performed, the crowd dancing and singing along. The judges at the auditions included Eliza Charters, vice-chair of the Local Reference Committee, and InLife (HGT sponsor) rep.

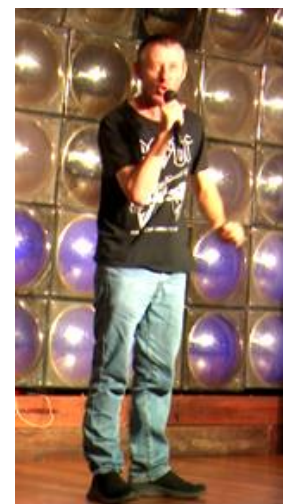
The three finalists performed at the closing ceremony in Costa Hall. The judges had a hard time deciding who would be the winner.

Thank you to the sponsor of HGT is InLife Independent Living. **InLife**



Having a Say's Got Talent Performers

1 st - Casey Petrie	Singing	'Mmm Bop' - Hanson
2 nd - Ellie Blackney	Singing	'Songbird'
3 rd - James Teeken	Singing & dancing	
3 rd - Mary Nickson & Marcus Schindler	Dance	'This is Me'
Gerard Langridge	Drama	Comedy Club – A Stinga
Mawarra Group Performance	Singing	'A Medley of Songs'
Kevin Williams and Philip Conway	Singing with guitar	Boys from the Bush
Glenn Van Dord	Singing	'You're Still the One'



Who was part of Having a Say?



Attendance		
Monday	Tuesday	Disco & Dinner
662	713	469



Participants by Category	
Person with a Disability	377
Support Staff	196
Workers & supporters	97
Volunteers	89
Exhibitors	112
VALID staff working on conference	12
Other: evaluators, facilitators, media etc.	5
Total individuals	888



Empowerment, Networking & Skill Development	
People with disability presenting in daytime program	103
Volunteers with disability	22
Chairpersons with disability	14
HaS's Got Talent performers	20
Art works entered in the Art Competition	55
Number of different agencies/groups involved	> 132

Awards

Sir Robert Martin Award

Sir Robert Martin is one of the leading international self advocates from New Zealand. He led the charge to close institutions in New Zealand and took the fight all around the world. In recognition of Robert's achievements, VALID sponsors the annual Robert Martin Award.

The award was presented to Judy Huett by Heather Forsyth, Senior Self-Advocate at VALID. Judy was on the national Our Voice committee for over a 10 years representing Tasmania. She has represented Australia at three World Congresses of Inclusion International and become a self-advocate leader in Australia.



Heather (left) & Judy with certificate

Pentland - Banfield Award

Doug Pentland and David Banfield were founding members of Reinforce which was the first self advocacy group in Victoria and Australia. Doug and David were pioneers of self advocacy and they both had a passion and commitment to see improved support for all people with an intellectual disability. VALID and Reinforce started this award to honour their contribution.

Colin Hiscoe from Reinforce and Amie O'Shea from Deakin Uni Disability and Inclusion department who has sponsored this award for the past five conferences talked about the importance of self-advocacy. The winner Romolo Turco, was not able to be at the conference, but was presented with his certificate later.



Romolo Turco

Family Empowerment Award

The Family Empowerment Award is awarded to a family member who has 'stood beside' their family member and advocated for their rights to obtain appropriate support, community inclusion and a good life.

Linzi West was presented with the Family Empowerment Award for her years of support of her son David to have an independent life, including a job and a home of his own.

When asked about his mum David said "Linzi is caring, loving, devoted and she loves to help people. She has helped me to be independent, and more confident in looking after myself better. She recently help me make complaints so that I can get better support. She helps me stand up for my rights, to be independent and help me find a job."



Linzi West

Our Choice Expo

The Expo aims to provide information about services, rights, complaints, and the many choices available to people with disability.



Exhibitors

- 4GR
- Access Easy English
- All Access Holidays
- Amaze
- Ambulance Victoria
- Australian Camps Association - People Outdoors
- Australian Electoral Commission
- Australian Financial Complaints Authority (AFCA)
- Be Heard Speech Pathology
- Breastscreen Victoria
- Cancer Council Victoria
- Care Choice
- Care Au Health & Community
- Club Mates Travel
- Continence @ Conquip
- DEC Housing
- Down Syndrome Victoria
- Edge Community Services
- Enliven Community
- Everyday Independence
- Felicity Holistic Care
- Fire Rescue Victoria
- Gateways Support Services
- genU
- Housing Hub
- Inclusion Australia
- InLife Independent Living
- KEO Care
- Leisure Networks
- Leisure Options Holidays & Respite
- Liberty Disability Services
- Life Without Barriers
- Limitless Adventures & Recreation
- Melba Support Services
- Metro Trains Community Education
- Multicap
- Musicspace (Bluebird Fdtn)
- My Choice Group
- My Plan Manager
- NDIA Engagement team
- NDIS partner - Latrobe Community Health Service
- NDIS Quality & Safeguards Commission (QSC)
- National Disability Services
- OurWatch
- Palliative Care Victoria
- Plan Tracker
- Positive Powerful Parents
- Possability
- Prestige In Home Care
- Public Transport Ombudsman
- RIAC
- Ripples n Tonic Farm
- Scope Australia
- The Bridge Inc.
- Travellers Aid
- Tri State Games
- Trusted Travel (Disability Trust)
- VALID Training & Consultation
- VALID Peer Action Groups
- VDWC - Victorian Disability Workers' Commission
- Victorian Electoral Commission
- Victoria Legal Aid
- Victoria Police
- Villamanta Disability Rights Legal Service
- Women with Disabilities Vic.
- Yooralla





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Exhibitors

Fire Rescue Victoria

For the second year in a row the CFA and FRV attended the 'Having a Say' conference and expo in Geelong. We had a great time talking with participants and other stall holders about ways that they can make their homes safer, the importance of [Smoke Alarms](#) and sharing our free online '[Prevent Detect Escape](#)' [home fire safety training](#).



We loved hearing about what matters to the people who dropped by our stall, their individual circumstances and being able to give them practical advice. If you didn't get a chance to talk to us in Geelong and have any fire safety questions, we'd love to hear from you!

Please contact us at communityprograms@cfa.vic.gov.au or atriskgroups@frv.vic.gov.au

Victoria Police

Victoria Police attended the 2024 Having a Say conference in Geelong.

Our car and table in the courtyard at the conference were a huge hit and we met hundreds of people with disability from all over Victoria.

A real highlight of the day was seeing and hearing from people with disability who had previously been afraid of police who left feeling safe and comfortable after meeting sworn members Abby, Christine, and Amy.



Ambulance Victoria

Ambulance Victoria came to HaS in 2020 and found the great feedback about their pictorial information very useful.

So, they were back again in 2024 to consult people with disability again about their needs when they use an ambulance.



They also gave people tours of the ambulance and equipment.

The ambulance Vic. team had a great time meeting people and also talking to the other emergency service services who were there. (see picture to the left)

Metro Trains Community Education

Metro Trains would like to thank VALID for giving us the opportunity to meet so many wonderful people. We were told many stories about people's journey's good and bad on our network and how we can improve our service.

Please reach out to us if you need to know more about how to use Metro Trains.

Contact Dylan Lloyd
email community.education@metrotrains.com.au
website [Community Education | Metro Trains](#)

Download: [People with Disability Metro Trains info sheet](#)



The Future of HaS (Having a Say) Conference

VALID is considering the future format and direction of HaS.

So, we asked people at this year's conference about what they wanted from HaS in the future.



All delegates were given a short survey with 6 questions. We got 36 surveys back, with some interesting results:

- The average satisfaction with the conference was 9.2 out of 10, so people clearly enjoy HaS!
- Almost everyone (30 out of 36) wanted to keep HaS in Geelong
- The answers were split evenly about whether HaS should be 2 or 3 days long



The second way we consulted people was through a special HaS session on Tuesday 6th February. Ten people came to this session and there was a great in-depth discussion.

Most people preferred 3 days, and there were lots of ideas about new topics for sessions and ways to build HaS up.



VALID's Board will consider the recommendations about the future of HaS at their April 2024 meeting. Next year's 2025 HaS will be based on their decisions.

We will try to announce dates and other details for 2025 as early as possible, so please look out for these in VALID's e-newsletter, website or social media.



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Zoe Broadway E: Zoe@valid.org.au

VALID
34 Stanley St
Collingwood Vic. 3066
Phone: 03 9416 4003

Training and Consultations

Training

Courses for people with disability, family members and support staff.

Keys to Success

Is an empowerment training course that supports people with disability to speak up and have a say in their life.

Rights and Responsibilities, Self Advocacy and how to get your voice heard.

“It helped me to be more confident to speak up for myself.”

“I was very happy with what we learned using our own books.”

“It was good fun. I enjoyed it.”

Staff Training

VALID works in partnership with services across Victoria to support people who are wanting to exercise their rights and responsibilities.

The training is designed to support staff to build the empowerment skills of individuals who are learning to lead their own lives and have a strong and confident voice.

Staying Safe

Is about what you can do if you are feeling unsafe in your home, when you are being supported or when you are in the community.

The session includes videos, stories and examples of how to prevent different types of abuse.

Easy English

Is about making information more accessible and easier to read. VALID provides training in how to make Easy English documents and offers a document conversion service.



Consultations

These focus groups give people with disability and their family a chance to have their voice heard on different topics.

Focus groups also help organisations like the Government and other groups to get feedback on important matters.

Presentations

Housing Choices Australia

The title of this years 'Having a Say' conference was perfect for Eki.

He presented a short video titled "Planning my new home for the future" and he participated in a question and answer session with the audience.

Eki lives with housemates Corey and Alison, who also attended the conference.

He was very excited to be co-designing his new home. This process is part of a 'renewal project' in partnership with the Housing Choices Specialist Housing Group (SHG).

Eki admitted to being quite nervous as this was his first time speaking in public. However, once Eki started to talk about the things that were important to him in his new home he relaxed and enjoyed the whole experience.



Gallery.....



Senior Practitioner, Mandy Donley with Art Competition winner Melinda Hewitt

Presentations continued



VDWC ran a workshop called 'Spend your day your way'. It focused on the importance of having a support plan with a service.

Having a Support Plan helps people get the most out of their time with their support worker. This can include goal setting, learning new skills, and doing activities that you enjoy.



There was wonderful discussion about:

- what they'd like to include in their plans, and
- what makes good quality support.

If a person isn't happy with the support they receive, they can contact us on 1800 497 132 or visit www.vdwc.vic.gov.au/complaints for more



Gallery.....



Presentations continued

My Life by Melinda Hewitt

Melinda enjoyed presenting at Having a Say Conference and sharing her life living in her own home and running her own business “MH Gifts” where I pot up plants to sell and I do lots of craft and sell them from my house and at markets. It keeps me busy and I meet lots of people.



My Home by WAIS

The presentation talked about what it took for a young man with complex communication access needs and his family to dream about a future with possibility, contribution, family and friends, in a home and community where he belonged - AND how they made it happen.

The presentation also included reflecting on themes identified in a research project called Individual Supported Living by Curtin University WA involving people with disabilities and their experiences living in their own home.

The video presented at the conference is not yet on the website but will be soon

<https://waindividualisedservices.org.au/>

“The Future is Ours” My Home

- Home is where we belong.
- Home is where we feel, and are, safe.
- Home is where we express who we are, and can be ourselves.
- We can choose who we live with and who we spend time with and importantly, have choice and control over how we live our life.

Home – My Future

- **Leadership and Planning** - discovering a vision what a good life looks like and what contributions we can make to our home, work, and community
- **Commitment** – believing it is WORTH IT!

“The Future is Ours” My Home

Eamon

Leanne

Julie

Home – My Future

- **Relationships** - the importance of trusted, reciprocal relationships and having many varied people in our lives (family, friends, allies, neighbours, colleagues etc)
- **Communication** - the value it has in facilitating our choice and control

Presentations continued

VALID Community Development Team

The Community Development team comprising staff and volunteer Peer Action Group leaders and members were actively involved in many parts of the conference, including running the Speed Friendship Come & Try.

The Community Development team made many new connections with participants enquiring about the Peer Action Groups at our conference display table and through our workshops and activities.



The presentation 'Changing Communities....Changing lives' highlighted the personal growth of many of our volunteer peer leaders and effective strategies for leading community change and was well received.

The **Dulcie Stone Writers** presentation was well attended. It was an emotional but wonderful time for many of the writers who volunteered to read their written work from the newly published 'Diverse City,' an anthology (collection) of writings by people with a disability, during the session.



More info on VALID Peer Action Groups contact: Michele, E: michele@valid.org.au

Victoria Legal Aid (VLA)

The focus of VLA's presentation '*Aiding you for a better future – accessing legal aid*' was to:

- help people identify legal problems
- empower them to be confident to contact VLA for help, so that they can have a stress-free better future.

VLA has a range of legal services that can help people when they have legal problems.

We know that legal problems cause unnecessary anxiety, headaches and stress for people if not addressed.

Your Story Disability Legal Support (DLS) lawyer Michelle presented '*The Disability Royal Commission & Your Story DLS*' Your Story helped people share their stories with the Disability Royal Commission.

The final report of the Commission has been released in Dec. 2023 We now want to help people understand what it says and what the next steps are (e.g. how to get the Government to take action on the recommendations).

There was lively discussion generated around the report's recommendations. More Info: www.legalaid.vic.gov.au/publications



VLA's Jacinta & Michelle with Tully at the VALID expo stand



Inclusion Australia

VALID’s 2024 [Having a Say Conference](#) was action packed as always! The Conference aims to empower people with disability through providing the opportunity to ‘have a say’ about issues that affect their lives.

This year there was lots of great discussion, storytelling, activities, information sharing and fun, all around the theme of ‘the future is ours!’.

The disability community has had some hard times over the last few years, but this conference provides a wonderful space to come together to talk about experiences, issues and ways to work together to make positive change.

Our Policy Officer Brooke Canham and Senior Manager Maeve Kennedy presented together on the Disability Royal Commission and what will happen next with the final report and recommendations.



From Left to Right - Our Voice Committee - Kyal, Sarah, Laura, Kalena, Payge, Sonia, Sam



The national **Our Voice Committee** (Inclusion Australia) kicked off the new year with a presentation at the Having a Say Conference in Geelong. We did a fun and interactive presentation about why people with an intellectual disability should be included on more boards and committees. We also spoke about some of the barriers such as people using lots of jargon (big and hard to understand words) and people talking really fast.

We all got a chance to sit at the Inclusion Australia conference table which was fun.

We met lots of great people and talked about what we do.



Payge and Sarah at the Inclusion Australia conference table

VALID8 Program

VALID8
Resident Self Advocacy and Empowerment in Residential Services

Looks at service user empowerment in these areas:

- SUPPORT FOR DECISION MAKING
- PERSON CENTRED PLANNING
- WELLBEING
- HOW I CONNECT WITH MY COMMUNITY
- SKILL DEVELOPMENT OPPORTUNITIES
- INVOLVEMENT IN SERVICE DECISION MAKING
- ORGANISATIONAL GOVERNANCE
- INPUT INTO QUALITY PROCESSES



VALID8




Getting a Job



Working at VALID8

Working for VALID8



- Having a voice
- Being treated equal
- Leading by example
- Creating diversity
- Working with my team
- Opportunities

VALID8



Group Home Visits

Things Residents Said




- Go to the pub
- Pick their own meals at home
- Having a pet
- Go out more and go to the shops
- Make new friends

VALID8

What the house was like

How it was presented

Things we saw

Things that we liked, like "Concept Food"

Things that residents weren't happy about, like not having enough staff




Doing our Reports

VALID8 Reports




VICTORIA State Government Families, Fairness and Housing

Because there is **no greater safeguard** than when people with disabilities speak up **for themselves** ...and we listen and act

VALID8

Putting Self Advocacy into Practice

What is Self Advocacy?

- Making your own choices and decisions
- Having a say about what happens to you
- To tell people how you feel
- To say what you think
- To learn the skills to become a self advocate

Speaking up for yourself

Where can we use Self Advocacy?

- At home
- In the community
- At the doctors
- In relationships
- At work/placement
- At the shops
- Everywhere

Know your Rights

It is important to understand our rights and how to speak up about them

VALID

The 6 powers of self advocacy

Charge your batteries

Self Expression

I talk about my feelings and give my opinions

Self Determination

I make decisions for myself and plan my own life

Self Reliance

I do things for myself whenever I can

Self Development

I have goals and dreams and I'm going to achieve them

Self Confidence

I know I can do things well and respect the rights of others

Self Esteem

I feel good about myself and I am proud of myself

BE EMPOWERED

SPEAKING UP can make things better for you and for others too

VALID

VALID can support you to speak up about your life

- Resident meetings
- Advisory Group meetings
- Self advocacy Network meetings
- Self Advocacy Forum meetings
- Empowerment training
- Peer Action Group (PAG) meetings
- VALID8

Presentations continued

VALID Projects Session

Improving Mental Health Services for People with Disability in Victoria

NDS/VALID Mental Health Capability Uplift Project
6 February 2024

Acknowledging Lived and Living Experience

We know that what you think and say is important.
Every person's story we hear, every experience shared, helps to develop our understanding to make mental health services better for everyone.

About the project

- National Disability Services and VALID are working together
- The Department of Health are funding the project for 2 years
- To Make the Mental Health and Wellbeing Locals (MHWL) better for people with disability

What we know:

- A person's primary disability often overshadows their mental health needs
- How NDIS does things can make mental health services hard to get for people with disability
- There needs to be more training about disability in the mental health workforce

Who we will be working with

- Benalla-Wangaratta-Mansfield:** Wellways Australia working with Albury Wodonga Health and Australian Community Support Organisation
- Frankston:** Wellways Australia working with Peninsula Health and Mentis Assist
- Greater Geelong-Queenscliff:** Barwon Health working with Wellways Australia, ermha365 and Wathaurong Aboriginal Co-operative

Timeline

2023	2024	2025
Set-up Project Working Groups	Testing ideas	Evaluation
Identify 3 things that need improvement	Test ideas and tell the Project Reference Group what we learnt	Support from external evaluator
		Make changes to the ideas as needed so they work well across Mental Health Locals and disability services
		Write a Report

If you would like more information, contact mentalhealthvic@nds.org.au

Or visit the NDS expo booth

Physical Restraint Project

NDS (National Disability Services) and the University of Melbourne are working together on a project. This project is about reducing the use of 'restrictive practice' (see slide on right).

VALID is part of this project.

More information on these Projects: Jon Slingsby, VALID 03 9416 4003



What is physical restraint?

- Physical restraint is when someone holds a person back from moving freely to go where they want to go or do what they want to do.
- Here are some photos of physical Restraint being used,.
- Some physical restraints are banned in Victoria and in other places in Australia.
- But to stop a person hurting themselves or to make sure they are safe, physical restraints can be used.
- Our project is trying to get all physical restraint to be used less or to be stopped.



Supported Decision Making - VALID


What is Supported Decision Making?

When someone helps you make your own choices.



What the paper says:

2. People should make sure you are safe.




(Safeguards)

Why are we talking about SDM?

VALID wrote a paper.

It says what VALID thinks about how people should help you to make choices.

The paper is called a **Position Statement**.



VALID

What the paper says:

3. People with disability should be kept safe from supporters' **conflicts of interest**.




(To minimise conflicts of interest)

How did VALID decide what the paper says?

VALID spoke to:


- People with disability
- Mums and Dads
- Advocates



VALID

What the paper says:


4. People should think you can make choices.



(That capacity to make decisions must be assumed)

What the paper says:


1. People should try to work out what YOU want.



(To uphold people's will, preferences and rights)

What the paper says:

5. You have the right to make choices about your life.



(That people have the equal right to make decisions about things that affect them)

Contact Us



Katy
katy@valid.org.au



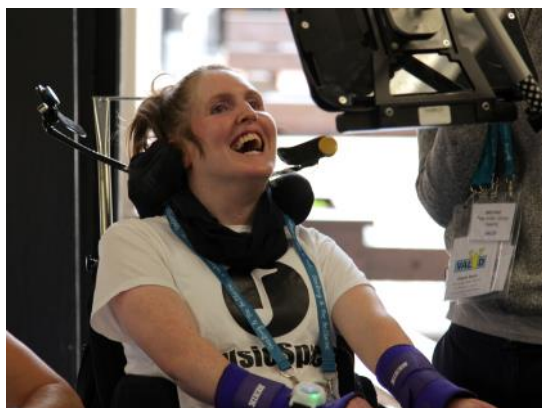
Uli
uli@valid.org.au



VALID Office
03 9416 4003



Presenter Gallery





ROVING MIC WITH SIMONE

Sam - self-advocate from Melbourne



Brooke, Bellarine Peer Action Group



Adam - local Geelong resident



Bret & Christine, NDIS volunteers



Ellie - Western Vic. Peer Action Group

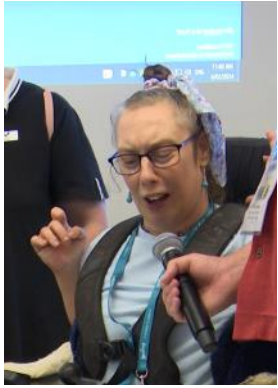


Graci - volunteer, Latrobe Comty Health

Gallery.....



Gallery



Feedback

It was really, really, really good!

It was fun. I enjoyed it. I would like the conference to run 3 days as it felt too rushed and felt I missed aspects of it because it was so quick.

Just to make sure our voices are heard!

Examples of what people said about the conference

Life Without Barriers

Just wanted to say how awesome the Conference was. I know you were all dealing with the logistics of the event, but we wanted to let you know it had a great feel and it was a privilege to be involved.



Victoria Police

The Victoria Police members and I had a brilliant day. We got to meet lots of conference attendees and, most importantly, break down a few barriers and help some people who had previously felt fearful of police feel more comfortable and safe about approaching them.



“I stayed until the end! Was awesome!”
(about disco)

Lots of fun—lots of
happiness v v v
(disco)



Come & Try's

Speed friendship is no. 1

It was fun ... hair and make-up

I enjoyed it because I learned a lot about other people (Speed Friendship)



Things to
improve

..pre-order t-shirts ... otherwise EFTPOs payment for t-shirts is needed.

I feel that there is too many lollies given away at all the stands, I feel not at the participants best interest.

The Uni café only accepts cards not cash, so some participants had to find a café down the street for lunch.

Creative writing Come & try to collaborate with the Dulcie Stone Writers and other writing presentation, so it encourages people to join all the writers groups and apply for writing competition.

Thank you to our Volunteers

AN extra special thank you to all the people who volunteered their time during the conference, especially those who took time off from their paid work so they could help out!

The volunteers....

Aaron Hall
Adrain Keegan
Afrah Abd
Amelia Quarrell
Amber Yarde
Amy Leegs
Amy Westhorpe
Andrew Gordon
Angela Main
Angus Bannister
Anna Kotara
Brett Davies
Briony Long
Corri McKenzie
Deanne Bond
Deb Cairns
Deb Muir
Dedeepya Saripella
Ebony Raby
Elica Petrovska
Emaille Washington
Emily Barritt
Emma Murphy
Evan Priest
Fiona Cranny
Frances Risoli
Gavin Edwards
Glenn Van Dord
Graci Lynch
Hanna Galuci
Heather Game
Holly Broughton
Jackie Costa
Jake Jeka

Jamie Bannister
Jane Versace
Jessica De Grandis
Jessica Fairnsworth
Jo Malone
Joanna Ruiu
Karen Kerr-Chapman
Karen Major
Katherine Rhodes
Kay Burke
Kayla Canfield
Kelly Trainor
Kerry Mutke
Khristine Gimena
Kim Bonney
Kim Van Korven
Kitty Howard
Liam Rodger
Lynne Foreman
Luyao Want
Maddy Wilson
Madonna Plumb
Mary Nickson
Megan Welsh
Mel Fletcher
Meril Perera
Michelle Sutton
Mitch Burns
Mitch Child
Michael Chan
Nathan McLure
Nerissa Campbell
Nicolas Hopper
Nicole Hassall

Nicole Spehar
Pauline Risoli
Penny Dorgan
Rebecca Van Efferen
Rebecca Young
Renee Deguara
Rueben Stone
Rosemary Hopkins
Sam Dooley
Sam Hein
Simone Stevens
Stephen Scott
Tahnee Bainbridge
Tamara Reinisch
Tara Iacovella
Tayla Hughes
Tiffany Wray
Toby Ward-Boas

Point Lonsdale Primary

Fay Agterhuis
Florence Exner
Clancy Tatlock
Chloe Morton
Etienne Royer



Thank you, Come & Try Facilitators

VALID would like to thank all of the facilitators for their support in making this year's Come and Try activities such a huge success:

Art - painting	Kim Pearce	Karaoke	Volunteers
Badgemaking	Pauline Risoli	Self Advocacy	Anthony Risoli
Colouring in for Adults	Jess De Grandis	Bingo	Jon Slingsby
Craft with Wood	Stephen Scott	Speed Friendship	
Dream Catcher	Mel Fletcher	Online activities	
Hair & Make-up	Pauline Risoli	Quizzes (Music & Trivia)	Heather Forsyth
Harley Rides by Leather knights	Michael Thornton Harley Chauffeurs	Yoga	Katie Fox

Harley Rides



Hair & Make-Up



Harley Rides



Craft with Wood



Lego Fun



Karaoke & Dance



Thank you to our Supporters

Thank you to all the individuals and organisations that supported the Having a say Conference to make it another great event!

- **City of Greater Geelong** - supporting with parking for delegates
- **dal** - delicious morning and afternoon teas and amazing catering staff
- **Deakin University Event Staff** - Great support with running the conference and parking
- **Federal Government** for a National Conference Grant
- **Metro Trains** Community Education team - conference bags
- **NDIA** - Barwon and National Offices for volunteers
- **NDIS partners LCHS** - for providing volunteers to support participants
- **Soda Pop Balloons** - discounting balloons for the disco
- **Sphinx Hotel** - HaS's Got Talent Auditions
- **The Pier** - for supporting the Dinner Disco
- **Tourism Greater Geelong and the Bellarine**
- **Un-Limited** - entertainment at the Dinner Disco
- **Upstage Sound** - the disco light and sound show
- **Vic. Senior Practitioner's office** - for providing volunteers
- **Video Essentials** - Conference DVD

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Find out more at deakin.edu.au/disability-inclusion

Or contact Professor Angela Dew

angela.dew@deakin.edu.au

Deakin University CRICOS Provider Code: 00113B



Thank You to the LRC

Local Reference Committee (LRC)

Special thank you to the members of the Local Reference Committee for all their hard work during the year.



Geelong Community Members

Angus Bannister
Eliza Charters (Vice-Chairperson)
Elica Petrovska
Simone Stevens (Chairperson)
Nicole Spehar
Lynne Foreman



VALID Inc.

Christine Scott

Having a Say Conference 2024 DVD

**If you didn't come to HaS you can
still purchase the DVD**

Contact VALID office or email havinga-say@valid.org.au to ask for an order form.

Cost \$12 each plus \$5 postage & handling
or pay no postage if you pick it up from the
VALID office.



VALID

VALID is a not-for-profit organisation managed by a voluntary Board. Board members include people with disabilities and parents. VALID is funded by the State Government to provide advocacy support to adults who have an intellectual disability.

VALID also runs programs to empower people with disabilities and families, such as self-advocacy training, peer action groups and the Having a Say Conference.

For more information contact VALID by:



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Web: www.valid.org.au



Email: info@valid.org.au



Having a Say havingasay@valid.org.au

Visit the Having a Say conference



Facebook page



@VALID_Inc



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