

Pave the Way Newsletter

December 2013

Our work with families in 2013

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Our work with families is certainly gratifying for the Pave the Way team, and we would like to thank all who gave their time to meet with us this year. During 2013, the Pave the Way team assisted 110 families with planning and we have had individual conversations with many more. 6,700 Pave the Way information documents were distributed to those requesting them.

We also visited many areas throughout Queensland including: Maryborough, Cairns, Toowoomba, Brisbane, Ipswich, Normanton, Gold Coast, Nambour, Townsville, Hervey Bay, Atherton, Stanthorpe, Goondiwindi, St George, Mt Isa, Mackay, Gympie, Rockhampton, Biloela and Gladstone.

During 2013, Pave the Way presented 34 workshops with approximately 380 families and their close friends and allies attending. These workshops included: *Planning for Now, Tomorrow and the Future*, *Building Lifelong Support and Safeguards* and *Documenting Personal Information*. We also presented a new workshop this year: *Introduction to Support Circles*.

We are excited about introducing two new workshops in 2014: *Facilitating Support Circles* and *Exploring Valued Roles*. The aim of these workshops is to further strengthen families' capacity to plan for their family member and to offer skill development to facilitators of support circles.

In April we welcomed Aimee McVeigh to the Pave the Way team. Aimee replaces the much-esteemed Jeremy Ward as the program's legal consultant. Aimee has worked diligently responding to families' queries regarding legal matters, presenting workshops and reviewing Pave the Way's legal information. This work has included reviewing and updating the legal "professional panel". We believe the professionals represented on this panel have invaluable knowledge of the legal aspects related to planning for families with family members with a disability (more details P. 2).

It has been wonderful to have a full complement of staff at Pave the Way this year. This base has afforded us the opportunity to visit many new families across Queensland, to develop new resources and responses to this ever-changing environment.

I would like to thank the team: Julie van Oosten, Elaine Henderson, Helen Baird, Peter Vacca, and Aimee McVeigh and consultants, Jeremy Ward and Christine Douglas for their work this year.

Best wishes for a rewarding year ahead, and joyful season's greetings to you all. David Isitt, Manager



Hard copies of information, including stories on our website, can be obtained by contacting the office on (07) 3291 5800.

Professional Panel document and other news

Professional Panel document

Pave the Way's legal consultant, Aimee McVeigh, has been busy over the past few months meeting with solicitors from across Queensland. Subsequently, Pave the Way's *Professional Panel* document has been updated to include new solicitors in the following areas:

Brisbane, Caboolture, North Brisbane and Sunshine Coast, Toowoomba, Chinchilla, Hervey Bay, Bundaberg, Rockhampton and Mackay

Some of the solicitors who were listed on the earlier version are no longer available for consultations with families and the document has been updated accordingly.

If you would like a copy of the new *Professional Panel* to be sent to you please either phone or email Pave the Way – our contact details can be found on the back of this newsletter.



Congratulation to Aimee and Jeff

We are pleased to announce that Pave the Way's legal consultant, Aimee and her partner Jeff welcomed a baby girl, Eleanor, into their family on 16 October. Aimee and baby are doing well.

Aimee will be returning to the Pave the Way office in February 2014 and will recommence *Planning for Now, Tomorrow and the Future* presentations at that time. Dates and locations for this presentation can be found on the back of this newsletter.

In the meantime Aimee can be contacted via email at aimee.mcveigh@pavetheway.org.au

Pave the Way office closure over Christmas.

The Pave the Way office will be closed from Monday 23 December and will re-open on Thursday 2 January 2014.

If you would like information about Pave the Way during this time, you can visit our website at www.pavetheway.org.au

We would like to wish you and yours a safe and festive Christmas season. From the team at Pave the Way: David Julie, Elaine, Helen, Peter and Aimee.



One thing leads to another

Many of us think of the New Year as an opportunity to make new plans, set new goals or embark on changes in our life. 2014 is just around the corner and perhaps you are considering making plans for yourself and your family member next year.

Some of the Pave the Way team recently attended the *One Person at a Time* Conference in Melbourne. A recurring theme in the stories the families shared was that in order to realise their vision for a good and safe life for their family member with disability, they needed to approach their plans by taking one small step then another and how once started, one thing led to another. Looking at long term plans can be daunting to the point of not starting at all; but taking one small step then another can make it much less so.

One family at the conference told a story about their vision for their daughter to live in a home of her own one day in the future. They knew this goal would take years to realise and that they would need to start acting as early as possible. The first step for the parents was to begin going away just one night a year while their daughter was in her teens and continued to do this for a few years. They then increased it to 5 nights a year, then once a month until they were confident that their daughter not only managed with this level of independence from them but also thrived with the challenges and opportunities it presented. Going away incrementally was helpful in learning what it would take for their daughter to eventually move into a place of her own.

The incremental progression made the transition for their daughter's greater independence gentle and natural. They were, overtime, able to work out what formal and informal support was needed to enable her to live independently, and they learnt about some of the risks involved and how to manage them.

For many people, taking that first step can make us feel vulnerable, but not taking it can leave us vulnerable too. When thinking about planning for a good and safe life for your family member there are ways to allay that sense of vulnerability and give your family more control. A first step might be articulating with your family and important others the vision you hold for your family member's life now and into the future. Speaking with other families and reading articles and stories by those who have achieved a similar goal, and attending relevant workshops are some first steps to realising a goal and keeping on track. Involving others in our planning is an opportunity to get different perspectives, support and encouragement.

If one of your goals is to begin some long-term planning for your family member with disability then a first step might be attending a Pave the Way workshop in 2014.

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Pave the Way

Pave the Way assists families throughout Queensland to clarify their vision for their family member with a disability and to plan to implement that vision. We encourage planning which is vision driven, 'whole of life', developmental, outside service planning and which safeguards family members in the long-term. We believe it is other people who keep people safe and support the development of personal networks, including Support Circles.

Contact Us

Please contact us if you would like to be on our mailing list, or would like information or assistance developing a vision and plan or developing a support circle or similar network. If you are part of a group of families and would like us to come and talk about these issues, let us know.

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Ph: (07) 3291 5800 or 1300 554 402

www.pavetheway.org.au

Upcoming Events

Planning for Now, Tomorrow and the Future

North Brisbane	February	Date to be confirmed
Bundaberg	March	Date to be confirmed

Documenting Personal Information

Mt Gravatt	6 February
Rockhampton	4 March
Gladstone	11 March

Valued Roles

Newmarket	March	Date to be confirmed
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Regional Visits

David Isitt & Helen Baird

Normanton	9 – 12 December
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Please note that although Pave the Way's 1-day workshops are free for families to attend, bookings are essential.



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Public Holiday

To book into a workshop, or for consultation times during regional visits, please phone (07) 3291 5800 or free call 1300 554 402. You can also view the workshop and events calendar online at www.pavetheway.org.au