

Putting people's choices first

Young people and their families should be the drivers of their individual plans, having control over important decisions that affect their lives.

Karim is a good example of how the ADHC Community Participation Program is helping people with moderate to very high support needs achieve their goals, increase their independence and participate as valued and active members of the community.

In opting for a Self Managed Model, Karim can pursue a wide range of activities such as martial arts classes, and isn't constrained by having to fit into prescribed services or programs.

His martial arts class every Saturday gives him confidence, a sense of achievement and an opportunity to spend time with friends. He has also discovered new and creative interests such as drumming and movement classes.

Under the Self Managed Model, the program fits around Karim's way of life, rather than expecting Karim to fit into pre-determined programs and services.

Karim's mother Sylvana said the Self Managed Model has meant Karim is happy.

"He has a say in what he does every day. He has greater control over his life. If he enjoys it, we carry on, if



he doesn't, we will make changes. He is trying new things and gaining confidence in learning from these experiences.

"He is communicating more and is happy about his choices. His program starts each day when he is ready, as we are not running to someone else's timetable. He is more relaxed, and so are we," Sylvana said.

ADHC provided more than \$98 million in funding for more than 3,800 Community Participation Program places in 2010-11.