AGEING WELL PROJECT

Update November 2014

WHAT THE PROJECT IS ABOUT

The project is exploring what “ageing well” means. The aim is to find out how best to support the changing hopes, choices and needs of people ageing with a disability.

Current focus

At the moment, we are preparing to put some of the research into practice. Planning with older people with a disability, their families and supports, is a big component in what we hope to undertake. Big Planning in particular! The Big Plan process, when put into practice, creates an environment where individuals, their families and supporters (including interested professionals) can imagine and plan for a future where they are fully included in the lives of their communities.

You can read about the Big Plan process on page 33 of the report on the Research and Design stage of the project, available on the Amicus website https://amicusgroupinc.files.wordpress.com/2014/05/ageing-well-report-20142.pdf

NEXT STEPS

Our next steps are to:

provide training for facilitators in Big Plan so that we establish a pool of skilled people in the community able to run Big Plan sessions

run the Big Plan series (5 sessions) with a group of 6 older people with disabilities and their families and supports, also involving older people from the community as volunteer assistants and peer supports.

With the involvement of family, friends, workers and volunteers, support people to put their plans into practice.

BIG PLAN TRAINING

We plan to offer Big Plan facilitator training. It would be open to workers in disability, ageing or community development fields. The training will be provided by Heather Simmons, who co-developed Big Planning.

It is a 3 day course, highly participatory, and enables participants to prepare their own portfolio of material for facilitating Big Plan with others. Interested?

WOULD FEBRUARY 10TH - 12TH 2015 SUIT YOU? PLEASE INDICATE BY REPLY EMAIL

Contact details

Kir Larwill
Ageing Well Project Worker (Mondays and Thursdays)
5441 2666 or 0412951107
klarwill@amicus.org.au
www.amicus.org.au