



MEDIA RELEASE

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NEW VIDEO EMPOWERS YOUNG PEOPLE WITH DISABILITY LEAVING CARE

CREATE Foundation is pleased to announce the release of their first-ever Supported Decision making training video, *Voice Your Choice*, designed for anyone who is caring for, supporting or working with a young person with a disability in out-of-home care or preparing to leave care.

There is a disproportionate* number of children and young people with a disability living in out-of-home care today (i.e. foster, kinship or residential care). Many of these young people are required to have the skills to make informed decisions for themselves but often face challenges in being heard.

Supported Decision Making (SDM) is a process that can assist young people with disability to make decisions that affect their lives, rather than have someone make decisions for them. It is an approach whereby supporters work alongside a person with disability, supporting their choices and decisions. The benefits for young people with disability are increased confidence and enhanced decision making skills, and an improved sense of independence and control around decisions that affect their daily lives. The benefits for supporters are that they can more actively support the decisions young people make.

The video is a valuable tool for people working with young people with disability in care and those leaving care. The video provides an overview of key supported decision making principles which can be applied in a practical sense, will up-skill all participants and empowers disability or care sector professionals. A support worker who has completed the training said: *“This is really good training that has empowered me to become a better supporter of decision making.”*

View the Voice Your Choice video here: <http://create.org.au/what-we-do/the-ability-project/>
In addition the video is available via YouTube and a DVD version will be distributed to participating service providers.

Lisa Townshend, NSW State Coordinator, CREATE Foundation said that young people with a disability living in care and those preparing to leave care face a number of life changes and key life decisions.

“This video tool is a breakthrough for the sector because it will really strengthen how workers can support young people to foster meaningful relationships, and how workers can empower young people throughout the decision making processes they face, and have their voices heard,” continued Ms Townshend.

“CREATE’s objective is to build on people’s existing skills with the aim of achieving positive improvement in the lives of young people with a disability in or leaving the care system.”

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CREATE Foundation is the peak consumer body representing the voices of children and young people in out-of-home care, providing programs and services to create a better life for children and young people in care.

CREATE Foundation gratefully acknowledges funding from the New South Wales Department of Family and Community Services, Ageing, Disability and Home Care (ADHC) to support young people in out-of-home care with disability transition to independence through *The Ability Project*.

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For information on the program please call the NSW Ability Project team on 02 9267 0977 or email nsw@create.org.au

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