

## what we do

CREATE provides tailored life-skills workshops as part of *The Ability Project* for young people with an out-of-home care experience, who are receiving support from a disability service provider.

The skills gained during the workshops are aimed at supporting young people transitioning to independence, ensuring they have access to support services which best suit their individual needs, goals and aspirations.

CREATE has a number of workshops available to young people through *The Ability Project*, these include:

- **CREATE Your Future** life skills workshops
- **Speak Up** leadership and advocacy workshops
- **Voice Your Choice** supported decision making workshops for young people and their support people, carers or caseworkers.



## contact us

Interested? Want to find out more about *The Ability Project*?

Please call the NSW Ability Project team on 02 9267 0977 or email [nsw@create.org.au](mailto:nsw@create.org.au) to get more info.

There are also membership programs available if you are interested in getting more involved with CREATE:

- **Become a CREATE Mate!** If you are a sector worker to spread the word about CREATE to your colleagues, deliver CREATE's key messages and encourage young people in care to sign up to clubCREATE.
- **Join clubCREATE!** This is an exclusive club for children and young people aged 0 to 25 who are in care or have a care experience. It connects children and young people together and links them to CREATE programs and services nationally.

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 [www.create.org.au](http://www.create.org.au)

 1800 655 105

 [facebook.com/CREATEfnd](https://facebook.com/CREATEfnd)

 @CREATEfnd

1800 655 105 is a free-call number that young people in care and their carers can use. However, there may be fees charged if calling from a mobile.

If you are a person with a vision impairment, you can visit our website to download this brochure in large print.

## who we are

CREATE Foundation is the national peak consumer body for children and young people with an out-of-home care experience. We represent the voices of over 40,000 children and young people currently in care, and those who have transitioned from care up to the age of 25.

Our vision is that all children and young people with a care experience reach their full potential.

Our mission is to create a better life for children and young people in care.

To do this we;

- **Connect** children and young people to each other, CREATE and their community to
- **Empower** children and young people to build self-confidence, self-esteem, and skills that enable them to have a voice and be heard to
- **Change** the care system, in consultation with children and young people, through advocacy to improve policies, practices and services, and increase community awareness.



the  
ability  
project

Empowering young people  
towards independence

create  
FOUNDATION





## CREATE Your Future

The CREATE Your Future (CYF) workshops offered include:

### Life Skills

Covers a range of basic living skills required by young people as they move towards independence, for example: healthy eating, budgeting and accessing support services.

### Housing and Finance

This workshop focuses on the skills needed to transition into affordable housing: financial management, budgeting, and the responsibilities involved with household management.

### Identity

Explores personal identity and the strategies young people can use to develop positive self-esteem and self-concept.

### Interpersonal Relationships

The aim of the workshop is to support young people to strengthen the relationships which are important to them. Topics include: understanding healthy relationships; the importance of communication; and, conflict management skills.



## Voice Your Choice

Voice Your Choice (VYC) is CREATE's supported decision making workshop available for both young people and their identified support people, carers or caseworkers.

Workshops for young people will cover:

- What is a decision and how are they made?
- Who can help you make decisions?
- How do you work together with other people in order to make decisions?
- What can you expect from someone supporting you?

Workshops for support workers and carers will include:

- What is supported decision making and its context?
- What is the role of the supporter in the decision making process?
- How do we create barriers or enablers in supported decision making?



**"The best thing about CREATE is that it is a group of young people coming together, sharing our experiences and working together to come up with a solution."**

Tash, Young Consultant



## Speak Up

Speak Up (SUP) is CREATE's empowerment program, available to all young people with a statutory care experience aged 14–25 years old. The SUP program has been adapted to suit the skills, capacities and experiences of young people engaged in the *The Ability Project*.

The emphasis of this workshop is on building the confidence of young people, and introducing them to the concepts of advocacy and rights. This training workshop prepares and empowers young people to advocate for themselves and to "Speak Up" for their rights.

In the SUP workshops, young people will learn about:

- CREATE Foundation
- Advocacy
- Their rights
- Public speaking; and
- Your story