

FEELING PROUD AND BEING PROUD

Confidence to achieve anything

Opportunity for others to understand

Understanding one another

Respect us, respect ourselves

As good as you !!

Goals can be achieved

Encouragement to have courage

Seeing the bad times through

To the good times

Relax and remember

Our strength

No less perfect

Going for good feelings

Never your fault

Or blame yourself

Be kind to yourself

Look for your friends for support

And help each other

Must be proud of yourself and other people

Everything we've done is good.

***WE'RE COURAGEOUS, STRONG AND NOT TO
BLAME!!***

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Above all, we thank CLP constituents, to whose struggles and courage the Manual is testimony.

Morrie O'Connor, Jenny Fowkes
Community Living Program
5 Nundah St
Nundah Qld 4012.

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About the Manual

We have prepared this second edition of the CLP MANUAL, **WORKING WITH PEOPLE WITH A LEARNING DIFFICULTY** to share knowledge and practice experience with colleagues. Because knowledge and practice deepen and change over time what we have written is, of course, incomplete. The Manual is not a static document - it is a collaborative and ongoing project. In this edition, we have attempted to include a greater level of the voices of people with a learning disability.

The Manual is in two Parts.

Part A – I might have a learning difficulty and I am not ever going to accept anyone calling me dumb – Definitions

This section presents material about the nature of learning difficulty and its consequences in daily life. The material has been gathered from recent research, enquiries, evaluations, and from constituents themselves.

Part B – I have a learning difficulty and I'm no different from you. I can be hurt and I can be happy – Dimensions of Practice

This section presents material drawn from the practice experience of CLP staff and of workers associated with CLP constituents. In recognising the difficulties and the achievements of the work, we suggest ways workers can engage with people with learning difficulties and support them to take charge of their lives.

At the end of Part A and Part B, there are References and Further Reading.

Please note that the term “people with a learning difficulty” is a preferred self-description of CLP constituents. For convenience in the Manual, we sometimes simply use “people”.

About Community Living Program

Community Living Program (CLP) was established in 1987, initially under the auspice of the Commonwealth Rehabilitation Service. In 1989, a group of constituents, parents and others, previously known as Friends of CLP, incorporated as the Community Living Program Inc. and took on the formal auspice. In 1995 the organisational name became Community Living Association Inc. and C.L.P. became a service within C.L.A. Inc.

The Mission Statement of CLP is:

Community Living Program is a service which works developmentally with people with a learning / intellectual disability to enable them to achieve their maximum potential as members of society.

Community Living Program offers:

- an environmental context (or structures) in which people can take control of their own lives.

Those environmental contexts include people's place of residence, self help groups, the wider community and participation in management of the organisation.

- a way of working which enables people to take control of their own lives (process)

This includes building a working relationship, 'unconditional positive regard', focusing on abilities and strengths, working at people's pace, utilising experiential learning processes, giving lots of positive feedback, enabling people to make decisions for themselves, enabling people to do things for themselves, enabling people to control resources.

- a holistic approach ie to work with the person in family, community and societal context. Some important areas of work may be around themes such as connectedness, physical and psychological well being, resources, personal meaning and meaningful use of time, and security and safety.

- CLP accepts the need for people to develop their competencies across a range of skill areas if they are to successfully become independent. Skill areas include:
 - practical skills (e.g. handling money, using phone etc.)
 - other person skills (e.g. making friends, negotiating)
 - self skills (e.g. delaying gratification, feeling good about self, handling frustration).

The main objective of CLP is:

To enable people with learning / intellectual disabilities to attain independent adult status, to take up valued roles and live independently in the community by assisting people with learning / intellectual disabilities to develop independent living skills and, as importantly, develop and exercise autonomy and decision making control over their lives.

Part A

I have a learning difficulty and I am not ever going to accept anyone calling me dumb:-

Definitions

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