



Your toolkit for moving out of aged care

Chapter 4

Part 4 Learning new skills



Australian Government

**Department of Health,
Disability and Ageing**

The Australian Government Department of Health Disability and Ageing wrote this.

We say **DHDA** for short.

When you see the word **we** it means DHDA.

We wrote this with help from the

- National Disability Insurance Agency.

We say **NDIA** for short.

We wrote this in an easy to read way.

We use pictures to explain some ideas.



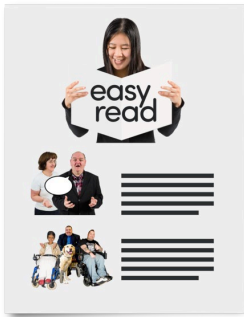
Bold

Not bold

We have some words in **bold**.

This means the letters are thicker and darker.

These are important words.



This is an Easy Read summary of another document.

This means it has the most important ideas.



You can ask for help to read this document.

You can ask

- A friend
- Family members
- A support person.



We recognise Aboriginal and Torres Strait Islander people as the **Traditional Owners** of the land we live on.



They were the **first people** to live on and use the

- Land
- Waters.

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About Chapter 4



This Easy Read is about **Chapter 4**.

Chapter 4 has Easy Read documents called



- Part 1 Choosing the right home
- Part 2 Moving
- Part 3 Making sure your needs are met
- Part 4 Learning new skills



This Easy Read is **Part 4**.

It is called **Learning new skills**.



It has information about

- Learning new skills
- What to do if it does **not** go to plan
- How an **advocate** can help you.



An advocate is someone who supports you to speak up for your **rights**.



Rights are **rules** about treating everyone

- Fair
- Equal.

Learning new skills



Moving out of aged care is a big change.

You may need to **learn** new skills.

You may need to **practise** old skills.

There are programs that can support you to build the skills you need.



There are lots of ways to reach your **goals**.

Goals are things you want to do.



You can

- Join a **peer support** group

Peer support is when people with disability get together to give each other support and **advice**.



Advice means to tell someone your ideas of how to do something.



- Join a group online



- Go to **workshops**

A workshop is when a group of people meet to talk or learn about something.



- Get training.

What to do if it does not go to plan



Moving into your new home may have **challenges**.

Challenges are hard things.



It is important to talk to people if something is **not**

- Working well
- Going to plan.

You can talk to your **housing provider** if



- You live in **Specialist Disability Accommodation**
- Something is **not** right with your home.

Specialist Disability Accommodation is a place to live for people with disability who need a

- Home where they can safely get support
- Lot of support

We call it **SDA** for short.



Your housing provider is the person or group that provides your home.



- Your **support coordinator**.

A support coordinator is a person who helps you with your NDIS plan.

If something is **not** right with your home and you are **renting** you can talk to



- Your support coordinator
- The people you pay rent to.

Renting is when you pay money to live in a home owned by somebody else.



You will need to tell them

- What the problem is
- What you want them to do about it.

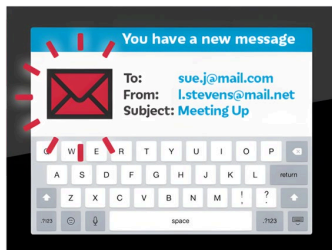


It is a good idea to write down

- **When** you told them
- **What** you talked about.

This will help you remember when you told them about the problems.

You can have support to do this.



You will need to talk to them again if they do **not** fix the problems.

You can

- Send them an email
- Call them.



This can help things get fixed quickly.



You can talk to other people if the problems are still **not** fixed like

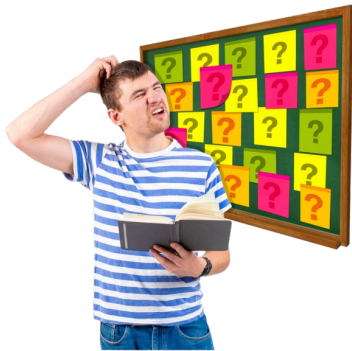
- **Tenant advocacy groups**

Tenant advocacy groups help people who are renting.



They can

- Help you understand your rights
- Give you advice
- Support you to get the issues with your home fixed.



If you have problems with your supports you can

- Work out what the problem is
- Talk to your support coordinator.



You can tell your support coordinator

- What is **not** working
- If you need extra help.



Your support coordinator can help

- Fix problems with your support providers.



It is important to speak up if something is **not** working for you.

You have the **right** to speak up about issues with your

- Home
- Supports.



Speaking up will help you get the support you need.

An advocate can help



An advocate can

- Support you to speak up
- Make sure you have your rights met
- Make sure you are treated fair.



An advocate can help when

- Your home is **not** safe



- You are having problems with your housing provider



- Your rights are **not** being respected.



- You are **not** allowed to make changes to your home to support your disability



- Problems with your home are **not** being fixed



- Your support services are **not** what you want



- You need support to get **rent assistance** from Centrelink.

Rent assistance is money from Centrelink to help you pay your rent.



There are groups that can help you find an advocate.



The **Ask Izzy** website can help you find disability advocacy providers near you.

askizzy.org.au/disability-advocacy-finder



The **Disability Advocacy Network Australia** website can help you find advocacy services in your state.

dana.org.au/what-is-advocacy/#find-an-advocate



The **People with Disability Australia** website has lots of information about advocacy for housing.

pwd.org.au/get-help/housing-and-accommodation/

More information



We wrote Easy Read information about

- The 5 toolkit chapters
- Why we wrote the toolkit
- How to contact us.



They are on this website.

www.health.gov.au/ypirac

The website is **not** Easy Read.

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