





The research is about a program called My Choice Matters. The research is to find out:  
how well it is working  
how it can work better

My Choice Matters helps people with disability and families learn about and use:



This is about choosing and saying what you want to happen in your life. It includes finding out how to make it happen. This is about knowing how to act on new ideas.

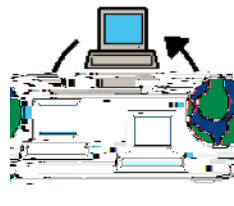
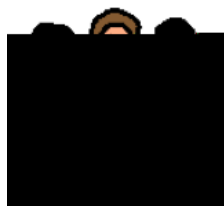


Self-directed support is when you are in charge of what happens in your support and services (for example, the activities you do or workers who help you). This is instead of an agency being in charge.

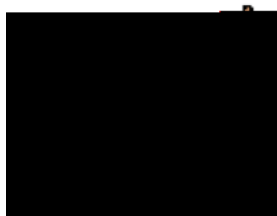


This is when you are given money to pay for your support and services. This is instead of an agency having the money. You can have help to know how to use the money.

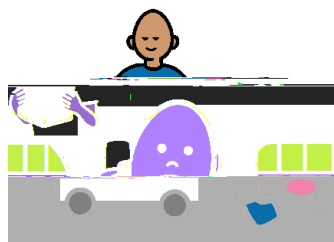
There are 4 parts in My Choice Matters. These are run through workshops and a website.



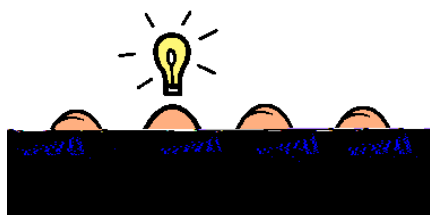
The 4 parts are:



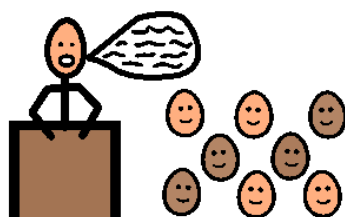
1. Learning and practising how to be a leader



2. Learning skills and ways of using supports and services



3. Sharing stories, ideas and information



4. Running projects to learn more and help others learn too

Lots of

The research is trying to find out:  
how well My Choice Matters is working  
how it can work better

This includes finding out about things like:

How has My Choice Matters helped  
people with disability and families have  
choice, voice and control?

How well has My Choice Matters helped  
people with disability and families to:

be leaders?

learn skills?

share ideas?

run projects?

What helps this happen?

The research will be done in two parts. Part 1 will help with what happens in Part 2.

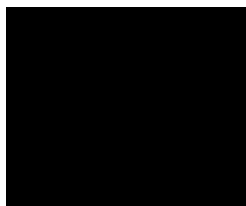
At the end, there will be a report about My Choice Matters.

People with disability and families can take part by:

Filling in information about themselves when they go to a workshop

Giv[ ]TJETB1 0 0 128.80 1ETT EMC ]TJETB768 T

People with disability and families can have help with any of these ways of taking part. This help could be:



Help from the people doing the research

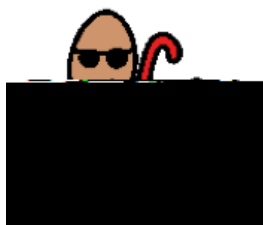
Help from a trusted friend, advocate or family member



Taking part through the My Choice Matters workshops with less talking or writing



Easy information with pictures



Advice from a researcher with disability

This is to make sure that people with all different disabilities can take part.

This document is a short copy of the full plan. You can find the full plan online at:

University of New South Wales, Social Policy Research Centre, University of New South Wales, Sydney.  
Matter - *SPRC Report 9/13*, for NSW Council for Intellectual Disability,  
Social Policy Research Centre, University of New South Wales, Sydney.

---

This document was written by Ariella Meltzer at the Social Policy Research Centre at the University of New South Wales.

The pictures in this booklet are Picture Communication Symbols, designed by Dynavox Mayer-Johnson can be contacted at:

Address: 2100 Wharton Street, Suite 400, Pittsburgh, PA 15203

Phone:

Fax:

[www.mayer-johnson.com](http://www.mayer-johnson.com)

[mayer-johnson.usa@dynavotech.com](mailto:mayer-johnson.usa@dynavotech.com)