

## **Flick' s Story**

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Flick's story is a compilation of her own notes and a recorded conversation with Flick and her support worker.

### Flick's story

#### **Introduction**

Flick (Felicity): I am a 29 year old woman living independently in the community. I share with a friend living with a disability. I live with cerebral palsy and use a communication device to assist her with communicating and a wheelchair for mobility.

Researcher: Flick lives in a lovely old house in the community in above average residential area. She shares the house with a friend who also lives with disability.

Flick: I have a supportive family and they have supported me to take steps to live independently. Community living Project (CLP) have also given me a lot of support to make choices about the way I want to live.

Researcher: CLP assist Flick to have a team of support workers who support her across the day with different things. That includes everything she chooses to do such as personal care, recreational activities, casual employment activities, communication and paying bills. Flick indicates that having a good support team is essential for her to exercise control and choice, and to be able to live a good life.

Flick:

Valued roles that I currently fulfil: friend, granddaughter, child/daughter, sister, auntie, neice cousin, tenant, traveller, consumer, car owner, workshop presenter, service user in local businesses, e.g. swimming, shopping, hotels, hairdressers.

People in My Life That Aren't Paid: family members, friends, people I meet when I am participating in work, the community and recreation.

Personal goals:

- I want to learn about my funding;
- I want to live by myself;
- I want to do more presentations;
- I want to write and share my story more.
- I want to try new things;
- I want to spend time with friends; and
- I want to spend time by myself.[
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Perceive Barriers to personal goals:

- Money-funding not enough-for what I want to do
- Creating ideas
- Learning and understanding funding
- I am a nervous person-overcoming my nerves
- Communication-Pathfinder and Grid not perfect technology
- Support staff understanding my devices and helping me to write and store presentations
- Fears related to nervousness

- Finding places that have access for people living with disability

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### Finding the best way to tell my story

Support worker: As a casual employee Flick is able to prepare presentations for workshops so she is able to earn some money. She has presented to school students living with special needs and currently present in a series of workshops to increase understanding about how people living with disability are able to achieve a good life. The focus of the presentations are educative about disability and how to improve one's life. The presentations are very well received with people indicating that it is of great value to hear from the person living with disability about the experience of challenges and achievements. Workshop participants make special mention of the importance of Flick' s presentation in the development of increased understanding. Flick indicates that sometimes it is frustrating for Flick not being able to communicate easily.

### Recreation

Flick enjoys going out and the support team assist her to do that. Most of all Flick enjoys going to the city for walks and for shopping. She enjoys being around people. Flick indicates that she prefers to relate to people one-to-one rather than attend groups.

Researcher: Despite that life can be difficult at times Flick indicates that she is a happy and positive person. Sometimes she does feel down but she doesn't let it overwhelm her. Usually during these times she communicates with her support workers or family and friends.

Researcher: Flick indicates that she is happy with her life and would not change anything. Her support worker reminds her that she is making one big change in her life at the moment. Flick is planning to move in approximately 6 months to another house where she can live alone. Flick will enjoy the freedom of not having to worry about other people such as a housemate. She is in the process of accessing another house but it may take some time.

### Working toward goals

Flick indicates that setting goals and working towards them has been important to her in getting a good life.

Support worker: Flick I think you've talked a lot about the importance of making your own choices. I think that's a big one for Flick. She doesn't want to feel like she's sitting there and doing what other people say when she's not wanting to be doing that. For Flick it is about choosing support workers, choosing friends, choosing what she will do each day, when she will shower, what she will wear and eat. Flick wants to and is in control of all aspects of her life.

Researcher: In summary Flick has identified 4 activities as important factors in the ability to live a good life, these being:

1. Having relevant support
2. Having choice and control about how life happens
3. Setting goals

#### 4. Being involved in the community through a work role and recreational activities

Support worker: "With regard to getting a good life Flick's a 'pro'... She has been doing it since the age of 6 to 7".

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