



COURSE RESOURCE INCLUDED

Care for Caring Parents book by Cynthia L. Schultz and Noel C. Schultz. Parents caring for a child with disability often neglect their own needs. This book offers parents ideas and suggestions to help them as they care for a child with a disability. It is written to encourage parents, regardless of their child's disability, to make full use of areas of support and build on their existing strengths.

FURTHER COURSE RESOURCES

These resource booklets were developed by parents/carers in conjunction with a student from Griffith University as part of the Shaping Outcomes Parent Project. They offer rare insight into resources that parents and carers in similar circumstances found helpful. They can be purchased at any time from Shaping Outcomes reception, website or your Key Worker.

Helpful Strategies \$15

Offers self-help ideas and resources for carers of a child with disability. It provides some ideas from parents about how to manage stress, nurture family relationships, and work effectively with service providers.

Advocacy \$15

For carers who are advocating on behalf of a child with a disability. This guide is to help carers ensure that their child achieves personal goals, participates fully in community life, is able to access advocacy assistance, and can exercise their rights.

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SHAPINGOUTCOMES

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SHAPING
OUTCOMES



SHAPING OUTCOMES PARENT PROJECT

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BENEFITS OF PARENT PROJECT

The Parent Project is a course to assist parents as carers of children with disabilities. It was designed with parent involvement across all aspects of the project to ensure real needs are addressed, not needs as judged by a professional.

There will be 7 x 3hr sessions that have been designed with a parent-focus by parents and professionals together, all sessions are confidential. Each session is facilitated by a Social Worker and Key Worker Specialist to develop family capacity, enable change and support communities to support families.

Parents who have attended previously have achieved some great personal outcomes.

“Allowed me to build strength in being more assertive with others to achieve a positive outcome for my child.”

“Taught me to look past my ‘fears’ I couldn’t see the future but I am slowly getting there.”

“Gave me positive strategies for communication with my community.”



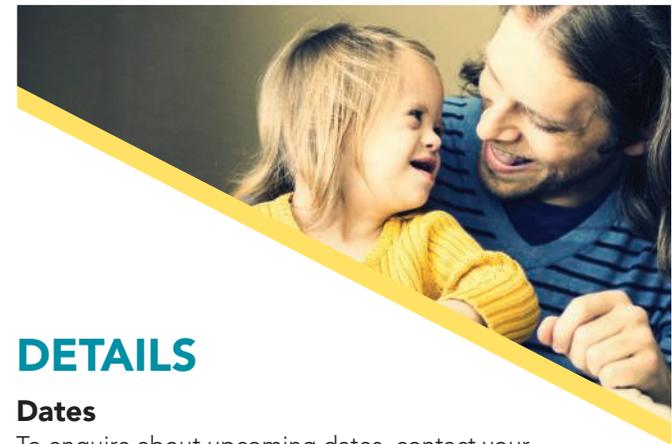
AIMS

- Develop self-awareness and build on parents own strengths and skills
- Develop networks of support for parents
- Share resources
- Strengthen connections with local community and increase awareness of children with disabilities and their families through advocacy, education and publicity.

COURSE OUTLINE

Session Topics 1-9 include the following:

1. The Parent Caregiver
2. Parents and their families
3. Parents and their world
4. Affirming and listening
5. Problem solving through handling conflicts
6. Knowing the system and utilising support
7. Taking control of stress and looking ahead
8. Optional topics e.g. father/mother’s role, hopes, concerns, siblings in the family, enhancing couple relationships, parenting, across the family lifecycle.
9. Complimentary Session – this session follows on from structured sessions and content will be determined by the request of parents group. e.g. relaxation, massage, aromatherapy, laughter therapy.



DETAILS

Dates

To enquire about upcoming dates, contact your Key Worker or Shaping Outcomes.

Time

The time commitment for parents is 7 weeks of 3 hr sessions, because each session builds on previous session and places are limited to 8 parents per group, it is important that you make a commitment to attend each session. Each session takes one and half hours of structured educational group sessions, thirty minutes of refreshments and one hour complimentary session. Start times will be confirmed when you enrol in the course.

Cost

There will be no cost for parents.

Childcare

Refreshments and child minding provided.

Additional Support

Additional support for vulnerable parents who have completed the Shaping Outcomes Parents Course, will include referral to individualised services.

