



*Pullin*

**'ALL ABOUT ME'  
COMMUNICATION TOOL-  
REDEVELOPED**



***All About Me***  
**Building a better communication  
tool**

Rebecca Pullin  
Project Officer & ACFE Coordinator  
Eastern Disability Access Resource  
(EDAR)

Michael Burrows  
Project contributor & client  
Eastern Disability Access Resource  
(EDAR)

## The Team

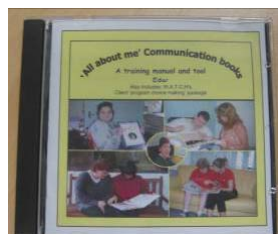


## Project aims

- Empowering people with a disability
- Enabling person-centred planning
- Increasing opportunities for communication between people with disabilities and others.
- Explaining and facilitating self-directed planning
- Make creation of a personal communication book easier – reducing staff workload



## The Foundation



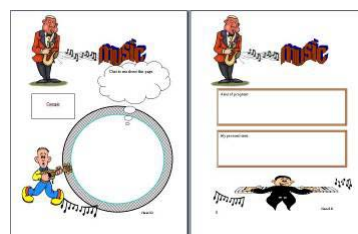
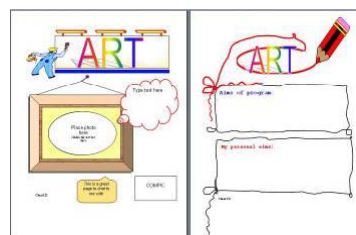
Initial materials created by EDAR for clients with high support needs in 2000

### Benefits

- Provided a new way to engage with others
- Gave clients a structure to express their wants and needs
- Enabled important information about individual support needs and programs to be recorded

## Limitations

- The book was often created, and then filed
- The pages were often not age appropriate
- Many templates were based on programs, not activities
- Low quality graphics
- Did not reflect the significant changes in philosophy and legislation since 2000



## From Old to New...



## All About Me - 2010

Benefits of redeveloped All About Me package include:

- 108 templates, categorised in 6 sections
- Two versions of each template; one based on visual images, one based on text.
- Basic explanation of each life area
- Extensive explanation of each template
- Computer help section
- Improved design
- Easier usage for clients, support workers, families

## **Section 1: My life (overview)**

- Profile
- My birthday
- Likes and dislikes
- My family
- What I am good at
- Meal tips
- Personal care
- Rights & responsibilities

## **Section 2 – My health and safety**

- Being safe
- Moving around
- Travel
- Equipment I need
- Do I have a vision/hearing impairment?
- Support required for movement?
- When crossing roads
- Epilepsy management plan
- Medical information

## **Section 3 – My day**

- A typical day
- Activities
- Paying for things
- Being part of the community
- My friends
- My key worker
- My family at home/housemates
- Places I like to go, places I like to avoid
- Expressing my culture

## **Section 4 – My communication**

- My communication dictionary
- My technology
- Being independent
- Do's and Don'ts
- Choosing supports
- Showing others what I can do
- How to live
- If I won't participate...
- Do I seem anxious?

## **Section 5 – My home**

- Holidays
- Special events
- My history – where I have lived before
- My family history
- My future – where I would like to live
- My bedroom
- My jobs
- My support network

## **Section 6 – My future goals**

- Always learning
- My education
- Previous goals I have achieved
- Long term goals and outcomes
- What others like and admire about me
- Some things I am good at
- What is important to/for me?
- My current support plan
- Page for my diary

## Templates - simple and detailed

**My Day**  
**A Typical Day**  
Click here to download template - See page 20

This is my day:

I wake up at: \_\_\_\_\_  
Before I go out: \_\_\_\_\_

Insert picture here

In the afternoon I: \_\_\_\_\_

Insert picture here

I go to bed at: \_\_\_\_\_  
Before I go to bed: \_\_\_\_\_

**My Day**  
**A Typical Day**  
Click here to download template - See page 20

	Where I go	What I do
7:00am 	(add images or comments here)	(add images or comments here)
8:00am 	(add images or comments here)	(add images or comments here)
12:00pm 	(add images or comments here)	(add images or comments here)
3:00pm 	(add images or comments here)	(add images or comments here)
6:00pm 	(add images or comments here)	(add images or comments here)
10:00pm 	(add images or comments here)	(add images or comments here)

Things to remember each day: \_\_\_\_\_

## Completed templates

**My Day**  
**A Typical Day**  
Click here to download template - See page 20

This is my day:

I wake up at: 7:00am  
Before I go out: \_\_\_\_\_  
\*Have a shower  
\*Eat my breakfast  
\*Pack my bag  
\*Pack the dishwasher

In the afternoon I:  
\*Go home at 3:00pm  
\*Have some afternoon tea  
\*Make dinner with residential staff

I go to bed at: 10:00pm  
Before I go to bed: \_\_\_\_\_  
\*Brush my teeth  
\*Read the newspaper  
\*Make my lunch for the next day

**My Day**  
**A Typical Day**  
Click here to download template - See page 20

	Where I go	What I do
7:00am 		Shower and have breakfast
9:00am 		Get on the bus and go to EDAR
12:00pm 		Have lunch and medication
3:00pm 		Get on the bus and go home
6:00pm 		Cook and eat dinner
10:00pm 		Brush my teeth and go to bed

Things to remember each day: \_\_\_\_\_  
\*My lunch  
\*My diet

## My Future Goals



- A history of the individuals' life and achievements
- Emphasises the client leading the planning process

## Capturing ideas on the run

**Page For My Diary**  
Click here to return home: [Get started](#)

This page should be printed off and put in my diary.  
It is a place where any staff or myself can write new ideas down, or make notes of what I accomplish.  
It is very helpful for key-workers when building plans, and making sure there is a record of what I want, and what I have done! When it is full, give it to my key worker for my file.

**Skills Learnt and Maintained This Year**  
This is where I can share what I have accomplished or objectives, for a year.

**Goals - Adding New Ideas**  
This is where I can add in new ideas I would like to explore, or where support workers can add in new ideas they think will benefit me in the future.

## The Redevelopment Process

Redeveloped through extensive consultation with clients - so it is relevant, user friendly and appropriate for a wide range of individuals

Materials were also reviewed by a number of organisations, including:

- Deal Communication Centre
- DHS Barwon South West
- Each
- Valid
- Interact learning services
- Scope
- Vision Australia

## Summary

All about me:

- Is EASY and USEFUL;
- Empowers clients;
- Improves awareness and implementation of legislated changes;
- Places client at the helm of the planning process;
- Reduces onus on staff to compile and maintain client profiles;
- Doesn't require existing computer skills
- Has real benefits for the people we support

## User Comments

What the Disability Support Workers say:

- *Because the 'All About Me' tool is so easy to use it provides opportunities for every person to be involved in the development of their own books, whatever their abilities.*
- *'All About Me' books empower people with disabilities about their life choices, and gives them a voice*
- *'All About Me' gives people with a disability ownership of their life stories and past achievements*

## User Comments

What the clients say:

- *To me it's important to have so other people know me*
- *I like it because it makes me think and its good to look at and take home to show my family and friends.*
- *I like it cos it's about what I like and don't like and what I want to do after EDAR*