The Road to Success
Peer Education Self Advocacy Program

Julie Butler, Charmain Hinchliffe, Nicola Crates
Empowerment Through Learning

- Self Advocacy
- Helping people take control of their own lives
- Developed with assistance and expertise of Speak Out Members and Executive
Road To Success The Program Topics

- Self Expression
- Self Confidence
- Self Determination
- Self Reliance
- Self Development
- Self Esteem
Road To Success Program Facilitation

Jointly facilitated by:
- Julie Butler,
- Judy Huett
- Kaylena Spurling
Road To Success Program Structure and Materials

- 7 sessions
- Facilitated by Advocate and Self Advocate (Peer)
- Discussion
- Written reflection
- Visual Supports
- Work book activities
- Roleplays
- Follow up with Mentor
Road To Success - Evaluation

- 5 participants
  Psychological Empowerment & Self Determination
- Qualitative feed back
  - Participants
  - Support Staff
Participation

3 of the 5 participants completed the course!

Reasons for not continuing

- unstable living situation (homeless) and physical injury (fractured pelvis after falling off roof)
- Major transition out of school, out of ward ship, into independent living.

Lessons Learned

- While for people in transition/crisis self advocacy is a priority it is not the time to learn
### Outcomes - Quantitative

**ARC Self Determination Scale**

#### Pre Course Scores
Assessed as not reliable due to high level of assistance /interpretation provided

#### Post Test Scores
Completed independently

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<th></th>
<th>Sally</th>
<th>Adam</th>
<th>Jodie</th>
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<tr>
<td><strong>Psychological Empowerment</strong></td>
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Outcomes – Adam 3 months post

Adam was asked if he could provide any examples of when he felt he had ‘stood up for himself’.

Adam relayed a story about being in the local newsagency in a situation where one of the workers was rude to him and he said he walked out of the store.

He also said that if he doesn’t like something which is on the meal menu at home he will state his feelings and say that he would like something else.

These examples of Adam’s actions are not typical behaviours that were observed prior to the self-advocacy program.
Outcomes – Jodie

Jodie is far more assertive since completing The Road to Success Program. In a recent resident meeting when another housemate interrupted her whilst she was speaking, Jodie said, “Excuse me, but it is my turn to speak”.

On a dinner outing following the program completion, Jodie also asserted to a staff member that she would order her own meal at the bar, rather than sit at the table whilst support workers ordered for her (as had been the case prior to the program).

Jodie was also observed in the community setting standing up for herself when another individual spoke to her inappropriately and heard stating, “Please don’t speak to me like that”.
Charmaine

• I thought the Road to Success program was excellent, it teaches you to speak up.

• I feel after doing it that I have been speaking up a lot more. I’ve been talking a lot more to my carers and telling them what I want. Matthew has been speaking up more too.

• It has also helped me in my role as the Optia Consumer representative, I am better at helping other people to speak up. It’s a very interesting job, I like it.
Charmaine

• It was really good to have Judy help with the Road to Success, it’s good to have other people with a disability to help because they know that sometimes it’s not that easy to speak up. They can also help you by answering any questions if you aren’t sure about things.

• My workers and my family have noticed too, they think it’s terrific that I’m doing this. Mum has put it up on facebook already. Since doing the program I have also attended a self advocacy conference which I really enjoyed.

• I want to do more in the future to help other people to speak up. I’d like to teach other people that they have a right
Attending Speakout AGM
Presenting Report at Optia AGM
References