

What have you heard about that was useful?

- How comfortable conference was to include people with disabilities – we could understand the keynotes
- Ann FS role-play – everyone was very interactive
- Nothing without us
- Self advocates presenting
- Photo booth
- Practical information, especially from Day 2 keynotes
- Finding out about the BeatIt programme
- Energy of the self-advocates and long term view towards progress; also their political influence and activity
- Everyone is very friendly and there was lots of coffee
- Lots of people with intellectual disabilities
- I was asked to join the project design advisory group to do with parents with intellectual disability
- Hot Topics granted money for digital stories
- Really valued Ann's presentation on using photos
- Learning four things about depression
- Positive support to, and with, researchers working together
- Andrew's presentation was inspiring for Kiara
- Lessons to learn for Canada – we don't have anything like this there
- Try Anything film at the beginning was fantastic and the opening really set the tone for the conference
- I liked inspiring people with my have a try video
- Appreciated the NDIS planners from Queensland sharing challenges for service providers and people using services
- Presentation from CDS where everyone took turns equally – all had a go
- Learned practical things from each of self advocates and presenters
- In every session people with intellectual disabilities asked questions
- Action research symposium reinforced doing good research needs a big team and takes time – need to persuade funders of that
- Meeting lots of people
- Good to learn about relational practice / taking time to get to know people and each other well
- International speakers
- Was good thing to be reminded that movements for inclusion and diversity must be diverse and inclusive
- If you don't have people to help you with information it's hard and relationships are important
- Liked being interviewed
- People learned that discrimination is just awful
- There is good and bad stuff, it can make you sad on the inside in response to telling and hearing stories



What didn't you hear about?

What was missing?

- So much to choose from but could only go to one thing; too many clashes in the timetable
- Often there are still some people feeling left out and sometimes it is hard to get to meet new people – it's an ongoing challenge to fully include more people, more 1-1 conversations would help
- Don't get anyone submitting posters anymore and that's the only way some people can access – discussion about short films, videos and video booths and easy read posters
- Hearing experiences of Aboriginal people was missing (only one paper submitted and that was presented)
- Dinner/dance at the end like the Speak Out conference – that is what's missing
- What to do and what next steps to take when there is energy in the room to shake things up about an issue
- More easy read information about the NDIS
- More from family voice and family perspective – was much more prevalent previously and has become less so – discussion about whether families are supporting people with intellectual disability to attend as presenters instead – discussion about family and the issues that they face at different ages, different experiences and with different cultural backgrounds
- Children are missing; children might want to speak about their parents with intellectual disability and how it impacts on them
- Love and belonging and where people feel that they are wanted
- Opportunity for researchers to hear from self-advocates about what they'd liked to see researched – discussion referenced NZ 2012 report to ASID NZ Conference on this topic; also Tassie conference where families from Singapore spoke with their families and children
- Self-advocates experiences as being (co)researchers and doing research
- Discussion about using Skype to bring (co)researchers from overseas into the conference
- Excursions to local universities or local tour of town guided by people with intellectual disability – what you need to know about our place
- Use of outdoor space
- No-one was asked 'if you were the boss of ASID what would you do'?
- More practical stuff on the NDIS
- Learn about fundraising and finding resources



What could we do now?

What action can we take?

- Find money for Speak Out's project – Sonia would like help with fundraising and getting money
- Put Shake it Up song on so we can dance (and we did)
- Share 'Shut Your Bollocks'
- Tell everyone how fantastic this conference has been – it feels like it's been effortlessly fantastic for those of us attending
- Share information on Facebook / Facebook groups with ASID
- Hand this workshop feedback to the ASID Board – vote taken and agreed to do so (workshop facilitators will write up and then self-advocates will identify if they'd captured everything and how/when they wanted to share with the Board)
- Hear more about the IASSIDD19 conference
- Looking forward to shaking a few things up in my workplace – day services get complacent and I'll shake it up, even if I may end up losing my job
- Share some of what learned with others
- Email workshop attendees to decide how to stay in touch – options included Facebook and email group
- Work out how much money it takes to get to conferences
- Queensland is the most horrible as people with intellectual disability can't have a partner – can we change the laws?



**Swap shop – who can help?
What’s 1 thing you can help with?
What’s 1 thing you’d like help with?**

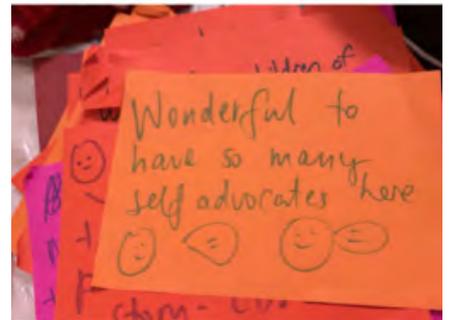
We have taken people’s names out of this bit.

They wanted to help each other in lots of ways

- with funding information on research
- help with connecting with self-advocates
- help with listening and writing
- help with helping people because life is better when you help someone
- sharing feedback
- get the information out there
- sharing research
- help with Try Everything
- I can help others with trying new thing and bring there for them
- help with finding and sending research
- with info on co-operatives and social enterprises
- with research, campaigning and connecting people
- with twitter, social media, sharing information and connecting people
- with projects or ideas that they want to get started
- finding information, and I can help people plan how to do things
- I could help with finding research that might be useful, and with connecting self-advocates from Canada with self-advocates from the UK and Australia.

They also wanted help with

- grant writing that actually gets money (all that wasted effort in NHMRC over 3 years)
- expanding my life, like more public speaking and making more money
- fundraising
- connecting self advocates to each other across Australia and the UK
- promoting advocacy causes and what matters to people with disabilities
- shaking up beliefs and attitudes
- making connections in self-advocacy groups
- parents with intellectual disability; young people with intellectual disability leaving care/juvenile justice
- stop people with intellectual disabilities dying early
- bringing people together for learning skills about campaigning



How would people like to stay connected?

- Facebook Group
- LinkedIn
- Email
- Other (please say)
- Some people said they didn't mind.
- Some people said email.
- Facebook was talked about in other parts of the workshop.

But most people want to stay in touch!

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