

TAKING CHARGE OF CHANGE

YOUNG PEOPLE WITH DISABILITY AGED 18-25 YRS



TUESDAY
23 JUNE
ABORIGINAL
LAND

Take Charge
of Change

cyda
Children and Young People
with Disability Australia



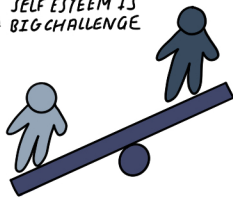
IN HEALTHY RELATIONSHIPS
THERE IS GIVE AND TAKE
AND ALL PARTIES ACCOMMODATE
EACH OTHER AND MAKE
COMPROMISES

HEALTHY
RELATIONSHIPS
NEED



SYMPTOMS AREN'T EXCUSES
BUT THEY CAN BE A VALUABLE
EXPLANATION FOR ACTIONS OR
BEHAVIOUR

SELF ESTEEM IS
A BIG CHALLENGE



POWER IMBALANCES
CAN HAPPEN WHEN ONE
PARTNER IS OVERLY CONTROLLING
EMOTIONALLY OR PHYSICALLY

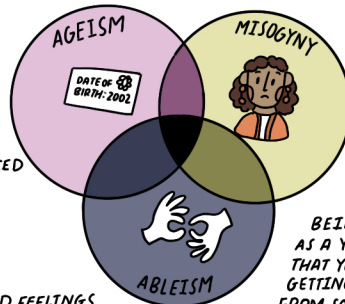
ACCESSIBLE
SEXUAL EDUCATION
IS IMPORTANT

OUR BODIES
LOOK AND WORK
DIFFERENTLY

WE NEED TO TEACH
YOUNG PEOPLE HOW TO
SPOT SUBTLE SIGNS OF
ABUSE LIKE COERCIVE
CONTROL



NO-ONE'S RELATIONSHIPS
ARE PERFECT



FOR MANY
WOMEN WE
HAVE EXPERIENCED
MISDIAGNOSED
WITH MENTAL
ILLNESS

HAVING
COMPLICATED FEELINGS
ARE FAIR, REASONABLE
AND NORMAL RESPONSES

YOU NEED TO BE
CAREFUL NOT COMPARING
YOURSELF TO YOUR OLD SELF

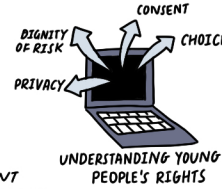
YOU GET TO DECIDE WHAT YOU VALUE
IN LIFE AND WHAT SUCCESS IS TO YOU,
WHAT BRINGS YOU JOY AND HOW YOU
WANT TO MOVE TOWARDS IT

A LABEL OR A
DIAGNOSIS
DOESN'T CHANGE
WHO YOU ARE



IT'S IMPORTANT
PEOPLE KNOW IT'S
NOT THEIR FAULT
IF THEY ARE
EXPERIENCING
ABUSE

IN DIFFERENT
SETTINGS THERE ARE
DIFFERENT RIGHTS THAT
ARE MORE APPLICABLE
THAN OTHERS



UNDERSTANDING YOUNG
PEOPLE'S RIGHTS

THE RESOURCES
EXPLAIN LEGAL
RIGHTS BUT NOT
HOW TO PUT THEM
INTO PRACTICE
WE NEED INFORMATION
ABOUT

WHAT SUPPORTED
DECISION - MAKING
LOOKS LIKE

COMMUNICATION
ACCOMMODATIONS

EXAMPLES OF GOOD
VERSUS POOR PERFORMANCE

IT'S IMPORTANT
TO KNOW YOU ARE
NOT ALONE AND THAT
THERE ARE AGENCIES
TO GET HELP

EVEN IF YOU DON'T
QUANTIFY WHAT'S
HAPPENING TO YOU
AS ABUSE, YOU CAN
STILL MAKE CHOICES
THAT WORK FOR YOU



IT'S DIFFICULT
SEEKING PEOPLE
EXPERIENCE ABUSE
BUT THEY CAN'T
SPEAK UP OR LEAVE



SERVICE
PROVIDERS NEED
TO KNOW HOW TO
ASK YOUNG PEOPLE
ABOUT ABUSE AND
HOW TO BE A SAFE
PERSON TO TALK TO

WE NEED MORE
INFORMATION
ABOUT HOW TO
RESPOND TO
DISCRIMINATION
IN THE MOMENT



IF A DOCTOR OR
A PSYCHOLOGIST IS
MAKING YOU FEEL
WORSE YOU CAN
CHANGE YOUR PROVIDER
AT ANYTIME



STAY STUCK

WHAT HAPPENS IF
YOU DON'T GET THE HELP
YOU NEED AFTER YOU'VE
EXHAUSTED ALL YOUR
RESOURCES? WHERE DO
YOU GO?

YOUNG PEOPLE
WITH DISABILITY
ARE MADE INVISIBLE
IN PAIN SPACES



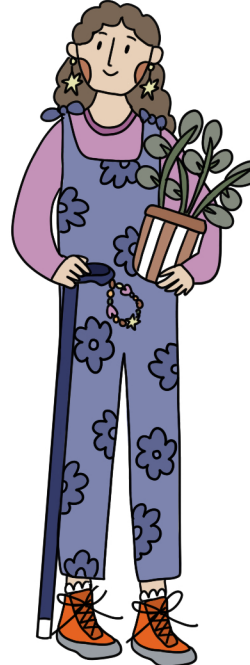
PEOPLE SAYING YOU'RE
TOO YOUNG TO BE IN
CHRONIC PAIN CAN
BE INVALIDATING



CHRONIC PAIN IS ON THE
MIND CONSTANTLY

SURROUND YOURSELF
WITH PEOPLE WHO
UNDERSTAND
CHRONIC PAIN

OTHER PEOPLE'S
FEELINGS ABOUT
YOUR DISABILITY
ARE NOT YOUR
BUSINESS



WE ARE IMPACTED
IN EVERY PART OF OUR
LIVES AND IDENTITIES
BUT WE'RE EXPECTED TO
PRETEND IT DOESN'T
EXIST BECAUSE PEOPLE
CAN'T SEE IT

PAIN LEVELS IMPACT
YOUR SOCIAL LIFE. IT CAN
MAKE YOU IRRITABLE AND
A FEELING OF HOPELESSNESS
CAN BE COMMON WITH
CHRONIC PAIN

MY LEVEL OF
CAPACITY
IN A DAY



I USE SPOON
AND FORK THEORY
TO EXPLAIN MY
PAIN

I CAN
START WITH
MORE OR LESS SPOONS
DEPENDING ON PAIN

FORKS HAVE A
DEBT - USING MY
FORK MIGHT IMPACT
MY CAPACITY
TOMORROW

IF YOU'RE
HAVING A
DAY WITH
LESS PAIN
DON'T OVERDO
IT

TIPS TO MANAGING
CHRONIC PAIN

I REMIND MYSELF
THAT IT IS A BIG
THING



MAKE USE OF HEATED
BLANKETS, HEAT PADS,
KNEE BRACES AND
MOBILITY AIDS



CHRONIC PAIN KIT



GRAPHIC RECORDING BY KAYGAN LANE