

MY-CARD

Free workshops for Carers with CIT Skills for Carers

A practical tool for people with disabilities who need to get the right information across my-card summarises a person's abilities, alerts, personal preferences and social networks for unfamiliar support workers

When: Thursday 2nd September 2010



Time: 6:00–8:00pm

Where: CIT Southside

When: Thursday 16th September 2010

Time: 10–12noon

Where: St Margaret's Uniting Church, Antill Street, Hackett

These workshops will be facilitated by my-card author, Laura Green
Carers will receive my-card for free

For further information and to register your interest contact CIT on:
(02) 6207 3628 or carerskills@cit.act.edu.au

Information about my-card

my-card is business card sized resource that folds out and has spaces for personal information to be written and then shown to casual and unfamiliar support workers. The card also contains spaces for pictures showing things that are of interest to the person with disability. It is suggested the person keeps the card, possibly in their wallet or purse. The my-card guide sets out the aim of the resource, instructions for use and information about the card. The person is filling out the information they want the unfamiliar worker to know. my-card contains need-to-know information that aims to increase positive experiences of support.

my-card is a tool to facilitate communication of relevant personal information between a person with disability and unfamiliar support workers.

Who might use my-card?

my-card is made for people who need help to communicate their support requirements. It could be used when someone meets an unfamiliar support worker or when workers support multiple people and may need reminding of the person's preferences and alerts.

Why use my-card?

my-card summarises the most important information and is quick to read. It is hoped that it will get the right information across to increase the chances of having a good experience with the support

worker. The person might only meet a worker occasionally and not want them to read a large 'client file' of information. You can control the information you want that support worker to have.
my-card costs \$10.00 + postage

Website: www.inclusionresources.org

