

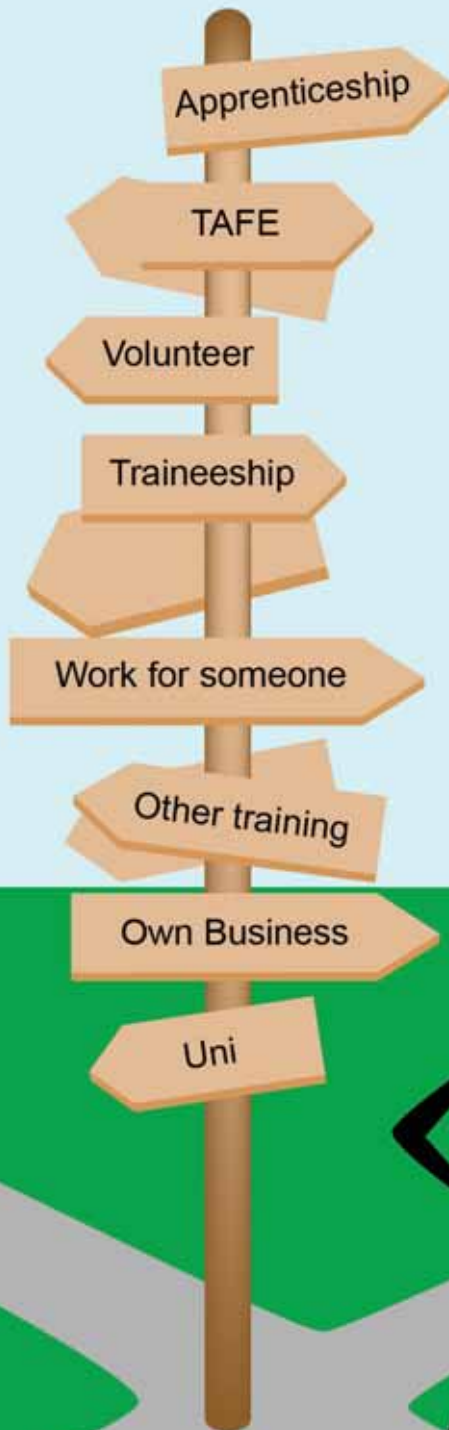


Australian Government

Department of Education, Employment
and Workplace Relations



National Disability Coordination Officer Program



Which Way?

Getting Ready for Study and Work

*Tips for young Indigenous
people who have a disability
or medical condition*



Acknowledgments

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The Get Ready for Study and Work resource was developed using evidence from research and best practice, and with input from a wide variety of stakeholders. The authors gratefully acknowledge the input of NDCOs from around Australia, Teachers/Consultants from TAFE NSW, Disability Advisers from NSW universities, Support Teachers (transition) from NSW Department of Education and Training and other valued stakeholders. For further information on the Get Ready for Study and Work resource go to <http://pubsites.uws.edu.au/ndco/>

For more information about this workbook, please contact:

 National Disability Coordination Officers
210 Ross River Rd,
Aitkenvale, Townsville
Phone: (07) 4727 2608

To find more information and resources that might be useful in working out Which Way you will go and how to get there have a look at:

 www.ndco.stepscs.net.au



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Top Tips

← IMPORTANT!!!

1. LEGEND!

Believe in yourself and your dreams!

2. START NOW!

Starting as early as possible gives you time to work everything out

3. ALL ABOUT YOU

Think of your interests and dreams and how your disability might affect your future

4. WHO'S AROUND?

Find positive people who can help out with information and ideas

5. MY CHOICES

Look into what are the choices you have and what they involve

6. I CAN ALREADY DO..

Think of all the things you can already do – will they help you study or work? Maybe you might need to work on a few things.

7. PLANNING

Write down how you are going to reach your dream

9. HAVE A GO!

Try new things like work experience or career days to build your skills

10. RIGHTS AND RESPONSIBILITIES

Knowing your rights as well as your responsibilities will make the way easier

8. HELPING HANDS

There are many people who will help you out – whether in your community, at TAFE, at Uni or at work – *find out who they are*

Which Way?



Legend!

! Believe in Yourself!

You can do whatever you want to do with your life! It might take some time and effort, but if you want it enough you will find a way.

- ▶ Give feedback – let people know when things are going well, as well as when it isn't. The earlier you let them know, the earlier they can help
- ▶ Take responsibility – entering the adult world means you need to act like an adult
- ▶ Stand up for yourself – don't be afraid to tell people what you need

! Get Inspired – Check out other legends

At University

 www-public.jcu.edu.au/study/indigenous-students/student-stories/index.htm

At TAFE

 http://www.tafe.qld.gov.au/study_with_us/indigenous/success_stories.html

In Apprenticeships, Traineeships and Vocational Education


 https://www.training.nsw.gov.au/multimedia/videos/inspirational_stories.html

General

 http://www.abc.net.au/indigenous/local_heroes/default.htm

 <http://generationone.org.au/your-stories>



 **16 year old Tahlia Rotumah.**
The first Indigenous woman to compete at the Paralympic Games



 **Preston Campbell.** NRL player with the Gold Coast Titans & Indigenous All Stars captain

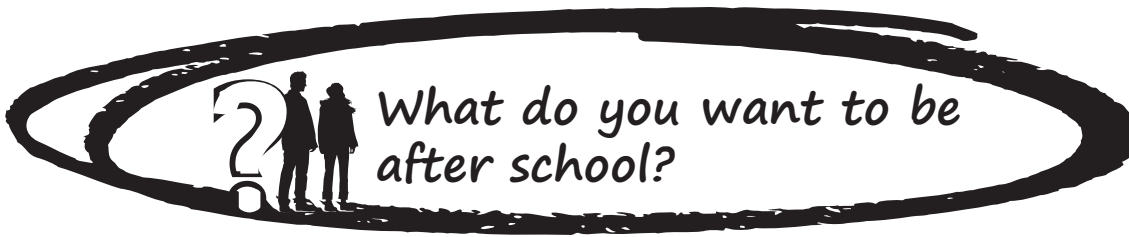


 **Mark Olive** Australia's most acclaimed Aboriginal chef

Which Way?



Start Now!



There's a lot to think about so the more time you have the better your chances to achieve your dreams (and it will be less full on along the way!).

Here are some ways to get there...

- TAFE
- Other training
- Uni
- Apprenticeship
- Traineeship
- Own Business
- Work for Someone
- Volunteer

All About YOU!



YOU are a great person.
There is no-one else quite like you!

What is important to me?

What things am I good at?

Which Way?



 Now think ahead a few years....



Where would you like to live?



How would you get around?



Would you like to have a family?



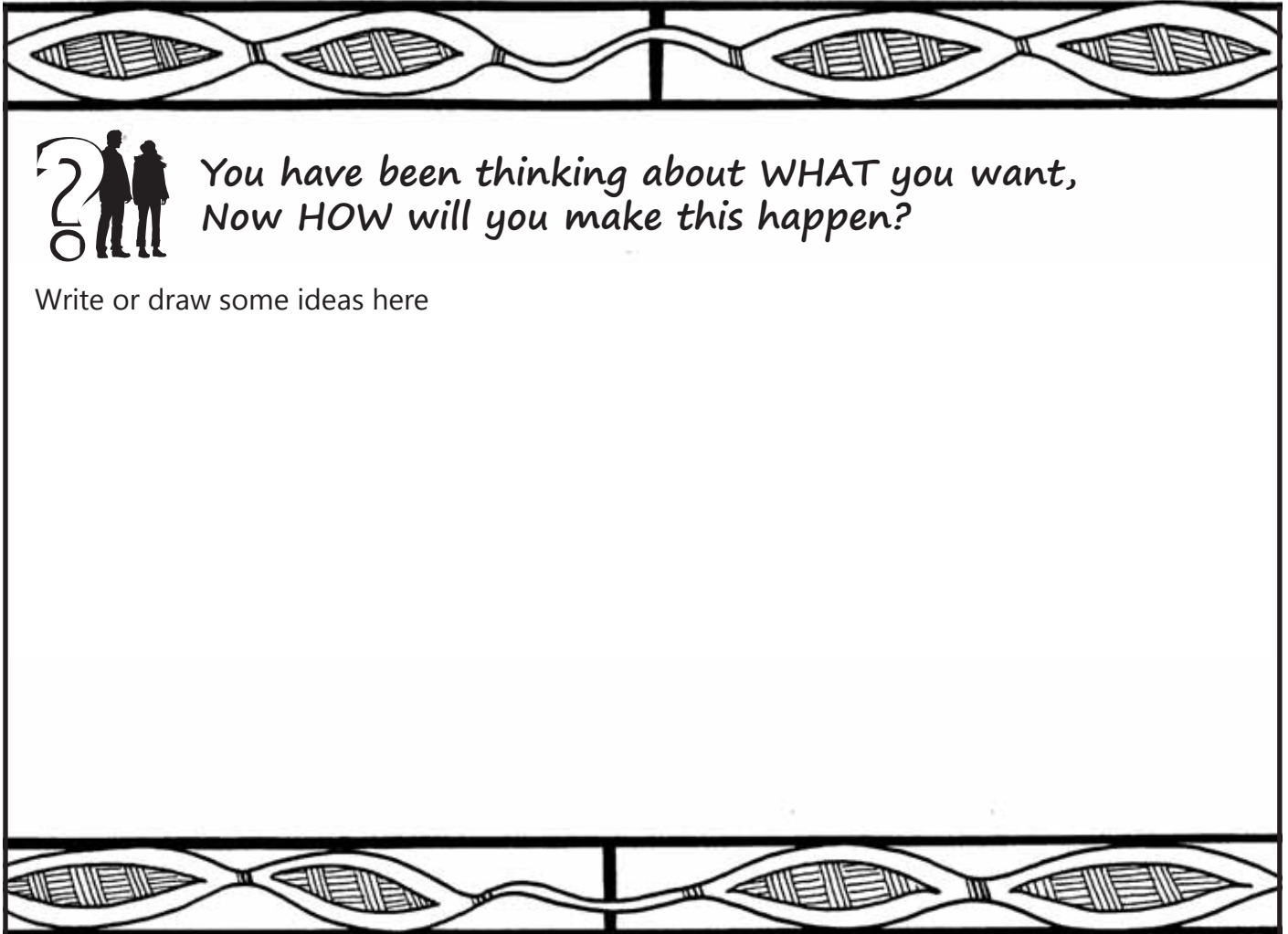
Would you like to have a few or many friends?




What would you like to do in your spare time?



What else would you like in your life?




 You have been thinking about **WHAT** you want,
Now **HOW** will you make this happen?

Write or draw some ideas here

Think if you have help now or have to do things in a different way... Would you need extra help when you go onto study or work?

 *What help will you need?*

 *Will you need different types of help to study or work?*

Who's Around?

Family

Teachers
or sports
coach

Elders

Community
Members



Who Can Help
Answer Your
Questions?

Guidance
Officers

Also other people who have a disability or medical condition like yours and people already linked into the study or work you are thinking of.

See the back of this booklet for contact details of people who help out at TAFE, Uni and with getting into employment.

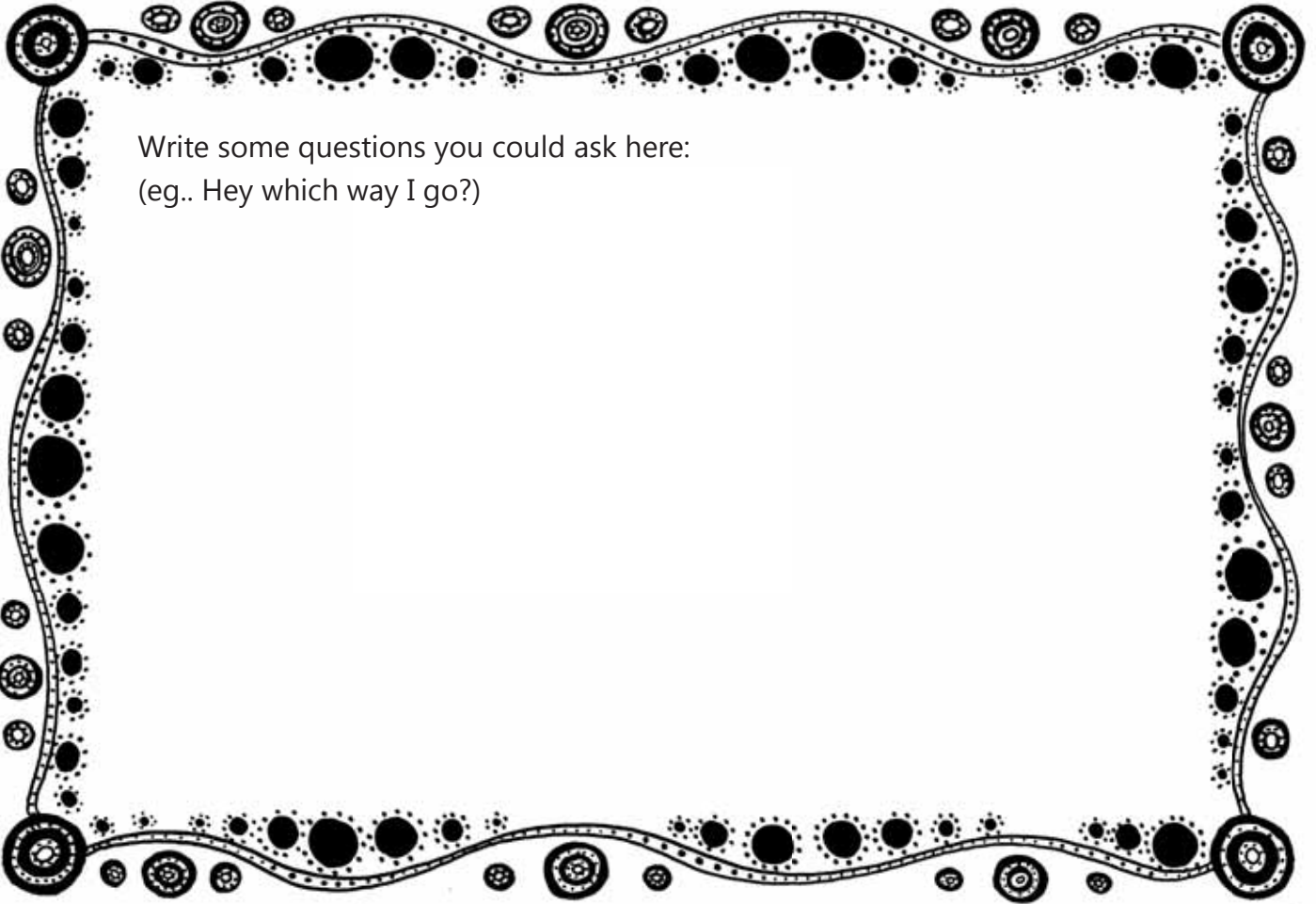
Friends

Who else may be able to help you?



Questions Questions!

There is a lot to know about each choice you are considering so it might help to write down some questions that you have - here are some to get you started



Write some questions you could ask here:
(eg.. Hey which way I go?)

- ▶ *If I do this study or job, will it help get other jobs?*
- ▶ *What's a usual day like?*
- ▶ *What do I need to do now to get to the study or work I want?*
- ▶ *What do others say it is like doing the study or work I am thinking of?*
- ▶ *Can I study/work from my home town or would I have to move?*
- ▶ *Will I go full time or part time?*
- ▶ *What skills do I need to get better at?*
- ▶ *Should I try a pre-employment training program?*
- ▶ *Should I do some work experience?*



My Choices


What Do I like?

Inside	Outside	
Working with my mind	Working with my hands	
Working with people	Working with technology	Working with animals
The same?	Mix it up?	

There are jobs you may never have heard of, but might like so it's important to have a good look around. A great starting point is to have a look at websites that let you work out more of what you might like. A good example of this is:

 <http://www.myfuture.edu.au>

A list of other websites that might be useful are on the Career Information flyer for Aboriginal and Torres Strait Islander People:

 <http://www.deewr.gov.au/Schooling/CareersandTransitions/CareerDevelopment/Resources/Pages/CareerInfoFlyers.aspx>

Check out people in 'Ace Day Jobs' to find out what different jobs are really like:

 <http://www.abc.net.au/acedayjobs/> (Job Match)

Looking at the path - Which Way is Better?

Find out if there are different ways to reach your dream!!

- ▶ *If I need help - which way is best?*
- ▶ *What help would I need on the path I choose?*
- ▶ *Is there a job or some study that I can start with to work my way towards the dream job or education?*
- ▶ *What are the things I have to be able to do for my dream and can I do them? If not - is there another way I can?*

You may not get into what you want straight away. Look at similar study or work that can get you some experience and a possible way in.

Michael was a cabinetmaker and is now a builder.

Cathy was an Indigenous guide and now owns her own business.

Ethel was a teacher aide and is now a principal.

Danny was a fisherman and now captains the boat.



I can already do...

Circle the skills below that you are good at already



Yarning
with others



Ideas



Get
organised



Work well
with others



Good on
computers



Solve
problems



Be a leader

How about everyday skills you will need for study or work....

- How to get there
- What to wear
- What to eat and drink
- Finding places you need to go to
- Arriving on time
- Coping with changes
- Doing what you are asked to do
- Getting information down
- Research on the internet
- Asking for help
- Saving money for books, transport etc.

I can already do

Write or draw some of the skills you might need to work on

Who can you yarn to about these?

Did you know that there are free computer programs which could help you? Check them out at:

 <http://www.eduapps.org/>

One example is MyStudyBar



- ▶ *Can read text out to you*
- ▶ *Has a talking dictionary*
- ▶ *Can help work out a word you aren't sure how to spell*
- ▶ **AND MORE!**



Planning

*Working out
which tasks
need to be
done first*

*Use a calendar
or a diary to
track due
dates or things
to attend*

Being organised can make a huge difference – it can reduce your worry, help you do both study/job and spare time and help you feel in control.

*Have a space
to study
with few
distractions*

*Store things
in a way you
can easily
find them
again*

To Do lists

*Who do you know who is good
at what they do?*

Ask them how they do it!

Planning

! Some courses can help you get better organised. They might be at a TAFE, Uni or place in the community.

! If you are going to TAFE or Uni there are also Disability Advisers who can talk with you and suggest ways to make it easier for you.

! If you intend to access support services keep all your documents regarding your disability or medical condition in the one place. Examples of some of these documents could be:



- *Information from the doctor*
- *A school transition or education plan*
- *Information from Centrelink or other government agencies*
- *Identification Eg a copy of your birth certificate*
- *Certificates or references*
- *Work experience reports*
- *Other.....*

Helping Hands



You might want to find someone else who is doing what you want to do.

Ask them if they want to be your mentor to share what they know. If you can't find anyone yourself why not have a look on



<http://www.youthmentoring.org.au/info-for-young-people.html>



Getting help at TAFE or Uni

If you are wondering how to make your experience easier why not chat to the Disability Adviser or Officer at the TAFE or Uni you are looking to go to.

It is best to do this BEFORE you begin so if there are things you have to do you have some time.



Getting help at Work

The government's Job Services Australia help people looking for a job, however a Disability Employment Service (DES) can give you additional support and access to training or job opportunities that suit you. They can also work with your employer to help make adjustments so you can do your job well. Centrelink can help you access a DES.



Your local NDCO can help to find the right person to talk to

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Helping Hands

Below are some questions you might want to ask. Don't forget to let them know you have a disability or health condition and what course or jobs you are interested in.

- ▶ *Can I come and meet you?*
- ▶ *Do I need to bring anything with me?*
- ▶ *What sort of help is available to me?*
- ▶ *Is there anything else I need to do?*
- ▶ *Can someone show me around before I start?*
- ▶ *Are there any groups or mentoring programs that might be useful to link to?*

If you find something difficult ask if this is an important part of the course or job eg presentations, note taking. If it is find out if adjustments will be available.

Anything else you can think of.....

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Have a go!

I drew the mural on the hall.

I look after my sister

Write or draw some of the activities you do now

I help in the tuckshop.

I help Uncle fix the car.

I play sport.

I help the younger kids read at school.

Every activity you do helps you gain skills that can help in your study or job.

*Helping others at work
Work experience
Job*

These activities give you knowledge of what to do in a certain job.

*Sport
Art
School or community groups
Cultural activities*

These activities can show that you are creative or reliable or that you can work with others and are willing to practice to get good.

*Getting awards
or certificates*

Getting awards / certificates can demonstrate your commitment and skill in a certain area.

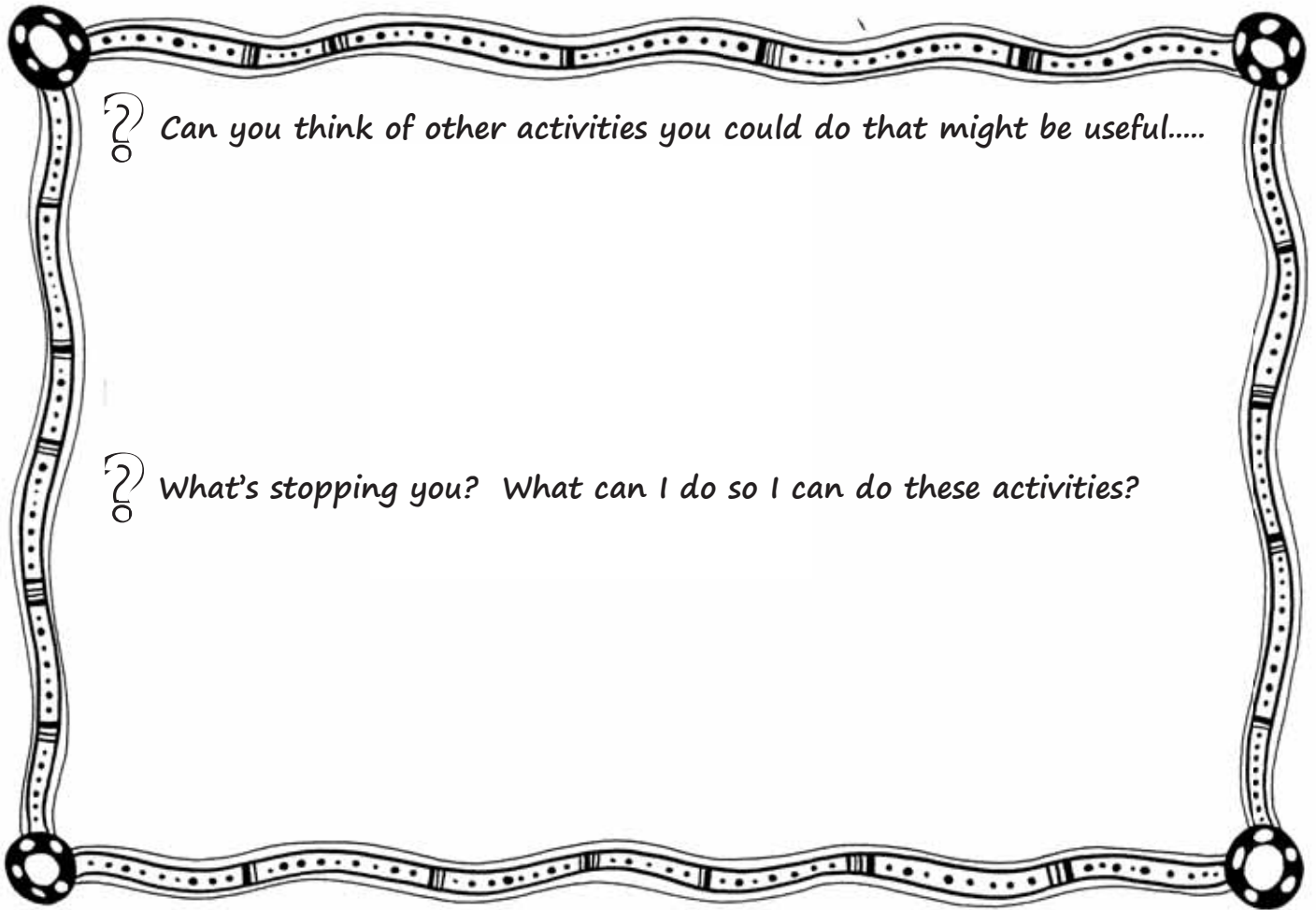
Which Way?



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Have a go!



Sometimes you will find people who can help you with these. Remember to be respectful when asking and if nothing can be done so be it for now - things may change later!



Remember the skills you wanted to work on for reaching your dream (p15) ... what might help you get these?

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Rights and Responsibilities



All of us have *rights and responsibilities* – it's just knowing what they are and making sure others do too in a respectful way.

Example:
You have a **right** to an education but you also have a **responsibility** to make the best of it for your future.

RIG
HTS


VS

RES
PON
SIB
ILIT
IES

Schools, TAFEs and Unis also have a responsibility to enable a person with a disability to participate in education the same as everyone else.

This means that they need to try to help you... BUT they can't help if they don't know you need it – that's your responsibility – letting them know.

Thinking about starting work? Find out more about your rights at

 <http://www.fairwork.gov.au/employment/young-workers/pages/a-guide-for-young-workers.aspx>

NOT FAIR!!!!

The Disability Discrimination Act says that people with a disability shouldn't be treated less fairly than other people even in education, employment, activities and sport.

If you are being unfairly treated say so. If nothing changes you can go to the Australian Human Rights Commission and complain.

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To tell or not to tell

It's totally your choice if you want to tell someone about your disability or health condition. And it's your choice how much you tell them!



Did you know you don't have to tell others unless you want to access *reasonable adjustments* OR if there is a danger for others because of your disability or health condition.

- ▶ *Who do I tell?*
- ▶ *How much do I tell them*
- ▶ *Will telling them help me*
- ▶ *When should I tell them*

If you do want to tell, realise you don't have to tell everyone at Uni, TAFE or your work. You only need to tell the people who need to know so they can help you out.

Still not sure.... check out the following website



www.uws.edu.au/ndco/disclosure



About Us

The National Disability Coordination Officer program works toward the Australia-wide coordination and delivery of support services for people with disabilities that are, or will be attending, university, TAFE or other training organisations.

The NDCO program aims to:

- Improve transitions for people with a disability from their school or community into post-school education, training and subsequent employment
- Increase participation by people with a disability in higher education, vocational education and training and employment
- Establish better links between schools, universities, TAFE colleges, training providers, employment services, employers and disability service providers so that they can work together to provide the best possible assistance for people with a disability.

To find your nearest NDCO go to



<http://www.deewr.gov.au/Skills/Programs/Support/NDCO/where/Pages/WherecanIfindanNDCO.aspx>



Who to talk to about Jobs

There is information on some of the options available, including the Indigenous Employment Program which some Job Services Australia can link you with, at the following website

 <http://jobsearch.gov.au/jobseekerinfo/pages/indigenous.aspx>

Centrelink will also be able to help you


 <http://www.centrelink.gov.au>

 136380 for the Indigenous Call Centre

 132490 if you are studying (Youth and Student services)

 132850 if you are looking for a job (Employment services)

To find a Job Services Australia (JSA) or Disability Employment Service (DES) go to:

 <http://jobsearch.gov.au/provider/providersearch.aspx>
(sometimes you might have to browse or try your postcode instead of town name)

myfuture has information on industries, occupations, study choices, scholarships, education and training providers, videos and more. My Guide helps people to discover jobs that suit them.

 www.myfuture.edu.au

Indigenous Cadetship Support links tertiary students with many employers in a cadetship arrangement involving full-time study and work placements. It helps Aboriginal and Torres Strait Islander students by providing money to cover living costs while studying, as well as paid work experience in the holidays or throughout the year.


 www.ics.deewr.gov.au

Indigenous Youth Leadership Program helps Aboriginal and Torres Strait Islander students achieve their educational dreams and to inspire other students by illustrating the successes that can be achieved

 www.deewr.gov.au/IYLP

Indigenous Youth Mobility Program supports eligible Aboriginal and Torres Strait Islander young people to relocate to one of seventeen locations where they can pursue their education and training options to gain a qualification and to take up a job in their home community or elsewhere.

 www.deewr.gov.au/IYMP

 To yarn about vocational training, apprenticeships and traineeships contact your local Indigenous Employment Training Support Officers. Contact your local DEEDI office to find your nearest ones.
For the Townsville region: Lelita 47607618 ; Barbara 47607617 ; Brian 47607691



Notes



Notes



