

Tips:

Make sure that participants know that it's ok to ask for help, and it doesn't make you less "empowered". Taking responsibility for asking for what you need (support, information, etc.) is PART of being in charge! You don't have to do it alone, but you also don't have to hand over all your own power to someone else.

You can expect that participants will volunteer examples of situations where support people took control and/or responsibility away from them (whether they meant to or not). When this happens, ask the person what that was like for them, what the results were, and whether they were satisfied with the results. Ask them to consider what they did in the situation and whether they might handle the situation/person differently knowing what they know now.

Outcomes:

By the time you have finished covering Brochure 4 participants should:

- a) be able to identify ways in which they have been /have not been in control of their decisions about employment.
- b) be able to identify strategies they might use to gain more control of their rehabilitation process.
- c) be able to consider whether a support person is promoting or interfering with their ability to make their own choices.