

TABISS TRAINING CALENDAR JAN-JUNE 2012

Topic	Date	Time	Presenter	Cost* (Inc. GST)
Augmentative Communication for Parents	Friday 10 th February	10am-2pm	Larissa Collins, Speech Pathologist	\$40** (free for parents)
Triple P Seminar 1: The Power of Positive Parenting (parents/unpaid carers only)	Wednesday 8 th February 2012	10am-12pm	Thais Ressos & Dianne Leggott	FREE
Triple P Seminar 2: Raising Confident, Competent Children (parents/unpaid carers only)	Wednesday 15 th February 2012	10am-12pm	Rebecca Jaggard & Giselle Saab	FREE
Triple P Seminar 3: Raising Resilient Children (parents/unpaid carers only)	Wednesday 22 nd February 2012	10am-12pm	Michael Caballero & Giselle Saab	FREE
Mental Health & Intellectual Disability	Thursday 29 th March 2012	10am-12.30pm	Dr Michael Fairley, Psychiatrist	\$20* (free for parents)
Providing Sex Education to people with an Intellectual Disability	Tuesday 3 rd April 2012	10am-12.30pm	Sam Arnold Research Fellow & Psychologist, Centre for Disability Studies.	\$20* (free for parents)
Behaviour Support: An Introduction for Parents (parents/unpaid carers only)	Wednesday 16 th May 2012	9.30am-2pm	IDS Clinicians	FREE**
Promoting Skill Development	Thursday 21 st June 2012	10am-2pm	IDS Clinicians	\$40** (free for parents)

NOTE:

* All workshops are **FREE** for parents / unpaid-carers of people with an Intellectual Disability living in the Cumberland/prospect region.

Morning tea is provided for ALL workshops. Bookings are essential.

** Lunch provided



Interaction Disability Services Ltd. *'Empowering People'*

Training and Behaviour Intervention Support Service

Workshop Outlines

Augmentative Communication for Parents

Come and learn how speech is only the 'tip of the iceberg' when it comes to effective and efficient communication!

There are so many other ways that we can send and receive messages successfully, such as using real objects, photos, pictures, Key Word Sign and gesture, visual supports and voice output communication aids! The possibilities are endless!

Come and learn how you can assist your child to communicate more effectively with familiar and less familiar communication partners. During this 4 hour workshop, you'll learn a number of strategies to help you facilitate your child's receptive language (i.e. their ability to understand verbal messages), as well as their expressive language (i.e. their ability to express their needs and wants, convey emotions, make choices etc.).

You'll discover the benefits of using visual schedules, a "*Personal Communication Dictionary*", a "*Book About Me*" and other visual supports that will make communication between you and your child, as well as communication between your child and their peers / teaching staff / respite staff much easier and more successful. You'll learn strategies to help your child understand the '*power of communication*' and make their interactions with others more enjoyable and more meaningful. Information and advice will be provided about how you can make some basic visual supports using easily accessible items (i.e. items from around the home or items that can be purchased at a small cost) that may be useful for your child at home and at preschool / school / respite.

Target group: Parents of preschool and school-aged children who have communication difficulties (e.g. some difficulties with clear speech / being understood by communication partners, through to children who have limited speech and/or difficulties understanding and processing verbal messages).

Triple P Seminar 1: The Power of Positive Parenting

This seminar presents parents with an opportunity to reflect on the rewards of being a parent as well as the challenges and solutions to managing behaviour. It gives parents a chance to discuss their hopes and dreams, the realities of being a parent, and a set of *positive parenting* skills which include:

- Creating a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself

It is our hope that parents who attend the training will leave with greater confidence in their existing positive parenting skills and some ideas on how to refine them.

Target Group: Parents of children with or without an intellectual disability.



Triple P Seminar 2: Raising Confident & Competent Children

This Triple P seminar takes a look at the values, skills and behaviours important to encouraging confidence in children. Children are more likely to be confident, succeed at school and get along with others when they develop certain life skills. These life skills include being respectful and considerate, communicating with others well, thinking positively, and having healthy self-esteem. This seminar takes a look at the foundations for children's success in relationships and life in general and shows parents how to develop skills in children of being a good problem-solver and becoming independent and able to do things for themselves.

Target Group: Parents of children with or without an intellectual disability.

Triple P Seminar 3: Raising Resilient Children

This triple p seminar takes a look at helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life. Emotional resilience involves six key skills which will be covered in the seminar:

- Recognising and accepting feelings
- Expressing feelings appropriately
- Being able to deal with negative feelings
- Developing effective ways of coping
- Having a positive outlook
- Being able to handle stressful life events

Target Group: Parents of children with or without an intellectual disability.

Mental Health & Intellectual Disability

Mental health issues are becoming more prevalent in society and it is particularly important to recognise the mental health of persons with an Intellectual Disability. This presentation is aimed at providing parents/carers with the basic knowledge required to identify mental health issues within people with an Intellectual Disability and also focuses on what can be done to provide the person with the proper informal and professional supports they require. It will answer questions about when, where and how to seek treatment. Please note: Further details will be available closer to the workshop.

Target group: Parents/unpaid carers and support workers.

Providing Sex Education to people with an Intellectual Disability

Providing sex education to people with an intellectual disability is very important, but it does have its challenges. This presentation will provide participants with an overview of these challenges and some practical ideas for overcoming them.

Target group: Parents/unpaid carers, support workers and professionals.



Behaviour Support: An Introduction for Parents

Being a parent is both rewarding and challenging. This workshop will talk about some of the causes of challenging behaviour and encourage parents to set goals and use a range of strategies for promoting positive behaviour and reducing misbehaviour. It is highly recommended that parents attend both the behaviour management and skill development workshops together.

Target group: Parents/unpaid carers

Skill Development

This workshop will discuss the benefits of skill development and present strategies that can be used to encourage the development of skills, including: task analysis, forward and backward chaining, the Premack's principle, as well as the use of reward systems/token economy systems. This workshop will take a holistic approach when looking at skill development. Carers will walk away with a better understanding of how they can facilitate skill development in a range of different areas and set up everyday opportunities for learning to occur.

Target group: Parents/unpaid carers and support workers.

Enquiries and Registration Forms should be forwarded to TABISS:

tabiss@interactiondisability.com

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