

Personal Development

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

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January 2010

A 5 Is Against The Law! Social Boundaries : Straight Up! / Buron, Kari Dunn.

Shawnee Mission, Kan., Autism Asperger Pub. Co. : 2007. vii, 47 p.

This book describes the 5-point scale as a way to identify and explain different degrees of behaviour and emotion. It is written for people with high functioning autism and Asperger syndrome as well as those supporting them and is aimed at helping them to avoid causing offense or getting into trouble with the law.

SC/AUT BUR

P12090

Assertiveness, Tapes 1 And 2 / PEOPLE FIRST RESOURCE UNIT.

Brunswick, Vic, People First Resource Unit : [1990?]. 2 videocassettes (25 min. + 24 min.): sd, col.; 1/2 in. VHS

Assertiveness training with eight live action stories and six short animated stories, showing how its done. For people with developmental disabilities and staff

CC 375.2 ASS

P04680

Australian Supported Learning Program : Me And My Community / UNIVERSITY OF SYDNEY; PARENTING RESEARCH CENTRE.

Canberra, Commonwealth of Australia : 2007. 3 vol. (Facilitator's guide, 52 p.; Participant scrapbook, 37 p.; Key readings; var. pag.) + 1 CD-ROM

The Australian Supported Learning Program (ASLP) is for mothers with learning difficulties and is one element of the Health Start strategy. The purpose of the ASLP is to empower mothers with learning difficulties to be in the community: getting out and about; meeting people and making friends; taking advantage of local opportunities for fun and learning; and giving something back. The materials included as part of the ASLP program consist of a facilitator's guide, participant scrapbook and key readings.

HS 306.91 AUS

P12478

The Bears / Deal, Russell.

Bendigo, Vic., St Luke's Innovative Resources : 2005. 1 booklet + 48 cards

A simple tool that uses pictures of bears to describe emotions, without accompanying text, to help build conversations about feelings. With universal appeal the cards can be used by adults or children to generate an understanding of feelings inside us and insights into relationships with families, friends, workmates, students and clients.

HS 375.2 DEA

P11816

Broaden Your Horizons: Mentoring Programs / National Disability Coordination Program.

[2007].

This is part of a centralised website that houses resources relating to young people with disabilities. The resource is dedicated to provide quality career and transition information and support services to young people with disabilities. This section offers useful information on mentoring programs and explains how depending on the type of program, mentoring can help young people to achieve anything from finding a career, better grades at school, experiencing new social activities and learning essential skills for life. It looks at what good mentoring programs offer, it looks specifically at the Willing and Able Mentoring (WAM) program and has links to its application forms. There are also links to a number of other Victorian programs.

http://www.imvc.com.au/broadenhorizons/mentor_1.asp - Click link to access

Can You Hear Us? / United Response.

London, United Response : 2007. 1 DVD (20 min.) + booklet (11 p.)

This DVD, made and acted by people with intellectual disabilities, is designed to help people think about how people with disabilities can sometimes be treated and discriminated against. It shows five different scenarios, based on real life events, where people with disabilities felt they were not listened to, or were treated wrongly. These situations include: making a statement to the police about a robbery; getting engaged; moving into a new home; and wanting to play a sport.

CC 340.115 CAN

P12288

Choices, Choices: It's Your Choice / Brookes, Mark; Beamer, Stephanie.

London, Values Into Action : 2001. 1 audiocassette (14 min.) + booklet

A cassette tape with an accompanying booklet that discusses the rights of people with disabilities to choice and control in their life. Suitable for people with an intellectual disability.

CC 375.1 BRO

P10188

Disability Rights : Welcome To Disability Rights Home Page / HUMAN RIGHTS AND EQUAL OPPORTUNITY COMMISSION.

The Australian Human Rights and Equal Opportunity Commission (HREOC) web site includes a comprehensive range of information on rights and responsibilities under the Disability Discrimination Act. There are resources about discrimination and access in specific life areas including employment, public transport, education, health, sport and access to premises. Also includes information on HREOC activities including policies, government legislation, speeches and media releases.

http://www.humanrights.gov.au/disability_rights/ - Click link to access

Enhancing Self-Esteem: A Self-Esteem Training Package For Individuals With Disabilities / Hagiliassis, Nick; Gulbenkoglul, Hrepsime.

Victoria, SCOPE : 2002. 48 p. + handouts

This package is designed as a training manual for adults with physical or mild intellectual disabilities and a communication impairment to enhance their self esteem. The package is made up of ten sessions to be held in a group format lasting about two hours each. The handouts use pictographic symbols to help individuals in their understanding of the information. Role play and repetition are used to reinforce skills.

CC 375.2 HAG

P10531

Exploring Your Emotions / Holland, Angela; Payne, Alison; Vickery, Lindsey.

Plymouth, BILD Publications : 1998. 14p. + 1 book of coloured photos (30 p.)

A manual and accompanying picture book which are designed to help people with an intellectual disability explore their own emotions. The manual provides an overview of research on emotions and instructions for using the photographs in a variety of educational and therapeutic settings

CC 375.2 HOL

P08501

Getting Out There : Including People With Disabilities In The Community / Senses Foundation.

Burswood, Senses Foundation : 2008. 1 DVD

This DVD explores three stories of people with disabilities engaging in activities with others from their local community. It shows how relationships are formed, individual lives are made richer and the community is strengthened as a result.

CC 362.36 GET

P12266

Helping People With A Learning Disability Explore Choice / Jackson, Eve; Jackson, Neil.

London, Jessica Kingsley : 1999. 94p., ill.

The aim of this book is to help people with an intellectual disability and those in supportive roles to work together to develop the skills necessary to make informed choices. It outlines the experiences of five adults with intellectual disability and their carers as they focus on different areas of decision-making. Chapters for the carer explore the issues raised in the story. Designed for adults with an intellectual disability to read by themselves it can also be used as a teaching aid or a resource for workshops

CC 375.1 JAC

P08685 P11788

Jenny's Story : Thinking About Others And Making Things Happen / DISABILITY SERVICES COMMISSION.

[West Perth], Disability Services Commission : 2008. 1 DVD (10 min.)

Jenny has been feeling down for some months so a group of her friends decide to make her feel better by organising a surprise barbecue picnic in the park. Produced in Western Australia and featuring actors with a disability, this short film is designed to encourage people with a disability to think about other people, as well as demonstrate organisational skills to get things done. It shows the group getting together to discuss what they can do to help Jenny, sharing ideas, planning the picnic, delegating, and helping to carry out the tasks required to hold a successful picnic. Also included is a 'training edition' which has questions designed to stimulate discussion. Throughout the film are references to healthy eating and living practices.

CC 362.36 JEN

P12448 P12449

My Choice : An Accessible Guide To Making Choices For People With Learning Difficulties And Their Supporters / Raymond, Christiana; Barker, Vicky.

Cambridge, Speaking Up : 2006. 31 p.

Designed to help people with intellectual disabilities make choices, this book outlines some of the choices that they may need to make. Examples of choices include where to live, what to wear, what to eat and drink, what to spend money on, friends and relationships, what to do in free time, where to go on holiday, and what education skills people made want to learn. It talks about the steps needed to make effective choices, how these choices may affect other people, what to do when a wrong choice is made, what happens if you don't get what you want. This book can be used with or without a support worker but puts the individual at the centre of the decision.

CC 375.1 RAY

P12434

Partnerships For Training : An Easy Access Pack For Developing Equal Training Partnerships With People With A Learning Disability / Jones, Jane; Robertson, Christopher.

Kidderminster, Worcs., BILD Publications : 2007. 45 p. ; 30cm. + DVD-ROM

This resource consists of a workbook and a DVD-ROM and is for experienced trainers and people with learning disabilities who want to work together to do training as equal partners. The workbook includes sections on developing an equal partnership, planning and practising training sessions, and reviewing how actual training went. The DVD-ROM contains video clips illustrating good and bad practice.

CC 362.307 JON

P12936

Strength Cards / Deal, Russell.

Bendigo, Vic., St Luke's Innovative Resources : 2005. 1 booklet + 48 cards

A simple tool that can be used by staff, teachers, caregivers and parents to promote self esteem in children and adults. The set of 48 cards can be used in groups as icebreakers or individually to remind people of the strengths they have in order to bring about positive change.

HS 305.2312 DEA

P11818

Swimming A Length / Clarke, Peter.

Lancashire, SEN Press : 2006. 16 p.

Darren is going to attempt to swim the length of the pool, his coach Mr Woods thinks he can do it but Darren is not so sure. An easy to read story that covers the themes overcoming fear, discovering self confidence, concerns and anxieties about swimming, personal challenges, a sense of achievement, comfort zones and peer group support. Suitable for teenagers aged 14-19 years and people with intellectual disabilities.

CC 371.928 CLA

P11717

Teenagers' Guide To The Galaxy. Losing Your Cool.

South Yarra, Vic., Seven Dimensions : 1994. 1 videocassette (13 min.): sd. col.; 1/2 in. VHS. + teacher's guide.

Looks at why people get angry and shows how to deal with your own anger and that of others. Suitable for people with an intellectual disability.

CC 375.2 LOS

P10580 P10195

Teenagers' Guide To The Galaxy.**Part 1.****Eating Well, Feeling Good.****Making A Good Impression.****Reach For The Stars.****We're All Different.****Boys, Girls And Equality**

Eight Mile Plains, QLD, Marcom Projects Pty Ltd : [2005]. 1 DVD (80 mins)

Episode 1 - Eating well feeling good. Discusses positive healthy lifestyle and what this means including eating properly, sleeping well and exercising.

Episode 2 - Making a good impression. Discusses the issues of communication and including manners and how making a good impression first time is important. Episode 3 - Reach for the stars. Discusses how to keep a positive attitude and achieve personal goals as well as how to ignore and forget negative criticisms. Episode 4 - We're all different. Discusses tolerance, understanding different cultures and people. Episode 5 - Boys, girls and equality. Discusses equal rights and opportunities for both sexes.

CC 362.7 TEE

P11992 P12323

Teenagers' Guide To The Galaxy.**Part 3.****Losing Your Cool.****On The Edge.****Family Fireworks.****Safe And Smart.****Risks And Wrongs**

Eight Mile Plains, QLD, Marcom Projects Pty Ltd : [2005]. 1 DVD (80 mins)

Episode 11 - Losing your cool. Discusses anger, what it is, how it affects us and how to cope and deal with it. Episode 12 - On the edge. Explores the issue of stress, how to recognise the basic signs of stress and develop skills to cope effectively with it. Episode 13 - Family fireworks. Explores family arguments and how to cope with family crises. Episode 14 - Safe and smart. Teaches behaviours to become street smart, to recognise early warning signs and avoid bad behaviours. Episode 15 - Risks and wrongs. Examines activities and common risk taking behaviours and how to stand up to peer pressure when your friends do something illegal. Specific activities looked at include lying, stealing and vandalism.

CC 362.7 TEE

P11994 P12324