

Good peer support for people with disability



Easy Read of Peer Support Practice Review Final Report 2019



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More information:



<https://www.sprc.unsw.edu.au/research/projects/peer-support-practice-review/>



SPRC
Social Policy Research Centre



About this report



This Easy Read report is about a project on peer support for people with disability.

Peer support is people with similar experiences supporting each other.



Peer support can help people

- Talk about their lives
- Learn new things
- Be more confident
- Be a part of their community



About the project

ANZSOG

This project was done by Australian and New Zealand School of Government or **ANZSOG**

and

SPRC
Social Policy Research Centre

Social Policy Research Centre or **SPRC**



The project was funded by the National Disability Insurance Agency or **NDIA**.



The NDIA manages the National Disability Insurance Scheme or **NDIS**, which provides people with disability money for supports.



Disability organisations around Australia helped with the project.



This project helps organisations to give better peer support.



We did research to see what resources and experiences about peer support are already out there.



There is an Easy Read report and a video about how to provide good peer support.



You can click here to see them

<https://www.sprc.unsw.edu.au/research/projects/peer-support-practice-review/>



We also found out what resources are missing.



ANZSOG and disability organisations worked together to make new resources.



We did research to see if the new resources are good and how to make them better.

New resources are:



- Easy Read guides



Information

- Videos in Auslan



- Information in different languages

How SPRC did the research



Our researchers went to meetings of peer support groups.



We showed people the new resources.



We watched the groups to see how they felt about the new resources.



We asked people what they think about the new resources.



We talked to staff from organisations that run peer support groups.



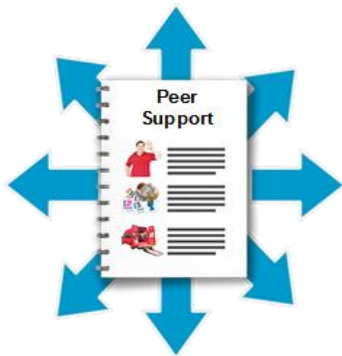
We told ANZSOG and disability organisations how to make the resources better.

What we found

Good peer support resources need to be



- easy to change so different groups can use them



- shared in different ways so people can find them easily



- in different formats so all people can use them

It is important to develop resources for



- Aboriginal and Torres Strait Islander people



- people from different cultures



- people who live in boarding houses and Supported Independent Living



- people who live in the country

Giving good peer support

Good peer support also involves



- training for peer support leaders



- organisations that support their peers and leaders



- to link people with disability and families to other people and places in the community



- to listen to what peers say about how they want peer support to be

Resources for organisations

Peer Connect is a website that



- shares stories about good things in peer support groups



- has workshops to help learn about peer support



- has information and resources about peer support



The new resources are available on the Peer Connect website.

You can click here

www.peerconnect.org.au