

Community Chat



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Welcome!

Welcome to Karakan Community Chat!

We are very excited to launch this newsletter, our moto 'A Community to Belong To' resonates strongly through our culture and this newsletter is aimed at continuing to build and develop the connection we have with our community. Quarterly you will receive a new edition focussing on up-to-date and relevant information about the NDIS as well as celebrating successes within our community.

This month you will find out information about how support has helped Brian 'Create his Tomorrow', the Stretch2Engage pilot project and what's on in the community over the next few months.

We are always on the lookout for new stories to share, so please feel free to reach out and share your story. We hope you enjoy the newsletter!

The Karakan Team

Stretch2Engage Roundup

Using a S2E mindset we have been examining Karakan, what we do and how we can do it better. We found that we had made changes that the people we support didn't like, i.e. a name change from support worker to support partner. This led us to be curious and connect with the people we support via a world café concept. We started with the question 'what do people want our support workers to be and do and what don't they want?' The conversation built quickly with lots of ideas and discussions around some of the pain points and the gain points. During the process we found out that people don't want to be called clients, customers, participants, consumers or individuals, they want to be called people or by their first name. Staff needed to be reliable and on time. People wanted to be challenged and given guidance to make good choices. The relationship needed to be equal where staff were engaged and active in people's lives. And for those people who couldn't make it we connected with them in other ways to get their feedback too.

Next was the ideation process at the All Staff Meeting, it was wonderful seeing everyone get involved and slap down their post it notes, it's a thought provoking process to get the mind out of the box! After collating all 453 amazing ideas 6 themes emerged.



Lots of similarities, but also significant opportunity. So, where to next? Co-designing with teams to continue to stretch and achieve better outcomes for the people we support. Watch this space!!

Meet the Team



Naomi Stantiall: Administrative Assistant

About ME I'm a dog person. I have a Rottweiler called Coco. (she's my favourite child), I love old school rock, I love Krispy Kreme donuts oh and I hate talking about myself!

What motivates you in your role? Learning something new daily, there is never a dull day. And being able to help someone even if it's in the smallest way.

What do you find challenging? Staying on top of my workload :D there is always something new needing my attention. I have had to learn how to prioritise and plan ahead. I make lists now, it feels really good ticking off a completed task.

What attracted you to work at Karakan? The culture here at Karakan, everybody cares. The team as a whole just works. Meeting people from all walks of life is very humbling and grounding too.

Musings from the GM - LifeWorld

Musings from the General Manager is about the story that is guiding us at Karakan. It may be focussed on practice, how we work and why, or other important factors which strengthen our community.

We all have a network of relationships and through those relationships access to resources that help us solve many of our day to day problems. Whether it's a friend giving us a lift to work when our car is broken down or a neighbour bringing your bin in when you are unwell. These relationships are critical to our wellbeing and ability to live independently in our communities. This network is referred to as our Lifeworld. But what happens when our Lifeworld narrows and we don't have those networks and people in our lives to help us with the little things. Well life becomes just a little bit, or sometimes a lot harder. We also may need to use Government services more often. This can lead to further problems as navigating these services and getting the help needed can be complex and difficult.

A clear way to increase wellbeing and live as independently as possible is to build the Lifeworld, increase your natural networks and access activities in your community.

Brian

'I don't like the thought of getting old, I want to get young, there is so much to do'

'When I first started support, I was a very different person. I used to have bad times and get frustrated, I became less confident in myself and didn't believe I could do things.

I began support with Karakan 5 days per week, things have gone well for me, everything is easier now because I know what makes me frustrated. Now I have support just 2 days every fortnight, I have come so far.'



'My family and friends are a big part of my life, they have always encouraged me, but the desire to do things comes from me. I never give up trying, even when it doesn't go to plan.

Karakan is like a 2nd family, I trust them and feel secure, so I get out of my comfort zone and go for things; like playing music. I have always loved music, but now I play the keyboard. It relaxes me and keeps me positive. Maybe one day I might join a band.'

Fun Facts

This one just because Australia is the West Island of New Zealand!

How many times would New Zealand fit into Australia?

- New Zealand would fit into Australia **28.6 times**.
- The area of Australia is 7,617,930 km² whilst the area of New Zealand is just 268,021 km².



What's On

July: Logan Live Music Month 4th - 30th July

Enjoy Free local sounds all over Logan City.

View the Gig Guide at

www.loganlive.com.au/gigguide

Wolfgang's Magical Musical Circus 29th July

6-7pm Ipswich Civic centre, tickets \$17.50

August: OZ Night Market 3rd August from 5:30pm

Booval Fair Shopping Centre Undercover Carpark, entry \$1

September: Guided walk in Karawatha Forest

6th September 10-11am Meeting point: Karawatha

Forest Discovery Centre. More info at

www.brisbane.qld.gov.au/whats-on-and-events

Create Your Tomorrow