

HELPING TO CREATE A **DISABILITY STRATEGY FOR THE ACT**

A KITCHEN TABLE CONVERSATION KIT



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1 ABOUT THE KIT AND HOW TO USE IT TO HOST A KITCHEN TABLE CONVERSATION

WHY A KITCHEN TABLE CONVERSATION?

Kitchen Table Conversations are one of the ways people with disability and the Canberra community can participate in creating a new plan to build an inclusive community for people with disability. People with disability are the experts on what they need to live a fulfilled and happy life.

This kit provides all the information needed to have a conversation with your family, friends, carers and your community about what is important to include in a disability strategy for the ACT.

The kit also provides information on how you can share with us the ideas discussed in your conversations.

WHO CAN PARTICIPATE?

This Kitchen Table Conversation kit is for anyone who wants to have a say in developing the *ACT Disability Strategy*. It can be used by people with disability and their families at home, or as an activity with friends, support workers, community groups, organisations, service providers, businesses, or classrooms.

Anybody can use the kits.

WHAT WE WANT TO KNOW

We want to know what you think a good life looks like for people with disability across different life experiences.

These include:

- learning and skill development
- having a job and having enough money
- a place to call home
- feeling socially connected
- accessing what you need in the community
- having control over your own life
- personal supports
- feeling safe
- health care and wellbeing
- community attitudes.



1 INFORMATION ABOUT THE KIT AND HOW TO USE IT TO HOST A KITCHEN TABLE CONVERSATION (CONTINUED)

We would like people to answer questions for one, some or all of those life areas.

The types of question will be like the ones below:

- 1 What does a good life look like?
- 2 What are the challenges to having a good life?
- 3 What are your ideas for improvement?

GETTING STARTED

Someone will need to host the Kitchen Table Conversation. It is the host's job is to create a safe and comfortable space to have a discussion. The host will lead people through a series of questions to prompt discussion while ensuring the discussion is constructive and everyone involved gets a chance to contribute. The host will also record a summary of the discussions and submit it to the **YourSay** website.



Consider using a talking object as a tool for 'one person speaks at a time'

A talking object is an item that is given to the person whose turn it is to speak during a discussion. Sometimes using a talking object can help keep the conversation on track and ensure each person has chance to contribute. The group can consider if this would be useful for their kitchen table conversation.



Prompt cards

A series of cards have been developed to help prompt conversation about each topic area. The cards can be printed and used during the Kitchen Table Conversation to help show what topic is being discussed or the host can use the cards to guide the conversation when required. You can use some or all of the prompt cards. You don't have to answer every question.



1 INFORMATION ABOUT THE KIT AND HOW TO USE IT TO HOST A KITCHEN TABLE CONVERSATION (CONTINUED)

HOSTING THE CONVERSATION

What you will need:

- a few people to come together to talk
- a laptop or tablet to show the **YourSay** website videos (if possible) — this can help people think about what is really important to them
- a list of questions or prompt cards from the Kitchen Table Conversation kit to help guide the conversation
- a pen and notebook or sheet of paper to record the conversation

To assist, this kit includes a ‘Tell Us Your Views’ form for you to record ideas discussed during the Kitchen Table Conversation. You may wish to print a copy or access the online form on the **YourSay** website.

TIPS FOR HOSTING

- Choose a time and comfortable location to have a discussion.
- Expect the discussion to take about 1–1.5 hours.
- Consider who to invite. You can invite your family, your friends, carers or people you care for. If you work as a disability support worker or you provide formal support to people with disability you can invite people with disability you support to have a conversation with you either individually or in a group. If you live or work in a share house, you can invite others living in the home.
- Invite people to attend.
- Consider any reasonable adjustments people may require to participate and the best way to record the important topics discussed.
- Before the discussion, review the resources in the kit:
 - the video about the *ACT Disability Strategy*
 - the script provided to inform people about the *ACT Disability Strategy* and the aim of the Kitchen Table Conversation
 - the prompt cards outlines topics and related questions to help stimulate conversation and ideas
 - the information about how to record ideas and areas the group identify as being most important to them during the discussion.
- Look at the information available on the **YourSay** website to learn more about what the ACT Government is thinking about.



1 INFORMATION ABOUT THE KIT AND HOW TO USE IT TO HOST A KITCHEN TABLE CONVERSATION (CONTINUED)

STEP-BY-STEP INSTRUCTIONS

- 1 Start the conversation by welcoming everyone and sharing information about the aim of the Kitchen Table Conversation. You can use the script provided as a guide. A script for an Acknowledgement of Country is also included.
- 2 Nominate one person in the group to take notes about what is discussed.
- 3 If possible, use a video or laptop to play the video to the group which shows people with disability talking about the *ACT Disability Strategy*.
- 4 Start the conversation by asking people 'What do you need to be able to live a good life?' or asking which topic the group would like to focus on first using the prompt cards.
- 5 Use the questions provided, or the prompt cards, to help guide further discussion. You don't have to respond to every topic or answer every question.
- 6 Complete the 'Tell Us Your Views' form either online or in hardcopy (if you printed the form).
- 7 Submit the feedback by:
 - complete the form on the **YourSay** website **or**
 - scan or photograph the completed form and submit it on the **YourSay** website here **or**
 - mail the completed hardcopy form to:
ACT Office for Disability
GPO Box 158, Canberra ACT 2601 **or**
 - upload a video of somebody giving a summary of your discussion to the **YourSay** website.



2 A SCRIPT YOU CAN USE WHEN HOSTING A KITCHEN TABLE CONVERSATION

1 Start the conversation. Welcome, Acknowledgement of Country, housekeeping and introductions

- **Thanks for coming:** ‘Welcome everyone and thank you for coming together today to talk about what’s important to make sure people with disability can live the kind of life they want to live in Canberra’.
- **Acknowledgement of Country:** ‘I’ll start by acknowledging the Traditional Custodians of the land we are meeting on, the Ngunnawal people, we acknowledge and respect their continuing culture and the contribution they make to the life of this city and region, and we also welcome any Aboriginal and Torres Strait Islander people here today’.
- **Housekeeping:** ‘Before we get started if anyone needs to use the toilet you can find them (describe or show location). If you have a mobile, please keep it on silent for the discussion. If you need to take a call, please take the call outside’.
- **Talking object rules (if using):** ‘To make sure everyone has a chance to speak, we are going to use (show or describe object) as our “talking object”. Only the person holding the object can speak and when they are finished, they will hand it to the next person. If you have a question or comment, you are welcome to raise your hand. But please don’t speak over someone else when they are talking. That way, we can get through the conversation as quickly and fairly as possible’.
- **Consider setting a time limit and letting people know they can take breaks:** ‘This discussion will take about an hour. If anyone needs to take a break at any time, please feel free to do that. The conversation will continue, but your views will still be included’.
- **Introductions:** Introduce the members of the group to each other if required.



2 Give an overview of the ACT Disability Strategy

- **Introduction to the ACT Disability Strategy:** ‘The ACT Government is developing a disability strategy for the ACT. The goal of the strategy is to create an inclusive and equitable society where the 80,000 Canberrans with disability feel like they have the opportunity to live the kind of life they want to live. The strategy will be a ten-year strategy and it will include practical actions to make the ACT a more inclusive place to live’.
- **Hearing from community including people with disability:** ‘The ACT Government wants to hear the opinions and ideas of people in the community, especially people with disability. One of the ways to learn what is important to people is by encouraging people to get together in pairs or in small groups, so they feel comfortable to discuss what is important to them and then share this information with the ACT Government’.
- **Discuss confidentiality and get agreement:** ‘I won’t be providing the government with any of your names and the government won’t share any stories or experiences if those experiences could be identifying, in other words they won’t share anything that could lead to someone else knowing who said it. Also, what we discuss today shouldn’t be shared with other people. We want everyone to feel safe to say what they think in this group. Can everyone agree to that?’.
- **Consider playing the video of people with disability talking about the ACT Disability Strategy now:** ‘The ACT Government has prepared a video giving some more information about the disability strategy and you will see some Canberrans with disability talking about what they want included in the strategy’.

3 Give an overview of planned discussion activities:

- **Discuss question cards (if using):** ‘The ACT Government has put together some cards which can be used to help us think about what is important to us. The cards have questions about different topics and show a picture related to the topic. We can place a card on the table and then talk about that topic using the questions to help us’.
- **Explain the use of the talking object if using:** ‘We want to make sure everybody here gets a chance to say what is important to them if they want to. To help with this we are going to use this item. When someone is holding the item it’s their turn to talk without interruption’.



A SCRIPT YOU CAN USE WHEN HOSTING A KITCHEN TABLE CONVERSATION *(CONTINUED)*

- **Ask someone to take notes and explain the Tell Us Your Views form:**
‘While we are talking I (or nominate someone) will take notes about the things people say that are important to them. At the end of our discussion, we will fill out a form telling the ACT Government what we think is most important for the ACT Government to know. We’ll include in the form examples of experiences people have had, both good and not so good, and ideas for making things better’.

4 Discussion facilitation

- **Ask the group what topics they would like to discuss first:** ‘There are lots of areas in our lives that contribute to having an overall good quality of life. Examples include our health, employment and financial security, how and where we live, our sense of identity and belonging, our ability to do the things we want to do in the community, how safe we feel and if we feel our rights are respected. What things do we want to talk about first?’.
- **Or start the conversation by asking:**
‘What do you need to be able to live a good life?’.
- Use the questions or the prompt cards to prompt discussion when needed.

5 Review what was discussed and fill out the ‘Tell Us Your Views’ form

- **Bring discussion to a close by summarising the main things discussed:**
‘Thank you so much for sharing your experiences and the things that are important to you. Things that seemed most important to people include ...’.
- **Tell the group how the ACT Government will listen and respond to what they have said:** ‘The ACT Government will be gathering all of the experiences and recommendations people share with them and putting them together in a report to tell the community all of the things they heard, and the recommendations people have made to make improvements for people with disability. This report will be available for everyone to read’.
- ‘There will also be a video you can watch explaining what the government has learned from the community. There will then be a chance for people to advise the government if they agree with what the government says it has learned. After that, the government will put together their strategy to make improvements for people with disability. There will be people with disability who help government to make sure the strategy is right for people with disability’.
- Thank everyone again for their contribution and close the Kitchen Table Conversation.



3 QUESTIONS TO HELP GUIDE THE KITCHEN TABLE CONVERSATION

Learning and skill development

- Describe what you think good learning and skill development looks like.
- What are the challenges you have experienced to learning or education?
- What are your ideas to improve access to lifelong learning and education?
- What was a good experience of learning or education?

Having a job and having enough money

- Describe what is important to you about getting or keeping a job.
- What are the challenges you see in getting or keeping a job?
- What do you think would make it easier to get or keep a job?
- Share a good experience of getting or keeping a job.

A place to call home

- A home is a place where you live that you feel connected to.
- Describe what is important to you in having a place to call home.
- What are the challenges in having a place to call home?
- What are your ideas to make it easier to have a place to call home?

Social connection is feeling that you belong, have people who value you and have things you like to do.

- Describe a good experience of social connection.
- What are the challenges to having good social connection?
- What are your ideas for improving social connections?

An accessible community means you can go where you want to go and can get the information you need when you need it.

- When have you experienced great access to your community?
- What are the challenges to an accessible community?
- What are your ideas for making it better?

Control over your life might mean that you make your own decisions for where you live, what you buy and who you have in your life.

- Describe what control over your life means for you.
- What are the challenges for having control over your life?
- What are your ideas for making it easier to have control over your life?



QUESTIONS TO HELP GUIDE THE KITCHEN TABLE CONVERSATION (CONTINUED)

Personal supports

- Personal supports are supports that you need to help you get ready for your day or access community.
- What does having good personal support feel like?
- What are the challenges to having good personal support?
- What are your ideas for making it easier or better to have good personal support?

Feeling safe

- Share with us what feeling safe is like for you.
- Tell us about when you have not felt safe.
- What would make a difference for you to feel safe?

Health care and wellbeing

- What does good health care or good wellbeing look like for you?
- What are the challenges to good health care and good wellbeing?
- What would improve your health or wellbeing?

Community attitudes

- What impact do other people's attitudes have on you?
- What are your ideas for improving community attitudes?



4 PRINTABLE PROMPT CARDS

You can use the series of cards below to help prompt conversation about different topic areas. The cards can be printed and used during the Kitchen Table Conversation to help show what topic is being discussed or you can use the cards to guide the conversation when required.

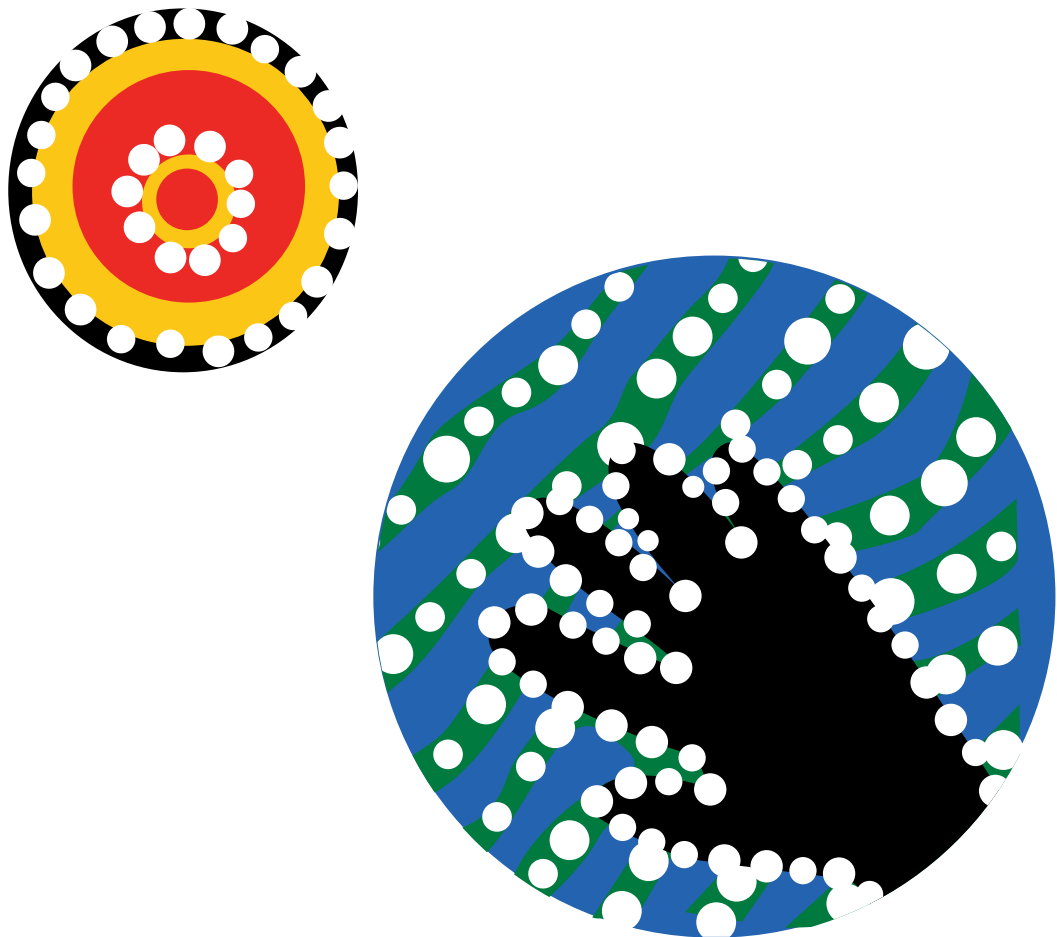


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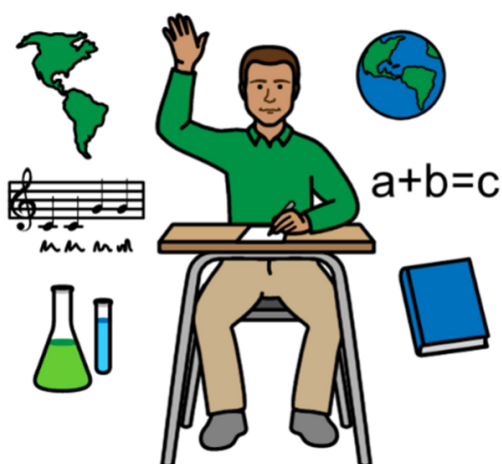
LEARNING AND SKILL DEVELOPMENT

Describe what you think good learning and skill development looks like.

What are the challenges you have experienced to learning or education?

What are your ideas to improve access to lifelong learning and education?

What was a good experience of learning or education?



HAVING A JOB AND HAVING ENOUGH MONEY

Describe what is important to you in getting or keeping a job.

What are the challenges you see in getting or keeping a job?

What do you think would make it easier to get or keep a job?

Share a good experience of getting or keeping a job.



A PLACE TO **CALL HOME**

A home is a place that you live that you feel connected to.

Describe what is important to you in having a place to call home.

What are the challenges in having a place to call home?

What are your ideas to make it easier to have a place to call home?



SOCIAL CONNECTION

Social connection is about feeling that you belong, have people who value you and things you like to do.

Describe a good experience of social connection.

What are the challenges to having good social connection?

What are your ideas for improving social connections?



AN ACCESSIBLE COMMUNITY

An accessible community means you can go where you want to go and can get the information you need when you need it.

When have you experienced great access to your community?

What are the challenges to an accessible community?

What are your ideas for making it better?



CONTROL OVER **YOUR LIFE**

Control over your own life might mean that you make your own decisions for where you live, what you buy and who you have in your life.

Describe what control over your life means for you.

What are the challenges for having control over your life?

What are your ideas for making it easier to have control over your life?



PERSONAL SUPPORTS

Personal supports are supports that you need to help you get ready for your day or access community.

What does having good personal support feel like?

What are the challenges to having good personal support?

What are your ideas for making it easier or better to have good personal support?

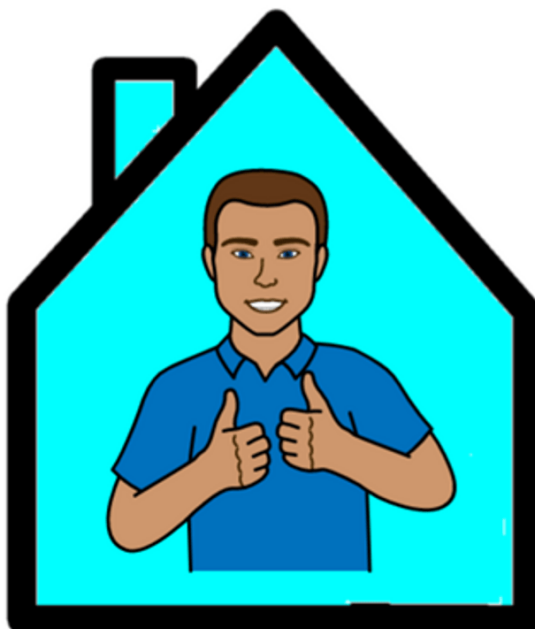


FEELING **SAFE**

Share with us what feeling safe is like for you.

Tell us about when you have not felt safe.

What would make a difference for you to feel safe?

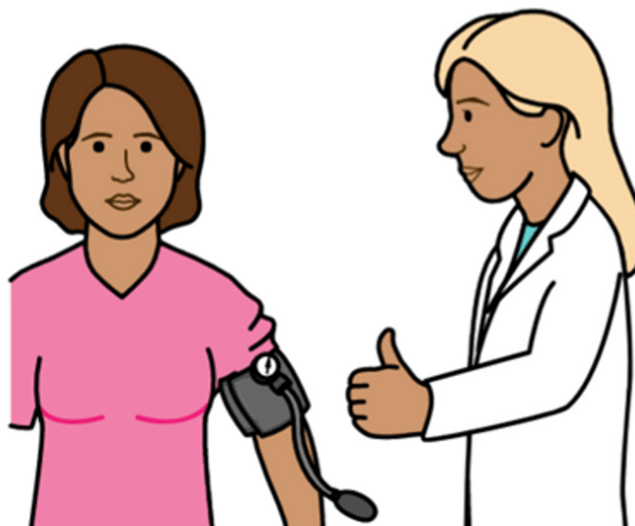


HEALTH CARE **AND WELLBEING**

What does good health care or good wellbeing look like for you?

What are the challenges to good health care and good wellbeing?

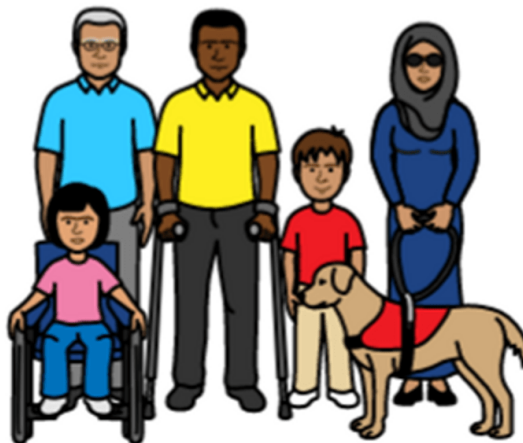
What would improve your health or wellbeing?



COMMUNITY **ATTITUDES**

What impact do other people's attitudes have on you?

What are your ideas for improving community attitudes?



5 TELL US YOUR VIEWS

Please use this form to tell us a bit about who was involved in your Kitchen Table Conversation and what was discussed.

How many people in the discussion?

What age range(s) were represented? (Mark all relevant)

1–14 years

15–24 years

25–44 years

45–64 years

65–74 years

75 years+

How many people with disability?

How many carers of children (0–17yrs of age) with disability?

How many carers of adults with disability?

How many family members of a person with disability?

How many formal support persons of people with disability?

How many people identified as:

Aboriginal or Torres Strait Islander

Culturally and/or Linguistically Diverse

LGBTQI+

Male

Female

Other gender

FURTHER DETAILS

Please use the table on the following pages to provide further details about your discussion.

Think about your experiences across these different areas of life:

- Learning and skill development
- Having a job and having enough money
- A place to call home
- Feeling socially connected
- Accessing what you need in the community
- Having control over your own life
- Personal supports
- Feeling safe
- Health care and wellbeing
- Community attitudes

Subject discussed:	Feeling socially connected
What a good life looks like:	Having friends, doing activities with other people, feeling valued by people in my community.
Challenges or things stopping you from having a good life:	It is difficult to meet people with the same interests, it is difficult to get to the activities I like. I often don't know about activities happening in the community.
Ideas for making improvements:	Approach Canberra websites which list local events and activities and request they include information about how the events and activities are accessible.
Examples of when things have worked well:	<p>In the past I have been able to join a dance class that ran in a church near where I live.</p> <p>I made some friends and had fun attending the classes.</p>

Subject discussed:

**What a good life
looks like:**

**Challenges or
things stopping
you from having
a good life:**

**Ideas for making
improvements:**

**Examples of
when things have
worked well:**

Subject discussed:

**What a good life
looks like:**

**Challenges or
things stopping
you from having
a good life:**

**Ideas for making
improvements:**

**Examples of
when things have
worked well:**

5 TELL US YOUR VIEWS

Subject discussed:

**What a good life
looks like:**

**Challenges or
things stopping
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**Ideas for making
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**Examples of
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Subject discussed:

**What a good life
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**Ideas for making
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