



My Home, My Way Podcast

Sharing stories about people with a disability
thriving in their **own** home!



My Home,
My Way
PODCAST

Introduction

Introduction

In this episode, Jake Briggs introduces us to the My Home, My Way podcast. "For us people with disability, living in our own home isn't something we can just take for granted. In this podcast series...You'll hear from people with disability and their families who are bypassing the traditional group home." Listen to find out more!

PODCAST
01

Preparing to
Move Out of
Home

Kyal Fairbairn



Preparing to Move Out of Home

In this episode we meet Kyal and his parents Andrew and Kay share their story around supporting Kyal to move out of home. They will discuss how they supported Kyal to plan, set up his own home in the way he chose to and safeguards for the future. They also share all of the wonderful things that have come from Kyal living in his own home.

PODCAST
02

Busting the
Myths

Complex support needs
are no barrier to a
typical home life!

Sheree Henley



Busting the Myths

Isaac has been living in his own place with a housemate for two years. But Isaac's home life could have looked very different if it wasn't for his family's strong vision. Isaac has complex support needs, but he's living a typical and ordinary life in his own home. In this podcast, Sheree, Isaac's mum talks about the myths they have busted along the way.

PODCAST
03

Brodie Moves
Out!

Overcoming my
fear as a parent

Justine Hall



Brodie Moves Out!

Brodie moved out of his family's home in his mid-twenties and shares with a housemate. When Brodie first moved out, his mother Justine had lots of concerns as Brodie has a disability: Could Brodie do it? Was he ready? How would she manage his supports from a distance? In this podcast, Justine shares her fears and what she did to overcome them.



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PODCAST
04

Whose Home
is it Anyway?



Sherryn and Marisha

Whose Home is it Anyway?

Marisha is an artist, sister, neighbour and Brisbane Lions supporter. Having the freedom to live the life that she wants and doing it on her own terms is really important to Marisha. In this podcast, Marisha's sister Sherryn talks about how she has learnt from and assisted Marisha to grow into the role of being the boss in her own home.

PODCAST
05

Creating a Web
of Support



Linda Hughes

Photograph by Jacob Hughes

Creating a web of support

Jacob is a public speaker and President of Toastmasters at Newcastle University. In this podcast you'll meet his mum Linda who will talk about how relationships are life-sustaining and a safeguard for Jacob living in his own home. You will also hear about Jacob's 'Circle of Support' and getting the right supports and relationships to thrive in your own place.

PODCAST
06

Renting
My Own
Home



Rachel and Miriam Haigh

Renting My Own Home

Meet Rachel and her mum Miriam as they talk about the journey of Rachel renting her own home. Rachel and Miriam discuss their fears, safety, community, their relationship and how they just had to give it a go when navigating those first steps out of the family home.

PODCAST
07

Owning
My Own
Home



Catherine Wright

Owning My Own Home

In this podcast, Catherine shares how she and her husband came to own their home and some of the research and planning involved. She also discusses using technology, negotiating with builders to customise her home to make it accessible and the many benefits that have come from living in their own home.

PODCAST
08

Home as a
Safeguard for
My Daughters



Bobby Noone

Home as a Safeguard for My Daughters

Bobby Noone talks about the things that she has put in place to ensure her daughters, Tammy and Kelli, are safe and happy, and that they continue to be so when she is no longer around. Bobby knows that the things that keep Tammy and Kelli safe include having a home of their own that is close to important people and places.