

1:1 Planning Conversations: Tips for Typical Lives Online via Zoom



**one-on-one
conversations with
Meg Sweeney**

Do you want to create a fulfilling life in the community for yourself or a family member with a disability but aren't sure how to begin? Have you been working towards a goal but feel stuck? Are you overwhelmed by the changes you want to make and unsure where to start?

Resourcing Inclusive Communities is excited to invite you to a one to one conversation with Meg Sweeney to develop strategies to help you move forward. Meg has many years of experience to draw on having worked in company with many families to achieve a great life included in the community for their family member with disability Meg's adult daughter who has Down Syndrome and a significant intellectual disability, lives independently and enjoys a purposeful life full of work, leisure, family and recreation, all within their local community.

Book a FREE 45 min zoom meeting or phone call with Meg to find strategies that can help you/your family member experience a Good Life, as part of their local community.

Topics you could discuss with Meg are:

- Moving out of the family home
- Finding work or volunteer opportunities
- Transition from Primary to High School
- Transition to Life after High School
- How to engage support workers to share your commitment to a Good Life for the person receiving support
- Building connections to community
- Self management of NDIS supports

Register [here](#)

Bookings essential as spots are limited.

Times can be booked from 10am or 12pm on the following dates:

- Nov 4, 5, 6, 7, 8, 21, 22, 28, 29
- Dec 2, 3, 4, 5.

To view more events, or to register visit www.ric.org.au/events/