

SKILLS TO ENABLE PEOPLE AND COMMUNITIES

ABOUT STEPS PROGRAM LEADERS

The STEPS Program is run by local people who are trained, supported and supervised by STEPS Program staff to become STEPS Program Leaders.

STEPS Program Leaders work with groups of people in their local communities to complete the 6-week STEPS Skills Program. They may also support ongoing Network Groups.

STEPS Program Leaders can be:

- People with brain injury/stroke
- Family members/friends
- Local health or disability providers
- Active community members

Most programs are co-led by 2 or more leaders.

If you are interested in finding out more about being a STEPS Program Leader, please contact us.

SKILLS TO ENABLE PEOPLE & COMMUNITIES

For further information contact:

Sue Wright – Program Manager

Carly Freebairn Program Co-Ordinator

STEPS PROGRAM

Acquired Brain Injury Outreach Service

Ph: 07 3176 9506

Outside Brisbane: 1300 727 403 (local call cost)

Fax 07 3176 9514

Email: STEPS @health.qld.gov.au/

www.health.qld.gov.au/abios

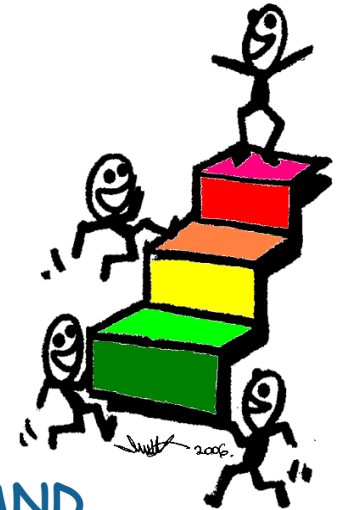
SKILLS

TO

ENABLE

PEOPLE AND

COMMUNITIES



A Queensland-wide program for adults
In the working age range with:

- Acquired Brain Injury
- Stroke
- Traumatic Brain Injury
- AND their supporters

The effect of brain injury, including stroke, can be extensive. It has long been known that many people with acquired brain injury (ABI) also experience changes in their family, social and community networks.

"I think as time goes on, you face a whole lot of different challenges...it was good to talk to other people that had an injury like me...it doesn't make you feel....left out".

Stroke survivor, Gayndah, QLD

The STEPS Program aims to improve community life for people with ABI or stroke, and their families.

It will help people understand how to look after themselves, and to participate more in their communities.

It will help families and communities understand how to build local support networks for stronger, brighter futures.

The goal is to connect people and foster a sense of strength and ability.

WHAT IS

SKILLS **T**O **E**NABLE **P**EOPLE & COMMUNITIE**S**

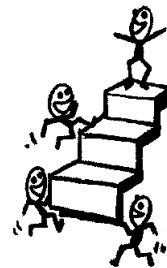
The STEPS Program is an information support and skills program that consists of 2 parts:

The STEPS Skills Program – is a 6-week facilitated group program that will help you learn how self-management can work for you, your family and your community. The main themes are:

- How I look after myself
- How I live in the community
- How I work with services

STEPS Network Groups – are ongoing networks of support in the local communities that give people the opportunity to maintain the connections they developed during the initial 6-week program.

Group members decide how they want their group to run in their local community.



HOW MIGHT THE STEPS PROGRAM HELP ME?

The STEPS Program will help you:

- **S**hare everyday life experience with others in your community
- **T**hink about ways to look after yourself
- **E**nhance your relationships with family and friends
- **P**lan and achieve goals
- Learn ways to get **S**upport you need.

The STEPS Program will also provide you with information about ABI and Stroke.

WHAT IF I SUPPORT SOMEONE WITH ABI OR STROKE?

The STEPS Program will help you think about how you can:

- Support the person better
- Support yourself better
- Link with others to work together

The STEPS Program will also provide you with information about ABI and Stroke.