

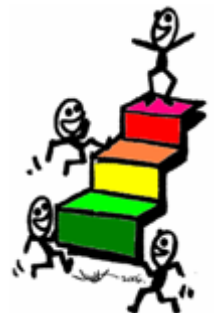
SKILLS TO ENABLE PEOPLE & COMMUNITIES

Skills Program Outline

Group Sessions: The STEPS Skills Program is a six-week information and skills-based program, designed to be offered in weekly, 2-hour sessions. The sessions aim to be interactive and suitable for everyone attending. Group Leaders and Participants are encouraged to share their personal experiences and ideas, through the individual and group exercises in the program. Ample time is allocated for these activities within the Program. The format of the sessions is similar each week, so that Participants can become familiar with the structure of the Program. There is a 15 minute tea break in each session.

Workbook Outline: The STEPS Skills Program uses a Workbook for both Leaders and Participants. The Leader and Participant Workbooks have the same content. People can follow the program content, and do the practical exercises in the Workbook together. There is a combination of individual and group activities. The content covered in each weekly session is detailed below. The content also links with the STEPS Poster, so people can understand how each week fits into the whole STEPS Skills Program.

- Session 1 - ***Introduction to Program***
About Self- Management
- Session 2 - ***How I Look After Myself***
Goal Setting
Understanding Acquired Brain Injury
Changes after Brain Injury
- Session 3 - ***How I Look After Myself***
Managing Stress
Working on Specific Problems after Brain Injury
- Session 4 - ***How I Live in the Community***
Getting Structure and Balance in my Life
Relationships with Family and Friends
Relationships and Linking with Other People
How I Work with Services
Working with Services
- Session 5 - ***How I Live in the Community***
Common Difficulties in the Community
Exploring Activities and Experiences
Our Group Future
- Session 6 - ***Our Group Break-Up Activity***



Planning for the final group session Break-Up Activity starts in Week 2. The group begins by choosing an activity, e.g. group outing, themed morning tea, shared lunch, sports event, fashion parade, picnic in park, etc. Each group member will contribute towards planning in some way. The group uses the laminated STEPS Action Planner to track their progress towards their goal of a community Group Break-Up Activity.