

SKILLS TO ENABLE PEOPLE & COMMUNITIE S

SKILLS PROGRAM INFORMATION SHEET

What is Skills To Enable People and Communities (STEPS)?

The STEPS Program is a Queensland-wide information and skills program for adults, aged 18-65 years, with Stroke or Acquired Brain Injury (ABI) and their families and friends. The STEPS Program is a new service arm of the Acquired Brain Injury Outreach Service (ABIOS).

The effect of brain injury or stroke on a person's life can be extensive, and can also result in changes in their family, social and community networks.

- ◆ STEPS aims to develop networks of support for people with ABI or stroke, and their families.
- ◆ STEPS will help people understand the effects of acquired brain injury, how to look after themselves, and how to participate more in their communities.
- ◆ The STEPS Program Model aims to help establish sustainable, self-managed networks of support for people with ABI and their families in local communities around Queensland.

What is the STEPS Skills Program?

The STEPS Skills Program is an information and skills-based group program (STEPS Skills Program Outline) for:

- adults with stroke, traumatic brain injury or other acquired brain injury,
- their families and friends,
- their carers and 'supporters', and
- people who work with people with stroke or brain injury.

The STEPS Skills Program is generally offered as six weekly sessions, with each session lasting for 2 hours.

The benefits for program participants might include:

- working with others in the group-work sessions on issues that will positively influence your health and well-being both now and into the future
- thinking about ways to look after yourself
- learning ways to get the support you need
- enhancing relationships with family, friends, and others in your life
- sharing everyday life experiences with others in your community
- linking with others in your community to support people with brain injury & stroke
- learning more about acquired brain injury and stroke.

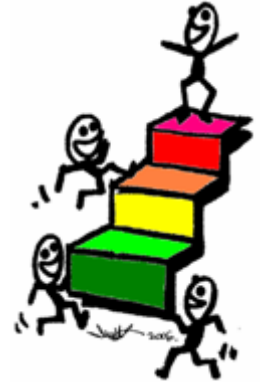
One of the most important features of the STEPS Skills Program is sharing experiences and thoughts amongst other people in the group. The STEPS Skills Program is designed for people in the group to share and learn from each others' experiences. Often the people who we can learn the most from are people who are experiencing, or have been through, similar issues to ourselves.

There is a workbook with information and interactive group exercises, and a STEPS poster that summarises the STEPS Skills Program.

A key part of the STEPS Skills Program is planning for a Local Community Activity in the final week of the program. Groups set a goal for a community activity in Week 2 of the Skills Program, and then each week plan towards this goal. Examples of typical community activities include a picnic in a local park, playing croquet, ferry ride to a local island, lunch together at a local coffee shop, and fish and chips at the beach.

How Does it Operate?

The groups will ideally be led by someone from your local community, who will in turn have been trained as the leader of your group by STEPS Program staff. These staff are health professionals with expertise in dealing with families and people with acquired brain injury. Leader Training (STEPS Skills Program Leader Training Outline) will be delivered in flexible ways depending on communities' different needs across Queensland.



Contact STEPS

Please do not hesitate to contact us if you wish to discuss the STEPS Program further.

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