

Introduction

These good practice guidelines are for groups who work with and support people living with disabilities and their families/whānau. Drawing on sector resources and research, they have been developed by the Centre for Social Impact for Rātā Foundation and Foundation North.

Indicators of Good Practice

Indicator #1:
Self-
determination

People living with disabilities are entitled to be in control of their lives and empowered to influence and make decisions that affect them, be independent, and have choices.

All projects or initiatives involving people living with disabilities and their families/whānau should:

- be based on, and respond to, their needs
- focus on meaningful engagement
- value their perspectives and support their rights.

Indicator #2:
Person-
centred
approach

Every person living with a disability, and their family/whānau, is in a unique situation. Good practice recognises that people living with disabilities are experts in their own lives and have their own goals and aspirations. It takes a 'whole-of-life' approach that respects and responds to their changing needs and considers their cultural, social and economic circumstances.

Indicator #3:
Participation
and achieving
ordinary life
outcomes

The everyday aspirations of people living with disabilities are no different from those of people who live without them. The best outcomes can be achieved when people living with disabilities:

- have opportunities to participate fully in society
- have access to their communities
- have support to live everyday lives in everyday places.

Good practice seeks to help people living with disabilities to access opportunities for learning and employment, and to get around, communicate with others, have relationships, homes and families, and participate in society – just as others do at similar stages of life.

**Indicator #4:
Mana
enhancing**

It is important to people living with disabilities and their families/whānau that others:

- recognise their abilities and contributions
- treat them with dignity and respect
- recognise their strengths, skills, interests, knowledge, experiences and talents
- accept that they know what is best for their wellbeing, resilience and independence.

**Indicator #5:
Relationship
building**

Good practice recognises the importance of building and strengthening relationships among people living with disabilities, their families/whānau and their communities as a way to achieve positive long-term outcomes.

Building communities around people living with disabilities and their families/whānau can involve working with businesses, workplaces, schools and cultural and sporting activities to make these places and opportunities accessible and welcoming.

It is also important to identify, develop and sustain support networks for individuals and families/whānau, including support networks that enable a sense of identity and belonging.

**Indicator #6:
Monitoring
progress and
making
improvements**

Good practice involves setting aside time to consider and understand what is working and what can be improved, and to adapt and evolve.

It is also important to develop and implement a process for collecting data on initiatives and opportunities, as this:

- helps to show progress and demonstrates the initiatives/opportunities' impacts
- can be widely shared to demonstrate successes and lessons learned
- provides vital feedback to people living with disabilities and their families/whānau, communities and funders.

It is good practice to identify and communicate changes and unexpected results – even small changes can have significant impacts.

Demonstrating Good Practice

When seeking funding for projects and initiatives for people living with disabilities and their families/whānau, organisations should describe how their proposed projects/initiatives align with the six indicators of good practice. Many funders expect to see evidence of:

- how people living with disabilities and their families/whānau identified the need for the project/initiative and whom it will include and why
- how people living with disabilities and their families/whānau helped to shape the project/initiative, and the opportunities for their continued participation in decision-making
- how the project/initiative supports self-determination and a person-centred approach
- how people living with disabilities and their families/whānau are supported to participate fully in communities, live everyday lives in everyday places, and meet their goals and aspirations
- how relationships will be built and strengthened to deliver positive outcomes for people living with disabilities and their families/whānau.



Key Questions:

Can We Strengthen our Practice?

- > Have we considered how our organisation understands the diverse needs of people living with disabilities and their families/whānau?
- > How do we help people living with disabilities and their families/whānau to identify and make progress towards their goals and aspirations?
- > How do we ensure meaningful participation to achieve the outcomes that are important to people living with disabilities and their families/whānau?
- > How do we work best with people living with disabilities and their families/whānau to build supportive and non-disabling communities?
- > Do we have feedback mechanisms to understand the experiences of people living with disabilities who engage in our project/initiative, and its impacts?



Key Resources for More Information

- 1 **New Zealand Disability Strategy 2016-2026** (Office for Disability Issues, 2016)
www.odi.govt.nz/nz-disability-strategy/
- 2 **Disability Organisations and Websites** (Ministry of Health)
www.health.govt.nz/your-health/services-and-support/disability-services/more-information-disability-support/disability-organisations-and-websites
- 3 **A Guide to Community Engagement with People with Disabilities** (Ministry of Health, 2017)
www.health.govt.nz/system/files/documents/publications/guide-community-engagement-people-disabilities-2nd-edn-apr17.pdf
- 4 **Disability Sector Resources** (Disabled Persons Assembly)
www.dpa.org.nz/resources/sector-resources
- 5 **Supporting Good Lives: A New Approach to Supporting Disabled People** (Enabling Good Lives)
www.enablinggoodlives.co.nz/
- 6 **Disability Resource Centre for North and West Auckland** (YES Disability Resource Centre)
www.yesdisability.org.nz/



Disability: Good Practice Case Study



Established in 2001, Jolt's vision is to celebrate the unique qualities of its dancers and challenge perspectives about dance and disability. Jolt is based on the belief that everyone has the right to dance and find their own creative voice – “what are perceived as limitations are opportunities for unique movements and unique connections between people”. Jolt demonstrates good practice by:

- empowering people living with disabilities to participate in dance and performance to express themselves and what is important to them. Those who participate reflect the diversity of the disability community
- offering ‘Move’ tutor training – New Zealand’s only dance teacher training for people with disabilities. The Diversity Dance Project takes this work into mainstream primary schools, changing the traditional dynamic by having people with disabilities as the teachers
- challenging perceptions of disability through sharing dance performances with the wider community
- creating a community that acknowledges and values people living with disabilities for their skills and knowledge.

For more information on Jolt, visit joltdance.co.nz

This good practice resource was developed in 2019 by:

