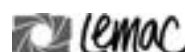


It's My Choice!

Film and
Discussion Guide

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Volume 4 of 5

**It's My Choice!
Toolkit**

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Paul Ramcharan, Daniel Leighton,
Rosetta Moors, Carmel Laragy,
Nathan Despott, Nilgun Guven
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RMIT University
www.inclusionmelbourne.org.au
www.rmit.edu.au/casr

It's My Choice!

Produced By	Inclusion Melbourne and RMIT University
IM CEO	Daniel Leighton
Associate Professor	Paul Ramcharan, Centre for Applied Social Research, RMIT University
Senior Lecturer	Dr. Carmel Laragy, Dept. of Social Work RMIT University
Research Officer	Rosetta Moors, Centre for Applied Social Research
Editor and contributing author	Nathan Despott, Inclusion Melbourne
Inclusion Melbourne Project Liaison	Jacque Robinson

**It's My Choice!
Film Production**

Director	Nilgun Guven
Filmmaker	Rachel Edward
Actors	Susan Doyle, John Eslick, Paul Mately
Original music	Ryan Granger and Shotgun Studios
Creative Producer	Nilgun Guven
Assistant	Anthony Edward
Production	Lemac Film and Digital Umbershoot

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It's My Choice!

Film and
Discussion Guide

4

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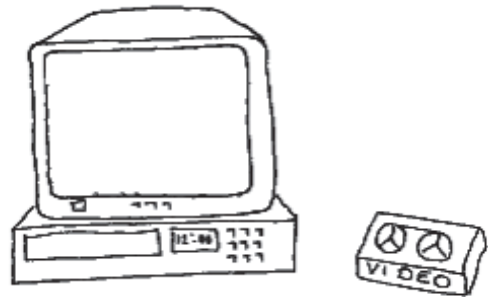
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Instructions

This *Film and Discussion Guide* will help you talk about three films about making your own choices.



You may have the films on DVD or you may want to look at the films on your computer. They are available on the internet at the following address:



www.youtube.com/inclusionmelbourne



Go to each of the films one by one. Look at the film. Then use this guide to talk about the choices being made by Sarah, by David and then by Aaron. Choose a place you like to talk about the film. *It's your choice!*



When you talk about each film, look at the questions in this guide that are made for each film. You can think about your own questions and comments as well. Talk with your support worker, family and friends about the films.



Use each film to help you talk about your own choices too. This is your chance to speak up.

Enjoy the films and enjoy talking about your choices!



Near the end of this guide is a section called an Appendix. This tells you a little more about each film. There are still pictures of the films and the words that are used by all the actors. These may remind you what was said in each film and may help you answer the questions in this guide. If you need, you can get someone to help you use the Appendix.



Film 1: In Sarah's Own Time

Watch the film *In Sarah's Own Time* or watch it on the computer. The film can be found on the internet at the following address:



www.youtube.com/inclusionmelbourne



Ask someone to help if you cannot do it yourself.

Here are some questions to help you talk about the film:

What did you like about the film?



What didn't you like about the film?



What do you think the film is about?



Is the film about Sarah getting out of bed in the morning? Is the film about what Sarah wants to do next?



YES. It is about Sarah getting out of bed and what she wants to do next.



Does Sarah tell us in the film how she likes to get out of bed in the morning?



Sarah does not say much, does she?

So, how do you like to get up? Discuss this with your family or your support worker. Write it down and let people know when they are getting it wrong.

- Do you like to turn over and get up slowly?
- Do you like to jump out of bed straight away?
- Do you like to go straight to the toilet or have a drink first?
- Do you like to brush your teeth before or after breakfast?
- Do you like to shower before breakfast or after?
- Do you like to comb or brush your hair and put on make-up?
- Do you like to get dressed or have breakfast in your night clothes?

In the film can you remember what the support worker asks Sarah?



That's right! *"How did you sleep?", "Would you like to get dressed?", "What would you like to do first?", "Would you like a shower?"*

People make lots and lots of choices every day! Some examples of everyday choices are: What do you want for breakfast? What TV program do you want to watch? Do you want to go to another room? Do you want to walk or go by bus?

The film shows some of Sarah's everyday choices.

What did you think of Sarah's support worker?



Did she shout at Sarah?
Did she tell Sarah what to do?



Did she rush Sarah or talk too fast or loud?



Did she treat Sarah with dignity and respect?



If you are asking for something tell someone. Don't get angry. But be firm and tell them without being insulting. It's good if everyone treats each other with respect. If you can trust others, they will trust you.



Let's look at the film some more.

Sarah needs support to make a lot of these simple choices. How can her family or support staff find out how Sarah likes to get up each morning?

Sarah may show she is not happy. Sarah may say "No" and indicate they stop. Sarah can show they've got it right by being happy and smiling.



Unlike Sarah, you might be able to speak up for yourself.



Sarah did make one or two choices in the film. Can you remember what these were?



That's right. Sarah says she likes meals, especially breakfast at the same time each day.

Does Sarah know what she will be doing for the rest of the day? Has she any thoughts about what she might do? How do you know?



That's right. She thinks she may go to the bank.

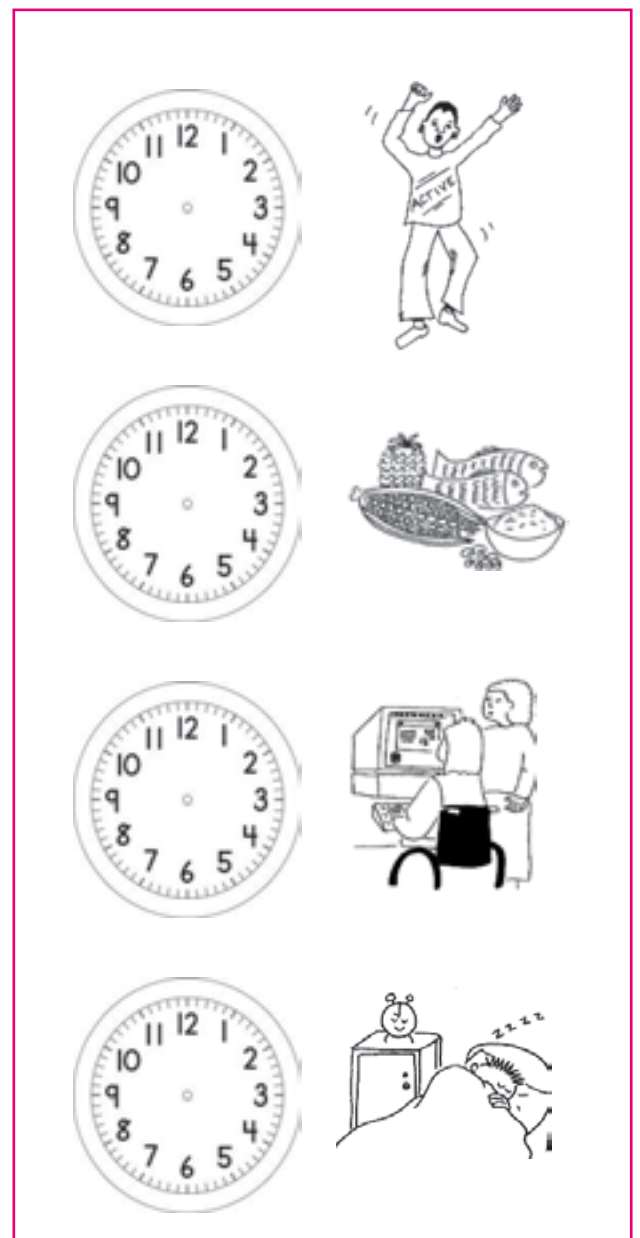
How could the support worker or Sarah's family or friends find out what Sarah wants to do during the day?

Use pictures and a clock to ask what Sarah wants to do?

Do staff know Sarah's routines and likes well enough to know what Sarah would like to do?

**Ask Sarah.
It's her choice!!**

**You have talked a lot
about Sarah.**



Is there anything else you want to talk about? If not then you can look at the second film when you are ready!



Remember:

- Make your voice heard and speak up about what you want.
- Treat people with respect and they will treat you the same way.
- You will make lots and lots of everyday choices. Make a list of your favourite things and things you really do not like.
- Let people who are close to you know what things you like and do not like.
- Think about all times of the day such as getting up, breakfast, what you like to do in the day at weekends, what you like to do in the evening and at bedtime, what your favourite treats are and where you like going.
- Give new things a go! You can always tell people you do not like them!
- You won't always get what you want. Sometimes there are other things to consider like cost, time and other people. But you will get a lot of what you want if people know your choices.

Film 2: David's Artful Choices

Watch the film *David's Artful Choices*. Or watch it on the computer. The film can be found on the internet at the following address:

www.youtube.com/inclusionmelbourne



Now you have seen the film, work your way through the following questions about David.

Do you think David has a good life?
Why might it be a good life for David?



That is right. It is the type of life David has chosen!! He is doing the things he wants to do!!

When we talked about Sarah we found out about lots of everyday choices. What sort of everyday choices does David make?

David wears his boots,
has tea or a beer!
He likes to shower
to keep clean.



David has made lots of really important choices. These choices make his life what it is. Can you think of what choices these are?

Learning to read and write on a course.



Doing drama



Working at a stall selling photos



What are the really important things in life for you? Think about where you live, your work, education, family, your health and your close relationships. What are your hopes, dreams and wishes? Share these with someone you can trust. Write down your life dreams and goals.

Here are some more questions about the film:

How did David start his interest in photography?



The answer is that he saw things when he was walking around his neighbourhood and thought they were so good he wanted to take photos of them.

David has turned his hobby, his lifestyle choice, into a job! He now sells photos on a market stall.

David would never have had the chance to do photography unless he had been given the chance to try new things. To make good choices you will need to experience new things.



David has had the chance to take new risks. He has taken things a step at a time.



Support staff have helped David take these small steps to his dream. His service and his family and friends have supported him to take each step to his goal! He has done it with lots of people who care about him.

Planning together



Who are the people in the film who have supported David in his dreams? Have they told David what his important life choices are?



No. They are David's choices. People who are important to you may discuss your choices. You may learn from them or listen to them. But they are your choices.



My idea,
my choice,
your support.

Has anyone forced David to do anything?



No. David takes responsibility because David wants to get to his goals.

Have they taken over and done it for David?



No. He does what he can without help and support.

Look at where David lives. Can you see all the things in his bedroom? Do you see his pet cat? What about David's choice of decoration, his braces, his preferred meals?



David makes his life comfortable and chooses what it is that make him comfortable. This is the lifestyle David has chosen.



You have talked a lot about David's life. Maybe you have started to talk about your own dreams and to explore how to get to these dreams.

Remember.....

- Big choices often involve a long journey with lots of steps.
- You can help identify your life goals and to decide what the steps are.
- Then you have to make it your duty to give it your best shot.
- You may not get all the way. You may find out it is not what you thought. But you will have given your best.
- You will want to choose your clothes, your decorations, your music and TV, whether to have a pet, and the colours in your room. You will want to make your lifestyle as comfortable as you can. You can change these choices over time. They won't always stay the same.
- Speak up and tell people your big choices and your lifestyle choices.
- When you do not get the support you need then you must speak up and tell family and support staff.
- If you are not happy you have a right to complain. Ask for an independent advocate if you need to make a complaint.
- You may not always get what you choose. Sometimes there is not enough money. But then you can save up and get there in the end; you may find the right service is not available or you may think the choice may hurt your family or other people. But keep taking small steps all the time.

Film 3: It's not simple. It's not that easy.

Watch the film *It's not that simple. It's not that easy*. Or watch it on the computer. The film can be found on the internet at the following address:

www.youtube.com/inclusionmelbourne



If you cannot remember the previous films then watch these again. We are going to ask some difficult questions!



What sort of life does Aaron have?



What sort of person do you think Aaron is?



Aaron is doing a lot with his life. But he still has dreams. Can you remember what these dreams are?



That's right. He wants to go away with his family, to visit South Africa and to just be himself.



Aaron can't just have his dream come true. Why not? What does he have to do before he can go on holiday?



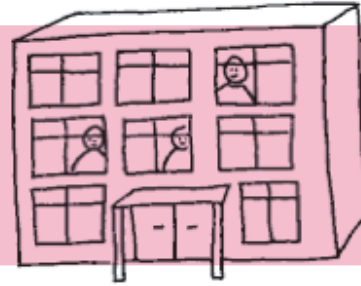
That's right, he has to save his money.

Dreams can take time and you may have to plan. Sometimes you may need to drop one choice to make sure you achieve another. Aaron has to work hard at being a dancer. It's not all fun!!



What are the main choices in Aaron's life?

Where does he live?



That's right. In a flat on his own.

Does he have a job?



That's right. He works in a nursing home, and has a cleaning job.

Does he have friends and a girlfriend?



Yes. He invites his friends for dinner and he has a girlfriend.

What is his favourite lifestyle choice?



He loves dancing hip hop and he does hip hop dancing on Thursdays, goes to a dance class on Saturdays and performs on a Sunday.

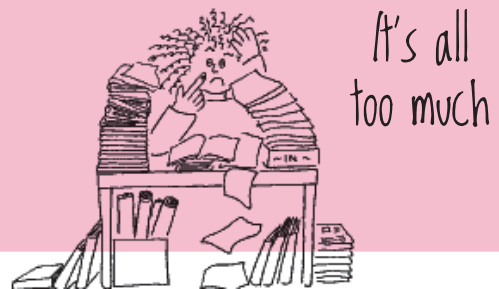
Aaron has made his lifestyle a part of his big life choices. He is a performer and is confident about what he does.

How did Aaron learn to control his stutter?
Who helped?



That's right. A speech therapist.

Does Aaron have too much going on in his
life? What is Aaron's solution?



That's right! Aaron thinks about doing things on different days, at a different time. He could also give up one activity and do it later. Life is about choosing what your priorities are!

Important things
in this time and
that's all



Why does Aaron want to be independent in his choices?



That's right. He is an adult and he can make his own choices and his own mistakes.

OK.

So, if you were to have a life as good as Aaron's then what would it be like? What problems would you have to solve? Who would help you? What steps would you take? What tasks and duties would you have to do?

Is there anything else you would like to say about these films? Have they helped you in making your own choices?

Good luck with making your own choices!

Background and description of each film

In Sarah's Own Time

Sarah is a 51 year old woman with an intellectual disability who moved into a two storey supported accommodation facility in an Australian capital city 18 months ago.

This is a film vignette of Sarah in her home one morning.

Sarah needs support at different times as she will often not speak for herself or communicate her needs. As yet, Sarah's dreams, goals and hopes are unstated and unknown.

The film explores how Sarah moves towards or away from making everyday choices from the time she wakes up.

It is through Sarah and her way of being that we begin to understand that one's everyday choice-making can be about communication, about small choices as well as long term dreams. They are all important, including how a staff member attempts to walk alongside Sarah throughout the process, sensitively showing the need to support her in her choice-making and decision-making.

David's Artful Choices

David is a 40 year old man with an intellectual disability who has been living in a community residential unit for the past twelve years. David lives with four other house residents all of whom are people with disabilities. Staff at the house provide assistance and support to residents with their needs and activities.

David has an individualised support plan which is reviewed regularly. David's residence is in walking distance to parklands, shopping villages and community centres where he can access some services. David also travels greater distances by taxi to access community based programs and activities.

David considers his house to be his home. He enjoys all of its areas and the company of his house mates. David is a friendly and social person and is currently in a relationship. David communicates well and is able to articulate his likes, dislikes, fears and needs.

He is able to do things for himself while at other times he may need formal and informal support. His circle of support includes trusted staff members, his girlfriend, friends, and program facilitators.

It's not that simple. It's not that easy.

Aaron is a 30 year old man with a disability living in a second floor rented apartment in an Australian inner-city area with his cat.

Aaron takes pride in his appearance, dressing smart, neat and casual. He maintains the personal space at home to similar effect.

Aaron lives five minutes away from the local shopping strip and a short tram ride will take him to where he does his banking.

Among the many things he does, Aaron has a part time job as a cleaner in an aged care facility and MCs at dance party events in the CBD and outer suburbs. Aaron's main form of voluntary and paid arts engagement is as a dancer/performer and dance facilitator. He is also a committee member for a local not-for-profit organisation.

Aaron maintains contact with his family and is in regular contact with his mother, sister and brother and he often visits his extended family in a regional area of the state, where he grew up.

Aaron is also close to his girlfriend, has many friends and conducts himself professionally with work colleagues and peers.

Appendix 1: In Sarah's Own Time



In Sarah's Own Time
Transcript with images

Black text- Sarah
Blue text- Anna



In Sarah's Own Time
Transcript with images



Black text- Sarah
Blue text- Anna

"What can we do today?"

"Could do my banking."

"Could call my sister."

"Maybe she could come here."

"Good morning Sarah.

How are you this morning?"

"Good morning Anna."

"How did you sleep?"

"Pretty well."

"Pretty well? OK. What's first for today?"

"What's first?"

"Yes. What would you like
to do first this morning?"

In Sarah's Own Time
Transcript with images

Black text- Sarah
Blue text- Anna



"So Sarah, did you want to get dressed this morning?"

Pause

"Would you like to have a shower first maybe?"



"Depends. Why it makes a difference now, like, for breakfast time, like someone here, like have meals, breakfast, especially breakfast at certain times, got to be ready by a certain time."



"So you'd just like to get dressed before you go down for breakfast and a cup of tea?"

"That's right."

"Ok. Well, I'll leave it to you then, and I'll see you downstairs."



In Sarah's Own Time
Transcript with images

Black text- Sarah
Blue text- Anna

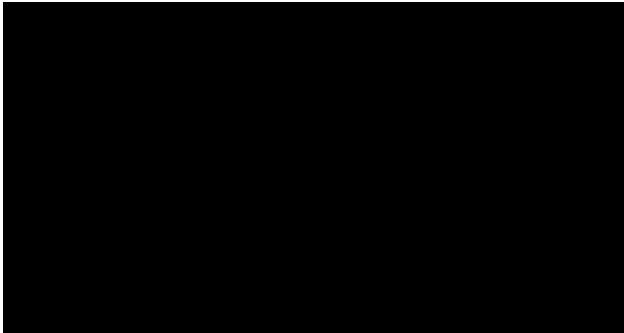


"Should get dressed."



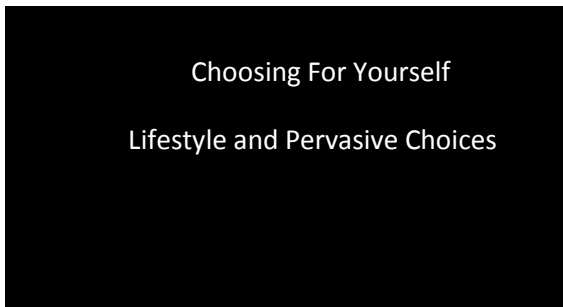
In Sarah's Own Time
Transcript with images

Black text- Sarah
Blue text- Anna



The end.

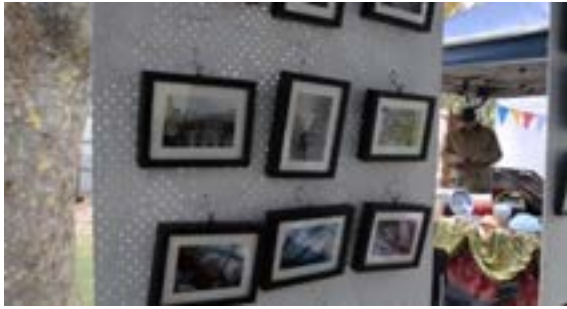
Appendix 2: David's Artful Choices



Hi my name is David.



I live in Melbourne.



This is my house.

This is my room.

I'm a bit messy.

David, do you make your own decisions?

Um, I do sometimes

What kinds of decisions do you make?

David's Artful Choices
Transcript with images

Black text- David
Purple text- Babs

Blue text- Interviewer



I can make a cup of tea.

I go out for coffee.

I go out for the beer.



David, when do you need help from other people?



Getting to places on time and don't be late.



David, how does your day start?

I get up in the morning, at 9. Have a cup of tea, then umm...



Leave from here and they tell you:

"You better go now, coz, you don't go, you might be a bit late."

David's Artful Choices
Transcript with images

Black text- David
Purple text- Babs

Blue text- Interviewer



Babs is David a man of routine?

Yeah, he's a creature of habit yeah.

Tell me how?

Oh he just gets up every morning and gets his smokes, has his shower and off he goes to his various different places in the community.



David, I'd like to learn what you do during the week. Can you tell me what you do on Mondays?

Ah, go to, go to, um, go to Deakin on a Monday.

What do you do there?

When I get there I write me name.

So you learn literacy?

Yep, literacy, yeah.

And what do you do on Tuesdays?

Um, go to Sacred Heart. I do the potatoes.



David, can you tell me what you do on Wednesdays?

Ah. I take photos.

What do you do with the photos?

Take it to the market.



Do you sell your artwork at the market?

Yep.

David, can you tell me what you do on Thursdays?



Drama.



David, what do you do on Fridays?

Painting.

Where do you go to do painting?

Dingley.

That's far away!

That's far away, isn't it!



And at home what sort of activities does he...

When he gets home and watches tv,



and you know, talks to the cat.



We got chooks, so he goes out, talks to the chooks, and feeds them- that's his job.



And you know helps with dinner. If you say 'what do you know what you want to cook this week? It's usually hamburgers or sausages.



Do you go shopping by yourself?
Ah no, I need help with that one.
What do you need help with?

If I go into the supermarket and I don't know what to buy people from here say I'll give you hand and I say thank you very much.

Do you carry money in your wallet?

No, I don't know I don't carry money in me wallet. Sometimes they do actually in there, the co-worker does.

Are you ok with the co-workers handling your money?

Yeah. Yeah I think it's pretty good.



David, can tell me what you look like?
Describe yourself to someone else.



Well I'm very tall. I'm very tall.

Umm, I wear clothes.



I wear boots.



David have you ever worn any other shoes?

No only wearing these.

The boots? Why boots?

Coz I like them.

What are they good for?

They're good for walking.

Do you walk a lot?

Oh yeah.

David, how many braces do you own?



One.



No. Two.



Three.



Does he make choices do you think?



Yeah, he does make choices.



Yeah, we have group meetings; we have client meetings at the house, so

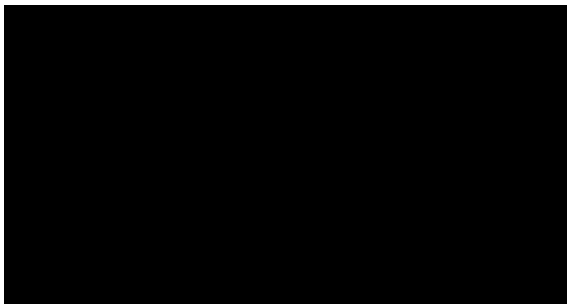
David's Artful Choices
Transcript with images

Black text- David
Purple text- Babs

Blue text- Interviewer



he's able to express any issues that he's got or any ideas. They can bring it up at the staff meetings, so that's good, and yeah, nah, he's clear if he doesn't want to do something or if he's not happy, he'll tell you.



The end.

Appendix 3:
It's not that simple.
It's not that easy.

It's not that simple. It's not that easy.
Transcript with images

Black text- Aaron

**It's not that simple.
It's not that easy.**

**Choosing for Yourself-
Pervasive Choices**



My dreams?

Well, where do I start?

Sometimes I like to daydream.

I like dreaming of being myself.

**I can dream of being anything, like,
being on a cruise.**

**Sometimes I dream about being with
family and friends and being a dancer.**

**And with my hopes, I am hoping to
save enough money so I can go back to
South Africa and also getting my bathroom
renovated.**

It's not that simple. It's not that easy.
Transcript with images



Black text- Aaron

I am good at food cooking, talking, mingling, talking with my hands, pulling faces and being myself.



My busy week.

Wow, where do I start?

Well I work part time in a nursing home Mondays and Tuesdays; office cleaning on Wednesdays; hip hop on Thursdays; down time on Fridays; dance classes on Saturdays; and performances on Sundays. And I spend time, two, three days and the weekend with my girlfriend and I want to make time with my mum.



What independence means to me, is to be in the community and making a network of making new friends, and, looking after my cat and food shopping, and, making sure you got food, eating well and sleeping well, and, paying phone bills and power bills on time and be your own person so you don't have to, so you can have your own freedom and space, and never let anyone tell you what to do.

It's not that simple. It's not that easy.
Transcript with images



Black text- Aaron

I had a mentor who helped me how to cook, how to do food shopping, how to follow a recipe book.

I used to have speech therapist and I used to have trouble with my talking.

I used to stutter, and stutter fast.

So I have to breathe in, and breathing out.

And now I'm talking calmly, and clearly, and now I'm talking to you.

The people who gave me my independence is my mum, my dad, my brother, my sister and my whole family.

They have always believed in me from the start.

Well, my mum bought me this flat ten years ago and they said, and they came up to me and said, "Here is your freedom, your space. Go for it!"

I'm in a very bad situation here.

I have a commitment and an opportunity.

Sometimes opportunities slip through your fingers just like that.

But commitment and the opportunity double-book and they clash.

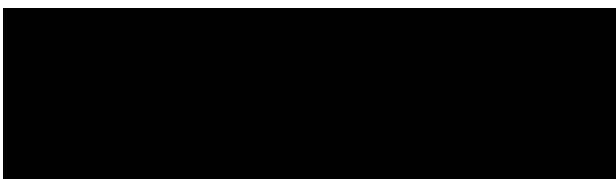
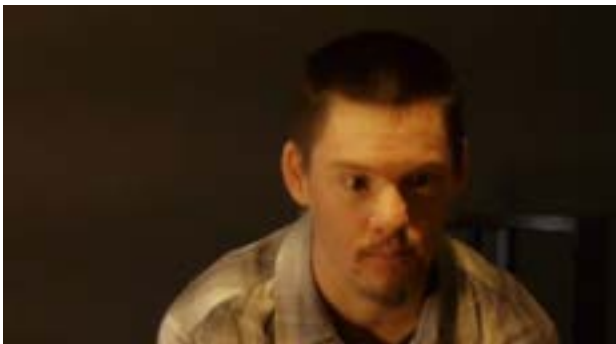
Same time. Same day.

How can you get out of that?

It's not that simple. It's not that easy.

You can't even go around it.

It's not that simple. It's not that easy.
Transcript with images



Black text- Aaron

Sometimes it doesn't work out.

Sometimes they do.

But if you make it at a different time and a different day, everything will work out.

But it's hard to do two, three things at the same time.

Sometimes I make some good choices and some bad choices.

Yes, I do take hours on making a choice and sometimes I don't need help to make a choice.

I can make up my own mind.

I want to make choices and plans, so that I can tell you, that I am a grown man.

The end.



I Got First Consider and Army



Volume 4 of 5

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