

ABOUT STEPS LEADERS

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

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

STEPS Leaders can be:

- people with brain injury/stroke
- family members/friends
- local service 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 Leader, just contact us.



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

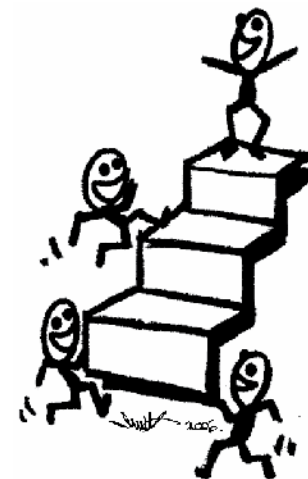
Your local contact is:

For further information contact:

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SKILLS
TO
ENABLE
PEOPLE AND
COMMUNITIE**S**



A Queensland-wide program for adults aged 18–65 years:

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



An initiative of the
Acquired Brain Injury Outreach Service

The effect of any 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

STEPS 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 together and foster a sense of strength and ability.

WHAT IS

SKILLS TO ENABLE PEOPLE & COMMUNITIES

STEPS 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 local communities that give people an 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 STEPS HELP ME?

STEPS will help you:

- **S**hare everyday life experiences 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 the **S**upport you need.

We will also provide you with information about ABI and stroke.

WHAT IF I SUPPORT SOMEONE WITH ABI OR STROKE?

STEPS will help you think about how you can:

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

We will also provide you with information about ABI and stroke.