

# Simon Wilson

## Independent Disability Trainer/Consultant



## Mentoring and Consultancy Services ~ Disability Awareness Workshops ~ Customised Services to Suit ~

### Company Ethos

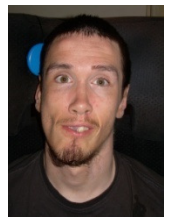
At SimonsAble, we believe everyone with a physical disability is a unique individual. They should be assisted in achieving their own goals and aspirations. We work with both non-disabled people and people with disabilities to encourage all not to think about things as barriers but as challenges.

### What SimonsAble has to Offer

SimonsAble provides different workshops ranging from Independent Living through to Disability and Personal Relationships. The workshops explore the issues that people with disabilities, their personal assistants and friends face daily. Once issues are identified, solutions and methods of enhancing people's lives are offered. Mentoring of individuals and consultancy services are also available.

### Independent Disability Trainer/Consultant - Background Information

My name is Simon Wilson and I have Athetoid Cerebral Palsy and a speech impairment. Despite having a severe disability, I achieved a BA in Social Psychology at the University of Sussex. I am passionate and enthusiastic about helping people with disabilities to pursue goals and dreams, and about helping non disabled people to have a deeper understanding of disability issues.



I attended special and mainstream schools and boarded at a college for people with disabilities. As someone who has Cerebral Palsy and no speech, I became aware of what other people like myself were experiencing. I recognised that there were areas that were lacking and that there was an absence in disability awareness and equality training.

Even though the standard training such as personal care, food hygiene, physiotherapy, are important to facilitate people in their everyday lives; for me these are the just the basics.

I offer training which looks at the quality of life, including focussing on how people who have physical disabilities want to lead their lives. This will also identify the kind of assistance required to enable them to have individuality and to reach their potential.

Remember, there are no such things as barriers, only challenges.

# Mentoring and Consultancy Services

## Mentoring for Organisations

Mentoring services for organisations can encompass both personal one-on-one or group sessions. These sessions are designed to build self confidence and empowerment for people with disabilities or for non disabled people who work with people with disabilities. Please bear in mind that group sessions might not allow time to give individual attention.

Here, using my first hand experience while creating a relaxed and informal setting, I can inspire and promote open communication allowing people to talk about issues that might be difficult to address. Often in a school or organised setting young people need that extra boost that will help them develop and reach their full potential.

In addition SimonsAble offers advice and guidance in future planning for advanced education and independent living arrangements. We can also advise and offer suggestions and training to be implemented to improve staff support and enhance current systems already in place.

## Mentoring for Families

With the individualised mentoring service to families who have children or young adults with physical disabilities each session is tailor made to suit each person's individual needs and situation. Some of the guidance we provide will encourage and help build their self-confidence so that they can pursue interests and goals.

With ten years experience, I am happy to advise on the coordination of such services as direct payments, care agencies, obtaining funding for communication aids as well as various entitlements for home and school.

Friends and family members might also find it beneficial to discuss issues and challenges they have with someone outside the public sector (e.g. social services or school). I can offer a first hand perspective to families thus offering guidance from a new perspective on situations and issues of concern.

## Areas of Speciality

- Empowerment
- Self-confidence
- Direct payments
- Getting the right support at college
- Getting the right support at university
- Advice on communication strategies
- Advice on getting the best out of people (i.e. Support Workers)

## Consultancy

Consultancy services are available for schools and organisations to aid and increase the awareness of the staff, the research and development of specific topics (i.e. communication strategies and independent living tools) and the development of strategies to implement the schemes created. Both consultancy and workshops can be combined in an effort to strengthen and encourage excellence in staff relations and productivity with their clients.

This service often offers a unique first hand perspective that is based on my personal experience from years of self management.

# Disability Awareness Workshops

## Purpose of the workshops

The workshops are designed to examine the difficulties which could arise from disability related issues. Sometimes personal assistants, professional bodies and relatives find it hard to cope with people's disabilities. The workshops encourage open communication about thoughts and feelings regarding different situations. We feel it is paramount to open these lines of communication.

The workshops give an overview of each topic. A typical workshop consists of three or four tasks. Through discussion and completion of the task a broader understanding is achieved.

## Who are the workshops for?

The workshops are for anybody connected to or working with people who have physical disabilities, including speech and language therapists, special needs teachers, support workers, lecturers, other professional bodies as well as friends and families of people with physical disabilities.

## List of workshops

**Communication with a Difference** examines a number of communication strategies such as eye contact and the use of communication boards, with particular focus on how to communicate with people who have no speech such as:

- What communication methods are currently used
- The importance of establishing how people signal yes and no
- Phrasing questions so that people can answer with a yes or no
- Exploring the process of elimination techniques

**Independent living** explores managing a team of personal assistants and what procedures and practices are advisable to implement. The workshop identifies the importance of enabling individuality thus promoting control over one's life. Some of the topics covered are:

- The difference between carers and personal assistants
- Ways to bring the best out of personal assistants
- Creating communication strategies that allow good two way communication
- Creating a relaxed atmosphere while maintaining personal individuality

**Disability and Personal Relationships** explores the fundamentals of having a fulfilling relationship between a non-disabled person and a person with a disability. The workshop considers factors such as dignity, retaining independence, roles of the personal assistants and the partners. The workshop includes:

- Understanding and appreciating the nature of the relationship
- Examining the role of the personal assistant in those special moments
- Determine the level of assistance and personal care the partner wishes to undertake
- Exploring the physical and psychological problems that people with disabilities face

**The Public and Disability** examines the different attitudes and perceptions that people experience when dealing with people with disabilities. This workshop deals with two aspects of uncomfortable situations: Firstly understanding public reaction and secondly exploring how people with disabilities feel and deal with the public. Some of the learning objectives are:

- Identifying the different reactions of people and exploring the causes
- Analysing the impact these attitudes have on people with disabilities
- Exploring various methods in which people with disabilities can cope with public reactions
- Investigating ways to educate the public about disability relationships

## Booking Information and Charges

**Consultancy and Mentoring Services** can be booked as a one-off session or a series of sessions.

Minimum charge is £50 which covers up to two hours. Additional hours are £30.

For booking a series of sessions there is the initial minimum charge of £50 for the first session but subsequent ongoing sessions will be charged at the £30 hourly rate and not be subject to a minimum charge.

**Seminars and Workshops** can be customised and tailored to specific requirements and will be quoted accordingly.

Standard seminars and workshops (between 90 minutes to 2 hours) are subject to a minimum charge of £125 which covers the first five attendees with additional delegates charged at £22 each.

Generally a mileage charge of 40 pence per mile will be made.

We are always happy to discuss your requirements and offer proposals to meet any restrictions you may have.

For more information or to detail your requirements please e-mail: [simonsable@uwclub.net](mailto:simonsable@uwclub.net)

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