

## **A summary of Life Without Barriers' Annual Report 2022-2023**



### **How to use this book**

This book is by Life Without Barriers.

It is in Easy English.

We use pictures to help people know what it is about.

Some words are in **blue** and we will tell you what the words mean on page 23.



### **What is this book about?**

This book tells you what Life Without Barriers did from July 2022 to June 2023 to help people.



## What is in this book?

- A message from our **Chair** and **Chief** Executive – page 4
- Who we helped – page 5
- How we helped people with disability and **mental health conditions** – page 6
- How we helped children, young people, and families – page 9
- How we helped people who have alcohol and other drug sickness – page 13
- How we helped people who are old – page 14
- How we helped people who are **refugees** – page 15

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- Supporting people to live a better and happier life – page 17
- Other people we worked with – page 19
- What we are doing now to make the future better for people who need help – page 20
- The blue words in this book – page 22

## A message from our **Chair** and **Chief Executive**



Life Without Barriers has a group of people who make sure we are doing the right thing for the people we support.



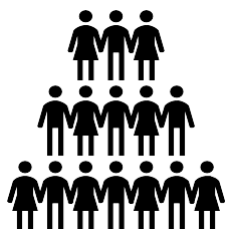
The **Chair** of our **Board** is Greg Ridder.



The **Chief Executive** is Claire Robbs.



Greg and Claire thank all the people who work together to help keep people safe and happy.



23,740

## Who did we help?

Life Without Barriers helped 23,740 people to be happy and healthy and safe.

We helped:

- People with disability and **mental health conditions**
- People who are **refugees**
- People who are old
- Children, young people and families
- People with alcohol and other drug sickness



We **advocated** for people with disability to have more choices about work and where they want to live.

## **How we helped people with disability and mental health conditions**



**5,800 people**

We helped over 5,800 people with disability and mental health conditions.

We listened to what they and their loved ones told us, so we can give them better help.

Here are some examples:



This is Em.

- We helped Em find ways to earn money so she has her own money to buy the things she likes.

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This is Roxanne.

- Roxanne lives in Darwin and her family lives in Groote Eylandt.
- Roxanne visits her family and keeps in touch with them, with the help of her Life Without Barriers support team.



This is Ellen.

- Ellen wanted to go out more and make new friends.
- Ellen learned to do more things she liked by herself, with her support workers helping her at first.

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Life Without Barriers and the people we support wrote **guidelines** together about how Life Without Barriers can support people with disability to have healthy and safe relationships.



We made books, like this book, so people we support can know more about their Life Without Barriers support services.

They can ask questions or tell us how they want to be supported.



We listened to families and friends of people we support, so that we can be better at helping people who use our support services.





**5,148**

## **How we helped children, young people and families**

We helped 5,148 children and young people.



This is Toby.

- Toby wants to be in the Army when he grows up.
- Toby joined a special youth Army program called Proud Warriors, with help from his support workers.



This is Claire.

- Before she was 18, Claire found jobs, learned to cook, learned to drive and bought a car.
- Claire said “thank you” to her care team for helping her.

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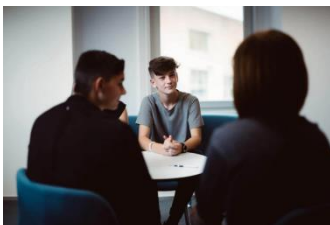
We worked together with Cornell University to help children and young people to be happier and have better lives.



Jenny did not feel good. She did not want to do things like go out or go to school.

Life Without Barriers support workers were there to help her.

Jenny felt better and started to go out again.



Young people are included in the **job interviews** Life Without Barriers does to help us find the best **youth support workers**.

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**2,504**

We thank our 2,504 **carers** who look after children who cannot live with their mums and dads.



MOCKINGBIRD FAMILY™ are small groups of **carers** and children who become close friends and help each other.

Life Without Barriers now has three new MOCKINGBIRD FAMILY™ groups in Adelaide.

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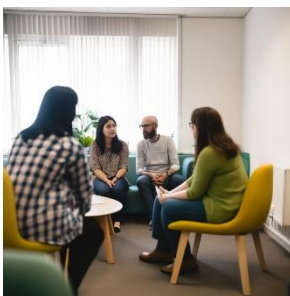


Our programs in Queensland help people who are 15 years to 25 years old get ready to live life as an adult.

Judy is 23 years old.



- Judy found a new home, with help from us.
- Judy is a **kinship carer** for four nieces and nephews. Life Without Barriers and Marabisda, an Aboriginal and Torres Strait Islander organisation, helped her do this.



We worked with mums and dads who cannot live with their children, to find more ways to help children and families to be happy.

## **How we helped people who have alcohol and drug sickness**



We help people who have alcohol and drug sickness to get better.

One of the people we helped was Adele.



- Adele now has new friends and says she feels happy again.

## How we helped older people



8,236

We helped 8,236 older people to live in their own homes instead of a special home for older people.



Tony and Louisa have been married for many years.

- When Louisa got sick, they went to live in a home for older people.
- Life Without Barriers helped them get the supports they need at home, so now they can live in their own house again.

## How we helped people who are refugees



We helped refugees find new homes and new jobs and to feel better.



**medicare**

One of the refugees we helped was Ebrahim.

- Ebrahim found a new house, got a job and did all the paperwork he needed to live in Australia, with the help of his Life Without Barriers support staff.

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Life Without Barriers is always checking to see what we can do to give people better support services so they can feel safer and happier.



- We have rules so the **Board** can check how support workers do their work.



- We say sorry when we make mistakes.



- We make it easy for people to tell us what they like or don't like.



## Helping people have a better and happier life



We want people with disability to have more choice and control about where they live and how they live.



To help people have more control, people who use Life Without Barriers support workers at home can't live in a house where Life Without Barriers is their **landlord**.

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We want to help people with disability get jobs they like.

We have a program called Young People's Employment Pathways which helps young people with disability find work.



This is Georgia

- We helped Georgia start her business and grow her skills to find other work she likes in the future.



Many young people **in care** find it hard at school.



Our Education Team worked with many people to make sure children and young people in care enjoyed learning and being at school.

## Other people we worked with



**Alliance20** is a group of disability service providers that work together to make services for people with disability better.

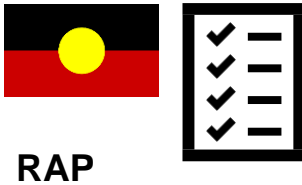


The **Allies for Children** is a group of people that try to make sure children and young people are safe when they are in care.



The **Possibility Partnership** is a group of support providers, businesses and government workers that work together to make life better for people who receive support services.

## **What we are doing now to make the future better for the people we help**



Life Without Barriers has a new **Reconciliation** Action Plan, called RAP for short.



Our RAP shows us things we can do to treat **Aboriginal and Torres Strait Islander Peoples** fairly.



Life Without Barriers works with SNAICC, an Aboriginal and Torres Strait Islander organisation.

Life Without Barriers will not provide support services to Aboriginal and Torres Strait Islander children.



Organisations run by Aboriginal and Torres Strait Islander people will provide services to look after Aboriginal and Torres Strait Islander children.

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In the **referendum**, we supported a change to the **constitution** to allow Aboriginal and Torres Strait Islander Peoples to say something about laws and rules that affect them.



We are working with other people to make sure that Aboriginal and Torres Strait Islander children are looked after by Aboriginal and Torres Strait Islander people.



Life Without Barriers staff celebrated NAIDOC Week and National Reconciliation Week.

## **New words in this book**

<p><b>Mental health conditions</b></p>	<p>When painful feelings - like sadness, worry, and fear - get very strong and last for a long time.</p>
<p><b>Refugees</b></p>	<p>People who left their country because they were in danger and wanted to find new homes in Australia.</p>
<p><b>Chair</b></p>	<p>The boss of all the Board members.</p>
<p><b>Board</b></p>	<p>A group of people who make sure Life Without Barriers is doing a good job.</p>
<p><b>Chief Executive</b></p>	<p>The boss of all the people who work at Life Without Barriers.</p>
<p><b>Advocate</b></p>	<p>Speaking up for something or someone to try to get other people to join your side.</p>

<p><b>Guidelines</b></p>	<p>Information that helps people know how something should be done.</p>
<p><b>Job Interview</b></p>	<p>A meeting where someone is asked questions to find out if they will be good at the job.</p>
<p><b>Youth Support Worker</b></p>	<p>A support worker who helps children and young people.</p>
<p><b>Carer</b></p>	<p>When a child can't be looked after by their parents, they are looked after by someone else. This person is called a carer.</p>
<p><b>Kinship carer</b></p>	<p>When a child can't be looked after by their parents, and they are looked after by someone who is their relative.</p>
<p><b>In Care</b></p>	<p>Children who do not live with their mums and dads and are looked after by a carer.</p>

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<p><b>Landlord</b></p>	<p>A landlord owns the home you rent. Rent is the money you pay to live in a home.</p>
<p><b>Reconciliation</b></p>	<p>Reconciliation means listening and learning about Aboriginal and Torres Strait Islander Peoples and making sure we help them in the right way.</p>
<p><b>Aboriginal and Torres Strait Islander Peoples</b></p>	<p>The first people to ever live in Australia. Many Aboriginal and Torres Strait Islander Peoples care deeply about the land, water and animals in Australia.</p>
<p><b>Referendum</b></p>	<p>A Referendum asks a question or questions to people who can vote. The question or questions can only be answered with “Yes” or “No”. This is the only way to change the laws in the Australian Constitution.</p>



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<b>Constitution</b>	The Constitution is an important paper that says what the laws are in Australia.
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**This Easy English book was made by Life Without Barriers. We use Easy English and accessible information so that people know all the different ways we can support them.**