



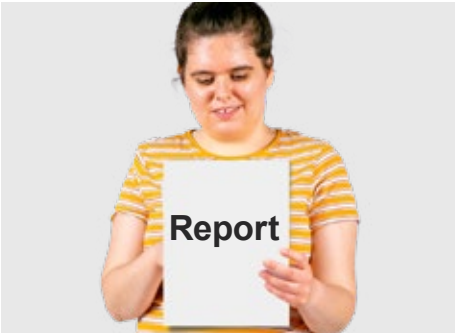
# Report about peer support for Community Disability Alliance Hunter and Diversity and Disability Alliance



# About this report



This is a **report** about **peer support**.



A **report** says what we found out about something.



**Peer support** is when people with something in common meet to support each other.



2 disability support organisations made this information.



They are called

- **Community Disability Alliance Hunter**

We will say **CDAH** for short

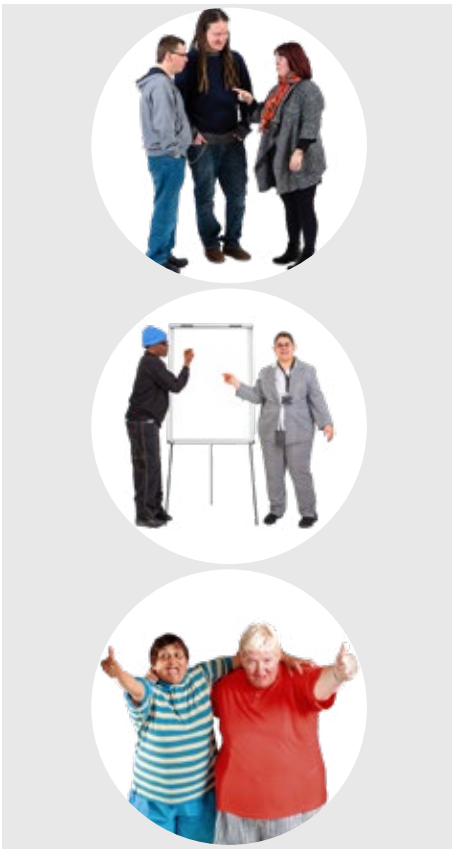
- **Diversity and Disability Alliance**

We will say **DDA** for short.

# Peer support



Peer support can help people with disability be part of things in Australia.



When people with disability do peer support they

- Talk about things important to them
- Learn new things from each other
- Support each other.



CDAH and DDA support people to do peer support.

We know peer support can help people



- Not feel alone



- Get to know who they are



- Feel better about their life.



We wanted to find out what things could be better about peer support.



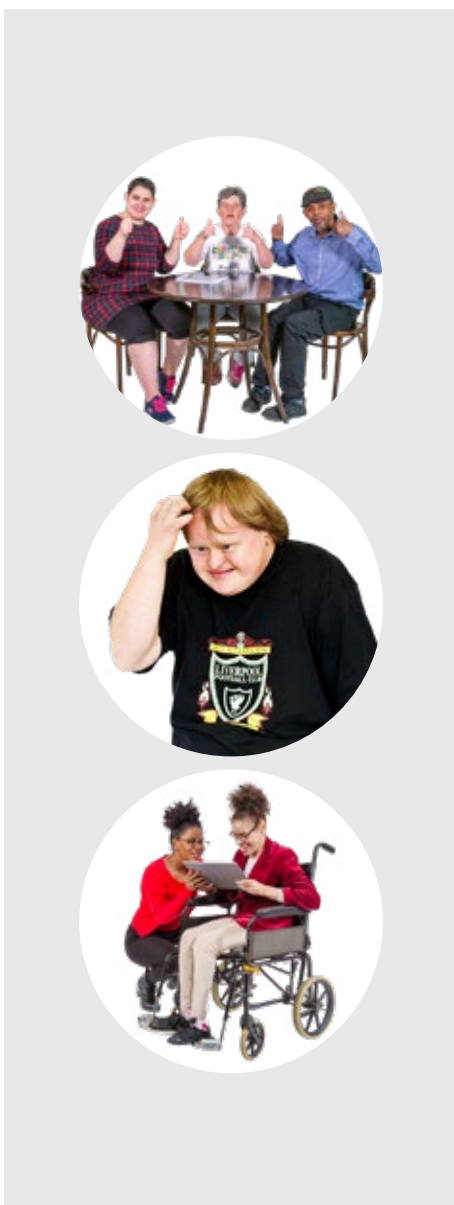
This report says what we found out.

# Our research



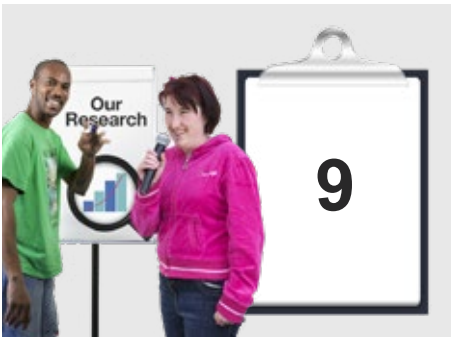
We did some **research** to find out what can be better about peer support.

**Research** is when you look into something.



Our research looked into

- What works well about peer support for people with disability
- What is hard for them
- What support do people with disability need to be part of peer support.



There were 9 researchers.



They all had **lived experience** of disability and peer support.



**Lived experience** means you know a lot about something because it happened to you.



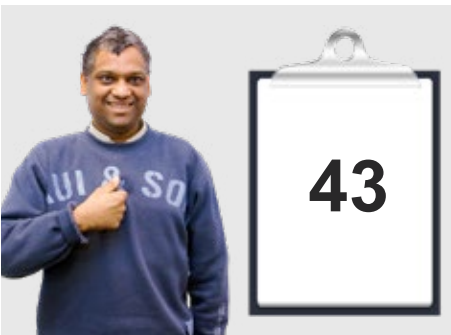
We did **interviews** and a **survey** for this research.



**Interview** means we asked people to tell us about peer support.



**Survey** means we asked people to fill in a form about peer support training.



We interviewed 43 people.



These were



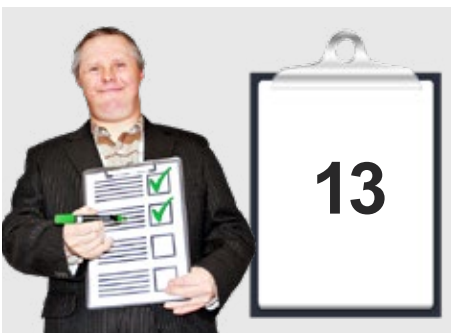
- Leaders of peer support



- Peers with disability

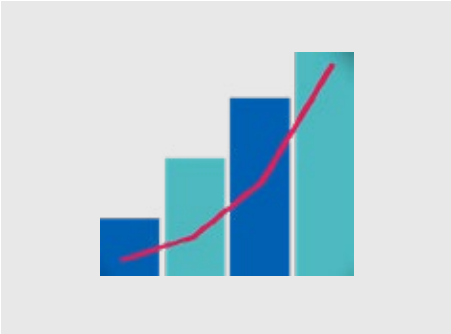


- Researchers with lived experience.



13 people filled in our survey.

# What we found out



We found out lots of things in our research.



Peer support helps many people with disability be part of their **community**.



**Community** means the place and the people where you live.



Peer support has changed peoples lives in a good way.



It has helped them think about their disability in a better way.

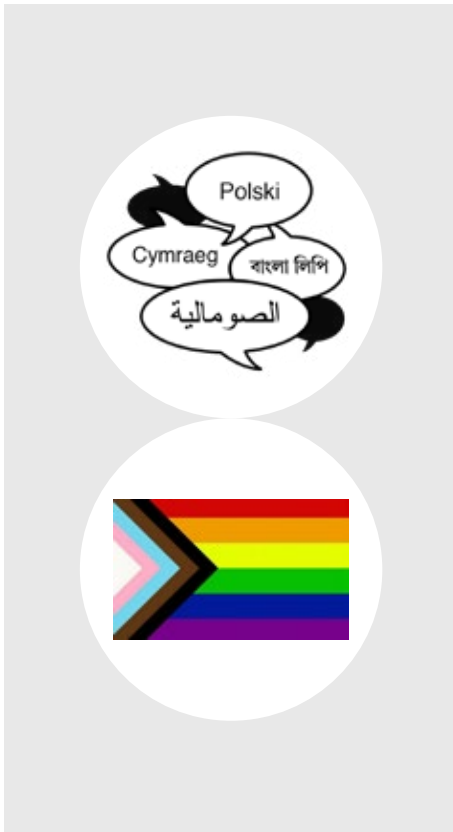


It has helped people

- Learn from each other
- Deal with things together like the NDIS
- Be part of the community and do things like get a job.



Peer support helps people from different backgrounds understand who they are.



This means people who

- Speak languages that are not English
- Are **LGBTQIA+**

**LGBTQIA+** means different sexuality and genders.



We have training that teaches people about peer support.

It has helped people learn about peer support.



It was very important to help people do peer support online when COVID-19 happened.

# What could be better



We found there are things that could make peer support better.

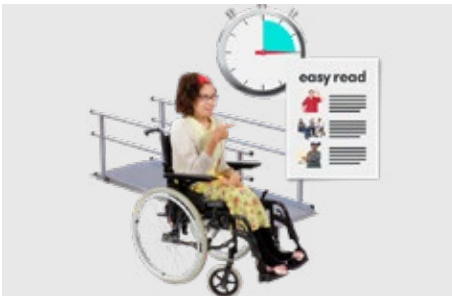


There could be more ways for people to

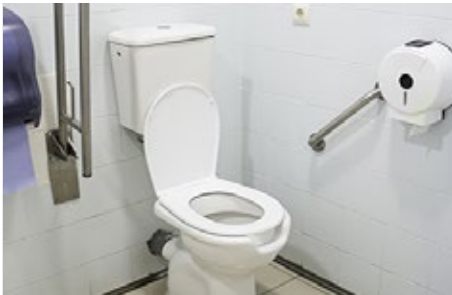
- Keep doing peer support in the community

- Get better **skills** to do peer support.

**Skills** are things you need to do something.



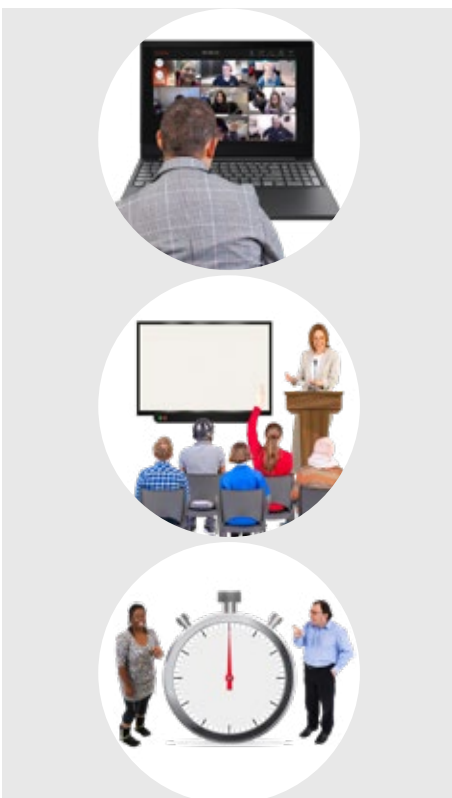
Things should be **accessible** for everyone.



**Accessible** means everyone can use things no matter what their disability is.



People should be able to do peer support the way they want.



This might be

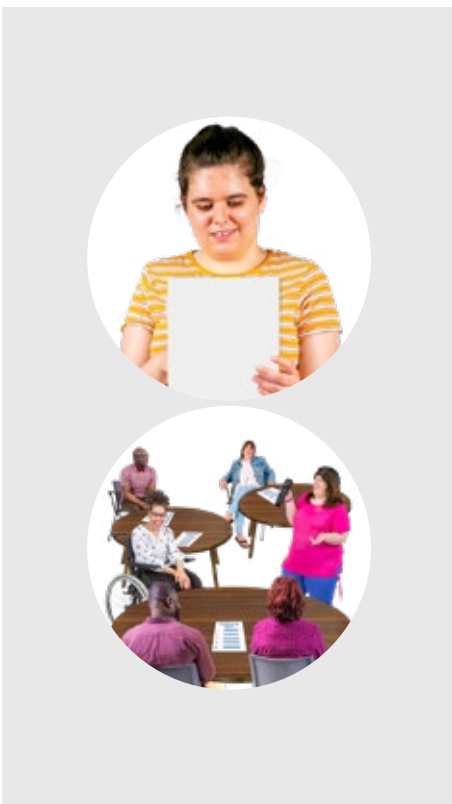
- Meet in person or online
- Have a big or small group
- Meet for a short or a long time.



There should be more support to tell people in the community about peer support.



We want more people with disability to do peer support.



We want more people without disability to

- Know more about peer support
- Work with us to make peer support better.



We found out it helps when peer support has



- A space where people can feel safe to meet



- Money to pay for things



- Good **interpreters** who can support people with disability who have gone through different things.



**Interpreters** are people who speak the same language as you.



They can also use sign language to talk to you if you are deaf.



## Researchers with lived experience



We found out things from the researchers with lived experience.



It shows that people with disability can be leaders in research.



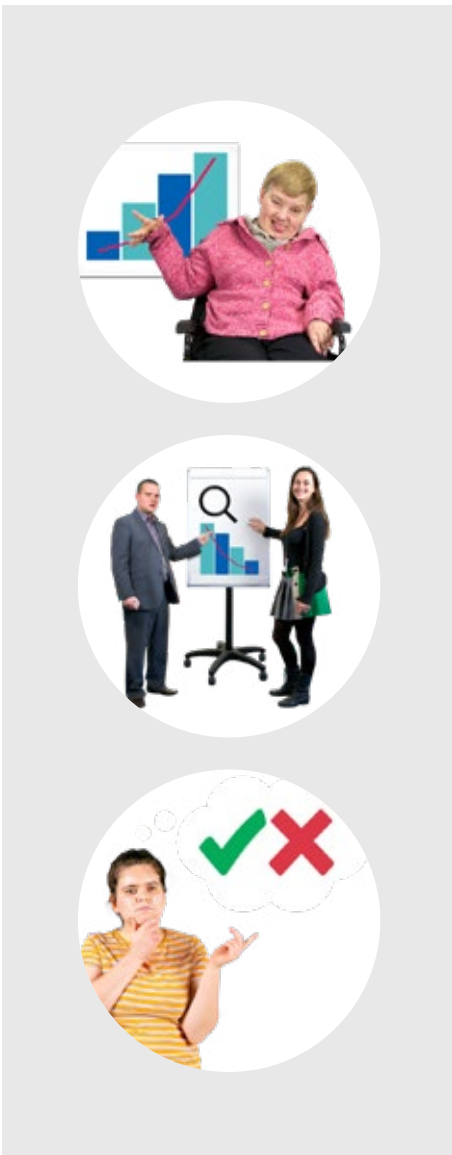
It made them more confident to speak up in lots of different places.



They learned from each other and got new skills.



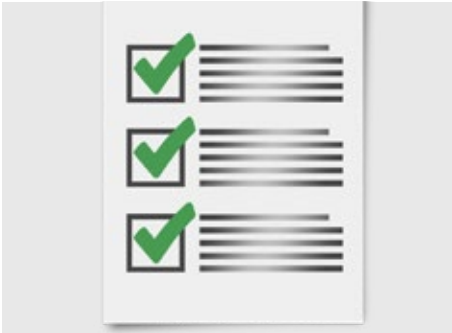
There are some things they told us that could have been better.



They said they would have liked

- To be part of the research from the very start
- More time to get training about how to be a researcher
- Clear information about what they could and could not do.

## What should happen next



There are things we think should happen next.

## Money for peer support



The government can give us money so we can

- Keep doing peer support
- Learn new things
- Be part of the community.



We can show the government this research so they know why peer support is good.

## Ways we can do things better



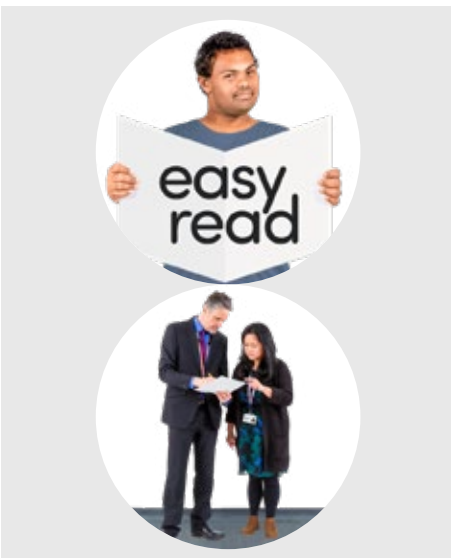
There are ways we can do things better at CDAH and DDA.



We can keep finding ways for people with disability to do peer support.

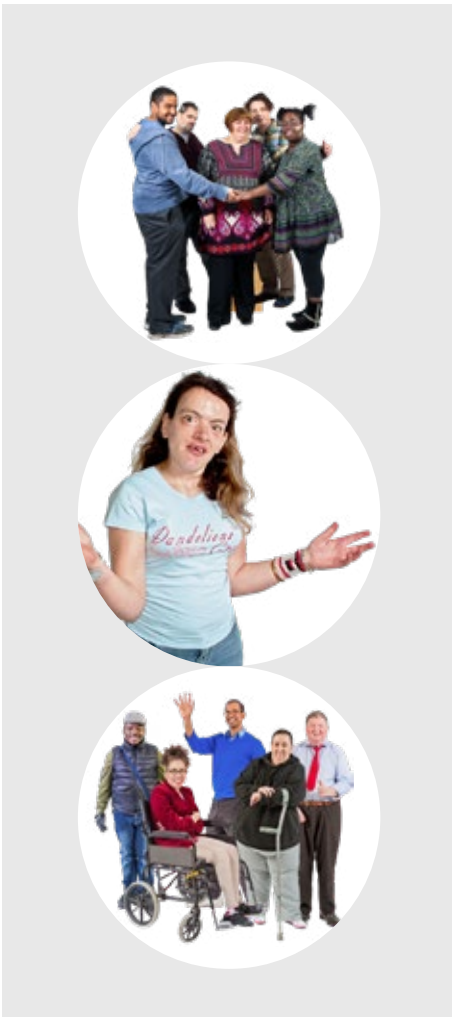


We can give more training to our researchers with lived experience.



We can make sure

- All our information is accessible
- We check our information every year.



We can check our training.

We can make sure it talks about

- How to keep everyone safe in groups
- What to do if something goes wrong
- The different types of disability people have gone through.



We can also talk to more people in the community about peer support.

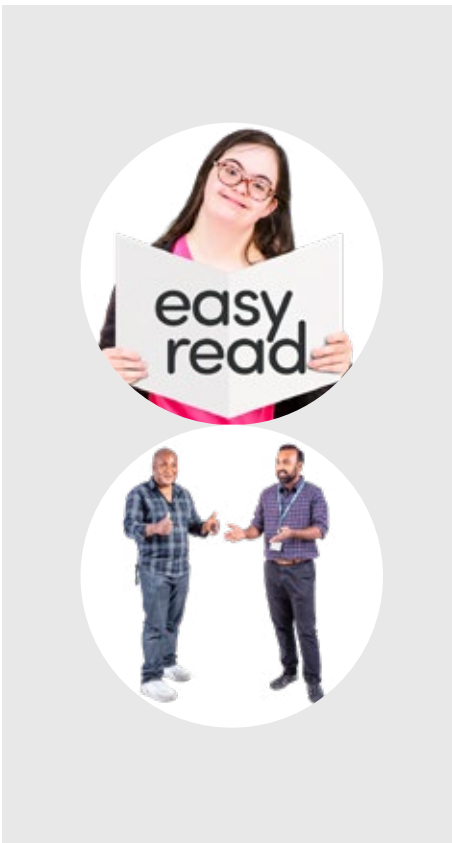


We should have researchers with lived experience of disability in all the research we do.

## How we tell people about the research

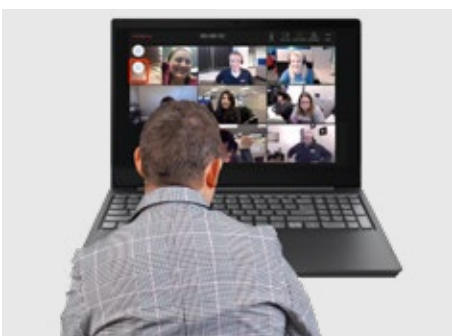


We need to tell people about the research in a way they can understand.



This means ways like

- Easy Read
- In different languages lots of people at DDA know.



We can have an online meeting to tell people what we found out.

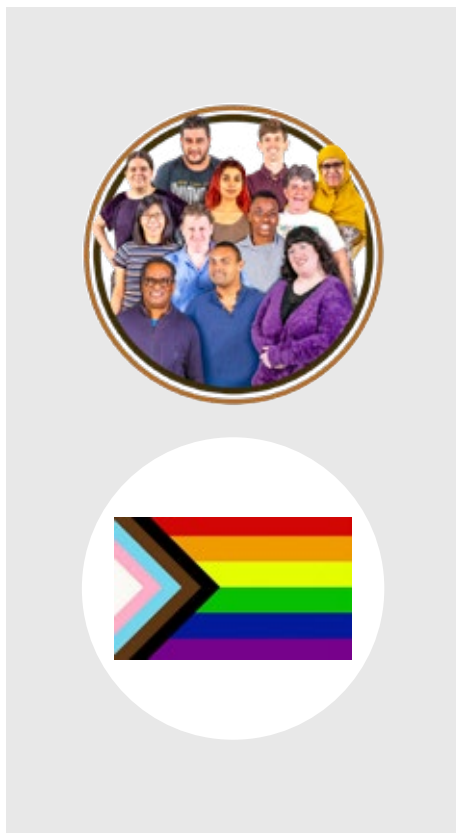


We will look into writing **journal articles** about the research.



**Journal articles** are important papers that lots of different people read.

## More research



DDA can work with our researchers to look more into what we were told by

- People who come from different cultures
- People who are LGBTQIA+.



We can do more research into how families can be part of peer support.

Council for Intellectual Disability made this information Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at [business@cid.org.au](mailto:business@cid.org.au).