



KidsLink – Connecting Young People on the Telephone

By: Anna Titmuss & Samantha Puffett



the spastic centre



Overview

- A teleconference Link up over a six week period
 - Seven young people with varying degrees of cerebral Palsy
 - Aged between 13 and 17
 - From metropolitan and NSW
 - 2 facilitators
-

Mutual Aid

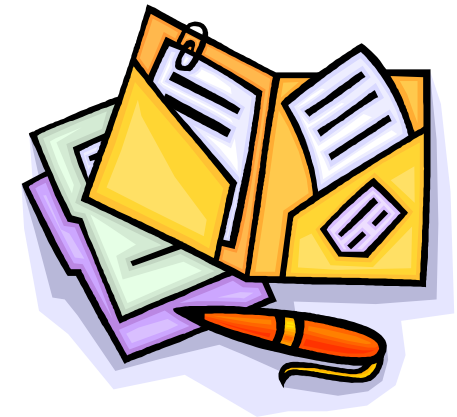
Emphasises the strengths of group members in their capacity to support each other through:

- Sharing experiences
- Reducing isolation
- Building trust
- Feeling understood
- Sense of belonging
- Positive insight



Manual – What is in it?

- Invitations and letters to parents
- Timeline for preparation and running of group
- Session plans
- Worksheets
- Further contact sheets
- Evaluations





Process:

- Session Planning and Content
 - Recruitment
 - Evaluation
-



Session planning & Content:

- Met with social workers
 - Session format: Role call, Purpose of session/intro of topic, Warm up activity, Specific activities related to topic, conclusion, ritual ending, goodbyes
 - Examples of topics discussed
-

Recruitment:

- Identifying group members
- Sent invitations/ letters
- Follow-up phone calls to interested respondents to clarify purpose of group and dates/ times of availability
- Manuals and headsets sent



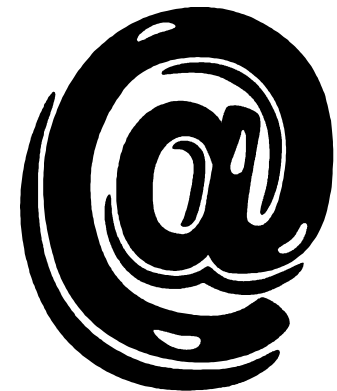


Evaluation:

- Forms based on previous telegroup evaluations
 - Sent forms to parents and young people
 - Follow up phone calls to parent and young people
 - Collaborated responses
-

Positives from group:

- Establishment of a sense of group cohesion
- Requesting email correspondence during first session
- Mutual support
- Sharing common issues along with strategies
- Future contact
- Positive feedback during group time



Issues that Arose:

- Communication breakdown
- Distressed group member
- Group for young people being facilitated by adults.



Feedback Process:

- Phoned participants & parents
- Sent survey forms
- Made follow-up phone calls
- Feedback was positive





Where to from Here for Young People?

- Group – e-mail, meeting, informal telephone contact
 - Organisation –teleconference with young people, face to face groups, Y-Connection, further projects
-



Contact Details

- Samantha Puffett – spuffett@tscnsw.org.au
 - Anna Titmuss – atitmuss@tscnsw.org.au
-

I would just like to say a
"HUGE" THANKS to you

all for giving me the
Chance to see that
we do have a very
special gift that ^{will never be} stoped
no matter what happens!

love you lots
and many hugs
and a huge thanks
to you all that
made it possible

PvU

xox

KidsLink