

Our Theory of Change

Able Australia's work is needed as society creates barriers to participation for people with disability, who have different needs and ways of communicating.

We recognise that the problem lies with society, and not with our clients, and that by creating the right environment and offering the right opportunities, our clients can live the way that they want to and participate in society with meaning and purpose.

We address this problem through our work, including:

- Supported independent Living
- Specialist Disability Accommodation
- Deafblind communication support
- Individual capacity building
- Community participation
- Positive Behaviour Support
- Deafblind Research and Advocacy
- Sector Leadership

Able's aim is to ensure that people with disability can live the life they choose.

We deliver this through a focus on both client and systemic focus: Our client focus leads to outcomes of independence, self-confidence, self-advocacy, belonging and inclusion. Our systemic focus leads to equitable access.

Our key impact areas for **clients** are as follows:

1. We create self-direction:

By offering clients the opportunity to choose and explore options in the way that they live each day. Over time, this builds client capacity and increases the self-identity and belief of clients, which in turn creates a sense of self-belief and the ability to support oneself to the best of their capabilities. Thereby we create **independence** with and for our clients.

2. We create emotional wellbeing:

By acknowledging and encouraging a self-awareness of feelings, clients are better able to understand their own feelings and are better able to confidently express their emotions, leading to greater feelings of **self-confidence**.

3. We facilitate self-expression:

By supporting clients to identify their needs, they are increasingly able to express these, and then increasingly able to advocate for themselves, leading to an increased ability to **self-advocate**.

4. We create social connection and well-being:

By clients being offered opportunities to connect and become meaningfully involved in society and with others, they improve their relationships, are increasingly included in the community, thereby enjoying a greater sense of **belonging and inclusion**.

Our key impact areas for our **systemic work** are as follows:

5. We create:

Deafblind knowledge;

Community connections and Communication access; and

Advocacy and awareness

which all lead to the outcome of Equitable access.

Through these three areas of focus, we serve to create evidence-based knowledge around the needs of people with deafblindness and disability more generally, which we use to create awareness and as a basis for advocacy for these clients. Through this increased awareness we influence society and systems to enable greater access to services and supports; and thereby, fairer access to the community for people with disability, creating more **equitable access** within society.

Able's work delivers *Better Days, Every Day*, with and for people with disability.