

# Keeping Connected

Creating possibilities post high school

## Resources



### Takeaway Tips

Social connectedness plays a vital role in the mental health of our young people. It can be enhanced by developing links within the community. This involves finding ways to build bridges with your young person to promote these links. These links mean developing meaningful and valued roles.

These roles must be aligned with the young person's vision. In a post High School context, these might be extensions of employment, volunteer work, or an interest pursued within a young persons' local community.

Often establishing a circle of support to explore opportunities aligned with a young adults' passions and interests can lead to greater social connections.

In a local community, you find naturally occurring interest groups, and volunteer activities such as: Bush care, meals on wheels, helping at animal shelters.

Safe use of social media also can play a major part in staying connected such as WhatsApp groups, Instagram, Tik Tok and Facebook.

### Links from Guests from Webinar

#### Richard Habelrih

[Autism Mates](#) – Inclusion Is Our Mantra

[Timmy The Turtle](#) – Autism Mates

[Products – Autism Mates](#): To purchase Richard's delicious Chocolate Freckles and other items.

[Autism MATES](#) | Facebook

Autism MATES ([@autism\\_mates](#)) • Instagram photos and videos

Richard & Randa ([@autismmates](#)) TikTok | Watch Richard & Randa's Newest TikTok Videos

[Stellar Experiences](#) – Be part of the Experience

Richard Habelrih





Ash Magic

## Ash Hodgkinson (Ash Magic)

[Ash Magic](#) - YouTube

Ash Hodgkinson ([@ash.magic](#)) - Instagram photos and videos

Ash Magic ([@ashmagic](#)) Official TikTok | Watch Ash Magic's Newest TikTok Videos

[Real Magic by Ash Magic](#) - Penguin Books Australia – Purchase Ash Magic's book 'Real Magic'

[Watch RFDS Online](#): Free Streaming & Catch Up TV in Australia | 7plus – Watch Ash on Channel 7 show 'Royal Flying Doctor Series'.

## Marusha Pride

[Marusha's video](#) 'I have the Power' a film by Marusha

[Flash dance with Marusha](#) – To celebrate NSW Women's Week, Marusha performs in a surprise flash mob in Circular Key March 2021

[CREATE wants to Snap that Stigma for care experienced young people around Australia](#) - "Treat me like you would talk to a 21-year-old which is what I am". #Snapthatstigma featuring Marusha.

Marusha Pride



Aaryan Shah

## Aaryan Shah

[Cerebral Palsy & Climbing a Mountain](#) | How our Biggest E ([amazon.com](#))

Listen to Aaryan Shah's podcast sharing how he has climbed mountains, surfed, given a TEDx talk stayed positive and much more.

[Triple H 100.1 FM, 2HHH 100.1 FM, Sydney, NSW](#) | Free Internet Radio | TuneIn

Join Aaryan and the team 'The Bench' between 6pm-8pm every Friday evening discuss the latest in sport. This is a community Radio station based in the Hornsby –Ku ring gai Area of Sydney.

[2ser 107.3 FM - Google Search](#)

Aaryan Shah is executive producer (under Sean Britten) researching topical speakers and organising volunteers. This program airs every Friday 9am-12noon.

[Clubs and Societies - Uni Life | MQ Sydney](#) As shared by Aaryan in Webinar, the variety of clubs and societies are available to join at Macquarie University.

## Michelle Foster

[FRIENDS MATTER-Social Communication Skills for Young Adults](#) – Main homepage for 'Friends Matter' Social Communication course.

[FRIENDS MATTER-PEERS® Courses](#), Links and Information – Includes links, contact number and more information about Michelle's Social Communication course.

## Safe use of social media

[Social media benefits & risks: 9-18 years | Raising Children Network](#) A website that offers some basic information for teenagers regarding use of social media.

[Protecting voices at risk online](#) | eSafety Commissioner – Cyber safety information specific to People with Disability and other groups at risk.

[Living with disability](#) | eSafety Commissioner – From the eSafety Commissioner – Tips on how to stay safe online.

[Lesbian, gay, bi, trans, intersex or queer | eSafety Commissioner](#) - Information regarding online safety advice, support and resources for LGBTIQ+ community.

## Social connection services

[Home - The A List \(alithub.com.au\)](#) – An online platform allowing young people on the Spectrum and their families to search and book ‘Autism-friendly’ activities around Australia.

[Stellar Experiences – Be part of the Experience](#) - Supported social outings and experiences including travel for 16–35-year-olds in NSW and QLD.

[Circles of Support - The First Gathering - Imagine More](#) – A great resource with pre-recorded videos explaining how we can implement ‘Circles of Support’ in your young person’s post school journey.

## Developing vision

[Developing a Vision](#) – An article by Colleen F. Tomko describing the importance of creating a vision.

[11218-Clarity-of-vision-Wendy-Stroeve.pdf](#) (family-advocacy.com) Family Advocacy article by Wendy Stroeve on creating a vision.

[Creating-a-Vision-Statement.pdf \(ric.org.au\)](#) – A useful guide from Resourcing Inclusive Communities -an initiative of Family Advocacy

## Ways to connect with community

[NSW Volunteering](#) - NSW volunteer website with helpful information

[Disability \(lgnsw.org.au\)](#) – NSW Local Government information on requirements for providing access to facilities and services to enable people with disabilities to fully participate in their local communities.

[Bushcare Volunteers](#) | Taronga Conservation Society Australia - Volunteer opportunities linked with Taronga Zoo- (no direct contact with animals)

[Other Volunteer Programs](#) | Taronga Conservation Society Australia

[Landcare near you — NSW Landcare Gateway](#) – this group works with and through regional Landcare groups across NSW, website for finding a local group near where you live.

[Bushcare and Landcare Volunteering – AABR](#) – website to assist you to find nearest location through your local council. Range of Bush volunteer jobs described.

[OzHarvest Volunteer | Find out how to become a volunteer with us](#) – Sydney based organisation that rescues food, produces food hampers and has 1,400 volunteers across Sydney in a range of roles. (Accepts young people doing their Duke of Edinburgh Awards as volunteers)

## Articles

[Enhancing Connectedness in Australian Children and Young People \(sueroffey.com\)](#) – A journal article highlighting the importance of connectiveness in the lives of children and young people.

[PowerPoint Presentation \(nds.org.au\)](#) – Explanation of Community Development and its importance to people with a disability.