



**AQA**

*Resourcing you to live well*

**AQA Victoria Ltd.**

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**BROUGHT TO YOU IN  
PARTNERSHIP WITH:**



## BE A BUDDY ON A SKILLS FOR INDEPENDENCE COURSE !

*A buddy is a volunteer who comes along to make sure everyone gets the best possible experience out of the course. Buddies are there to learn, assist, listen to, and encourage all course group members – participants and fellow volunteers included.*

We need your help to deliver community based and residential, peer-led Skills for Independence courses for people in Australia with spinal cord injury (SCI) or similar physical disability.

Courses provide the opportunity for people with SCI or similar physical disability to develop new skills (such as wheelchair skills), talk to people in a similar situation and challenge themselves in a safe environment. The peer-led courses will enable participants to build confidence and independence in a variety of life skills relevant to their goals, allowing both volunteers and participants to expand their understanding of what is possible.

Skills For Independence residential courses are typically held over 5 days/4 nights. Module topics may include: wheelchair skills and transfers, bladder and bowel management, exercise and activity / sport and recreation, travelling and staying away from home, body image and intimacy / sexuality & relationships, pain and fatigue management, goal setting, mental health and emotional well-being post injury, and more.

### WHAT DOES A BUDDY ROLE INVOLVE?

- Building relationships, supporting and encouraging the whole team (you will not be matched up with one individual)
- Providing practical assistance and generally helping the course run smoothly
- This role would suit a sociable person who is flexible and helpful, a good listener, patient and sensitive

### WHAT SUPPORT AND TRAINING DO BUDDIES RECEIVE?

- Full information about spinal cord injury, the course, and your role
- Support, guidance and feedback from the Course Coordinator, group leaders and other experienced volunteers

### Are you interested in being involved in this project as a buddy?

Please register via the QR code or get in contact with our team.

Call **(03) 9489 0777**

or email the Project Manager Larnie Ball: [larnieball@aqavic.org.au](mailto:larnieball@aqavic.org.au)  
to arrange a time to discuss in further detail.



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