PHOTOS ABOUT WORKING TOGETHER

RELATIONSHIPS AND RECOGNITION
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What is in this book?

This book tells a story in photos. It talks about what is important to young people with cognitive disability and support workers in their work together.

Why did we make this book?

The photos in this book are a part of a research project about working together – it’s an important part of a bigger story.

Who’s in the book?

42 young people with cognitive disability and their chosen support workers were involved in the project. They came from six different parts of Australia.

40 pairs contributed photos for this book.

How did they come up with such great pictures?

The pairs talked to us first about the places they go, and the things they do together. They made maps of the things they liked to do. Young people and workers chatted to us on their own, and together.

Then, the pairs spent a few weeks taking photos together. They took a lot of pictures of the things that they do together, and the things that the young people are good at. They also had a lot of ideas about ways to show how they felt about each other.

We came back and talked to people again about which pictures were important to them, and which ones told a story about their work together. They picked some photos for other people to see too. These are the pictures in this book.
About the Project

The work that the pairs have been doing is part of a big research project.

In the research, we are finding out about what helps young people with cognitive disability and support workers in their work together. We want to know:

When do they feel that they care for, respect and value each other?

What happens when they don’t feel these things?

The project has four stages. They are:

1. To look at what is already being done to help young people feel cared for, respected and valued in their relationships with their support workers.

2. To do research with young people and support workers about how they work together, and what they think is important in their relationship.

We are up to this stage of the project

3. We will take what we've learnt and make a survey to ask other young people and their support workers if they feel the same way about their working relationships.

4. We will work out what is new and important about what have learnt. We will write up what we find out, and have workshops to tell people what we found.
This research is important because laws and policies are moving towards supporting strong relationships in people’s own communities, including with individual support workers.

The National Disability Insurance Scheme is going to be very important for doing this. However, little is known about how to achieve this. This research might find some answers.

In looking at relationships from both sides, we hope we will find out about what is important for young people, and for workers, and how their priorities come together in their relationships.

To make sense of what we are seeing, we are using social geography and recognition theory.

Social geography is helping us to understand the places and spaces where the relationships are happening. This is important because the places people go, and the things that they do have a big effect on the sorts of relationships that they have.
Axel Honneth wrote about recognition theory. He believes that if someone is cared for, respected and valued, they will feel good about themselves. Other people will see they are important too. He calls this ‘love, rights and solidarity’.

Feeling these things helps people feel important and included. They start to see how they can make life better for themselves and others. Honneth calls this ‘developing their identity’.

But it’s not always that easy. Honneth and another academic, Nancy Fraser also talk about misrecognition. This is when someone is not cared for, respected or valued.

When misrecognition happens in a relationship, people don’t get a chance to develop their own identity or see how important they are in the world. Other people can’t see their importance either.

We are using these ideas in our research when we ask:

**How do young people and their support workers understand and experience their relationships in a range of spaces within local communities?**

and

**Which aspects of these paid relationships contribute to the ongoing identity formation of young people with cognitive disability?**

By asking these questions we hope to tell from looking at the information we have collected from people that there are some things that people should expect in a good quality relationship. These are called ‘conditions for recognition’. They include things like: care; respect; value; acknowledging capability; having freedom to choose; and agency.

If you would like to know more about the research, or to read our papers as they are written, you can keep track on our website: rcypd.edu.au/projects/r/
Our thanks to all of the young people and their support workers who have shared their expert knowledge with us in this project. We have learned so much from what people have told us matters to them in their work together, and the ways they have shown this to us in words and pictures.

This project was made possible with the support of the following organisations, who generously hosted the project in six different places. We thank them too. They are:

This book is part of an Australian Research Council project, Young people with cognitive disability: relationships and paid support. The university researchers are from are Southern Cross University, University of NSW and University of Dundee. They are working together with community partners from New South Wales Family and Community Services (Ageing, Disability and Home Care), Northcott and National Disability Services.
The next sections of the book show the photos that the 40 research pairs took in the project.

Each pair chose three photos they would like to share, and wrote captions that tell the story behind their photos.

Everyone agreed to have these photos in the book. Some people wanted to include their names, but some people did not want to have their names in the book. So we can keep it private for those people, we have not used anyone’s names (except where they asked us to).

So people can find their own photos, we have organised the pairs’ work in alphabetical order. Each pair is listed using the first letter of the young person’s name.
Cooking with my friends – it’s a recipe for friendship!
Love sharing my interests with others.

Learning the insights of being a young woman through Sex and the City. I love my chick-flicks.
Planting seedlings for a plot in the Torquay Community Gardens. Hopefully we’ll have some veggies for our pasta.

Going to the shopping centre for a look and to meet and chat with people.
Enjoying some free time at the Anglesea pirate picnic area.
Brooke and Joy share a love of cats. Brooke drew her Boof cat to show Joy.
Joy: Hey Brooke can I have sandwich please?

Brooke: No you’ve got to wash your hands first. They keep each other in line.

The three mop heads. We have lots of laughs together.
Kerry and I do our nails. I do Kerry’s nails better than she does mine!

I feel happy when Kerry does my hair in a do.
One of my goals: keeping in touch via email. I’m sending an attachment.
Before I start work in the shop in the morning we have our hugs. It makes me feel loved.

Lydia works with Carla and I in the shop, she is my best friend.
Dancing in the shop to James Blunt is great fun.
This is a photo of me and my key worker Reuben from Northcott. Reuben supports me in the Vocational Skills Program.

Reuben helped me get my Learners for a car and soon got one for the bike too.
I attended the gym with Reuben as part of Northcott’s Healthy Lifestyles module. I enjoyed the gym and did very well. Enjoying the gym is something Reuben and I have in common.
Louise is helping me study for my L’s.
Sometimes I like to smash Louise in the head with the racket ball, but she moves out of the way too quick. Sometimes she gets me back.
Love and life brings me confidence.
I feel like a champion. Touch footy is what I played since last year.

This ring I got for my birthday and I made a bracelet at a beading course.
Hannah and Jo with one of the birds from Pet Stock. His name is “Poppet”
I love holding the Pets at Pet Stock.

Jo puts Tigger Tiger on Hannah in the morning to wake her up.
Hannah and Jo love punching with the dumb bells together. Exercising is fun because we make it a competition.
Hannah the Master Chef.

Hannah the lover of all animals.
Peek-a-Boo.
I like having fun with the kids at the library.
I like helping out with the cups and writing the names.

In charge of the stretching and breathing.
Harrison and Nathan at Torquay Point, Victoria, celebrating an opportunity to walk to a low tide point.

Nathan, me and my brothers, the KABLE buses Fonzie and Rocky (Bruce the bus is missing).
Harrison and Nathan at one of the intersections on the Big Rock loop track at the You Yangs National Park in Victoria. Harrison assisted to lead the group correctly around the 3.5km trip.
I love nature. Makes me feel happy.

Yummy conversation.
I like spending time with my friends.
This is where I first met Davina, and where I got into the NDIS, and where I am finding what I want to do in the future.
Davina is very important to me at Northcott, she is my key worker.

Jason goes to church to respect his religion.
This is just John and I, playing gigs. This is how we get to hang out outside of the service.

Vincent and I teaching everyone how to warm up before you play drums. John doing his thing.
The whole band’s involved. We have fun, but I’m watching what everyone’s doing.
Jonathon bowls with his friends. Jonathon is very independent. He pays by himself, puts his name in the computer and knows when it is his turn.
We had fun working together with the group, making scarecrows for the community garden.

We worked together to screen-print our pillowcase. This was our first time screen-printing.
I have lots to learn about running the soundboard and computer for my show. Here Robyn is showing me the ropes.
The is me and Linda on air together. Linda was very nervous at the start, but I helped her through it.

This is me working at Richmond Valley Radio (88.9FM), as a presenter on my own show “Field of Gold” on Wednesdays with Linda and Robyn.
Girls talk over the boyfriend issues!
Working my NDIS plan – I want some service – “I’d have to write for permission for a photo” said the NDIA planner.

This is how we roll.
We are good friends, taking Snapchat selfies together. Have lots of fun together.
It’s pretty good, doing woodwork together. Lee is making a Marvel Spiderman sculpture at the Men’s Shed.

We had lots of fun at the Local Show. It was great to see our woodwork on display. I felt good and happy.
We worked together as a team to perform a play in front of everyone. Cheryl and Luke were both characters in the play.
It was really fun being a part of the music program. I learnt other instruments as well – (Luke referring to the music program run by Cheryl).
Posing like a model for the photo, while pricing clothes in the shop.
Trips in the car with Carla doing things for work is great fun because we do crazy stuff, singing and laughing.

Lunch at work is a time to relax and enjoy good company and good food.
Collecting rocks and watching the water.
Listening to the water falls.

Walking and talking together.
At the Monster Truck Show. This was a time when we were both really happy together.
We did a lot of planning together to make this trip happen. We got VIP tickets to meet my No 1 driver of Monster Trucks.

Matty and Pete do a really useful job at the library, getting books ready to send to Vanuatu.
In this photo I am learning the closest bus and how to get on and off a bus independently.
I am learning with Leanne’s help how to defrost food quickly and safely, and cooking new recipes. This means a lot to me as I want to end up cooking independently.

In this photo Leanne is teaching me to do shopping online, so no matter the weather I will have food.
Romeo & Juliet.
It's not the size it's how you use it. Nick ...the hero within.
Neralie joins in on Nakia’s programs and we both have fun.
Nakia: It makes me feel happy when Neralie brushes my hair. It’s also important for me to look nice.

“Get me Neralie!” – This is a game we love to play where Neralie sprinkles me with water from her water bottle.
We chose this photo because it shows how we are in love.
Kaz is part of both of our families, and supports us.
We go out just as friends, just because we can, and we like each other.

Big warm hug makes your heart go ‘boom’. Catching up with Kaz’s family.
We have a good time together, talking about guy stuff. Our tea ritual is very important to both of us.

The library is like a second home to me. We try and cram a visit in every week.
This is a good friend of mine. He's part of our group. The three of us enjoy our time together. It's happy.
Casse-CROUTE is one of our favourite places to go. We get along well with the owners.

Wishing a happy birthday with a selfie to one of Ryan’s favourite people (but it’s not Connor!).
DJ Fuzzy Logic was asked to do the music at the Futures Fashion Event in Melbourne. Hughesy did the catwalk as Ryan played ‘I’m Too Sexy’.
Sampson and myself developed a good connection. I made a connection that I never have before. I felt happy and proud I completed the flicka program. I felt I grew a lot of confidence.
I took a walk with Ashlee to collect my reference from my work experience at The Salvos. It was a great honour to work there and I liked sorting the tapes, books and magazines. I had a good experience of the Bric-a-Brac. I enjoyed the cardboard crushing and stock rotation. Ashlee saw things I didn’t notice and helped me (Steven at work experience at Coles).
Sarah and crackers – we like it when we talk.
Sarah has been sick this week, and I haven’t seen her at all.

Sarah and Marcus after driving home.
Here we are at Maccas paying a bet when Steves AFL team West Coast Eagles play my AFL team Tigers we have a hot chocolate bet. The loser pays for a hot chocolate to the winner! Steve always wins lately so here we are Julie. His Support Worker paying the bet.

Steve cleaning the meat shelves, Steve enjoys wiping the shelves clean in readiness for the customers.
Then after catching the bus it was off to the movies to see "Ghostbusters" Steve was feeling happy about being with his mates sharing this experience.
Due to the NDIS being rolled out now, Richard and I decided that this requires heavy thinking and discussion between the two of us. Like our discussions on the NDIS, we both enjoy discussions on varied subjects, normally current news and events.
This Sand Castle was found on a walk in the middle of winter next to a river, the randomness of the construction being found where it is, resembles the way in which Stuart and Richard have conducted an experiment which tests how something out of place can have such an effect on each other.

This photo has been modified and edited to show the “creative” ideas which we have between each other, most of which are either impossible or very, very stupid.
Tash finding a recipe to cook for the day and add to her cookbook.

Tash’s second day at the red dove cafe, she said “She did good that day”.

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Tash reading a book that she borrowed from the library.
Me & you and you & me.

My lifeline.
Greer my BFF.
Under the water, away from everything. Relaxed and happy.
I'm a strong woman at swimming.

Sammi took a photo of me and her together.
Soccer was a great day. It was a close game and I led in the first half, but got caught up in and lost.
I eat something healthy before the game.

I like to train hard before the game starts. This is the game I’ve been looking forward to.
Mine and Frank’s secret handshake.

Shooting some hoops at TimeZone.
Laughing as I try to beat Frank at Pac Man.
Having a good time, making each other laugh.

Having a rest whilst riding the three-wheeled Harley Davidson.
Going for a strike, trying really hard to win a trophy for our team, the Datsuns.
THIS BOOK TELLS A STORY IN PHOTOS.

IT TALKS ABOUT WHAT IS IMPORTANT TO YOUNG PEOPLE COGNITIVE DISABILITY AND SUPPORT WORKERS IN THEIR WORK TOGETHER.

THE PHOTOS IN THIS BOOK ARE A PART OF A RESEARCH PROJECT ABOUT WORKING TOGETHER – IT’S AN IMPORTANT PART OF A BIGGER STORY.