



How's it Going? E pēhea ana?

Opening Up Great Conversations



CCS
disability action

Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KĀTOA



What is How's it Going? He aha te kaupapa o "E Pēhea Ana?"

HOW'S IT GOING?™ is a conversation tool that can support you to work out whether you're living the life you want. You can use it to think or talk about where you are and where you want to be. It's about identifying the things that are going well in your life and the things that you want to improve or change.

How's it Going? involves a process of self-reflection with a set of statements as a guide. You can choose which statements you answer and there are no right or wrong answers.

“ Using How's it Going? revealed that some big things I thought were barriers in my life didn't have to be with creative thinking. It was a really useful tool to help me think about where things are at for me. ”

Person we support

How Can You Access How's it Going? Ka pēhea tōu whakauru atu ki te kaupapa "E Pēhea Ana?"

HOW'S IT GOING? is free for anyone to use. You do not need to be supported by CCS Disability Action.

There are many different ways that you can access it. You can complete the statements by yourself or with a trusted family member or friend. CCS Disability Action can support you to complete it if you think that would be useful.

It is available to use as a free mobile application, on our website, or, if you are supported by CCS Disability Action, through your main contact.

How's it Going? is available in hard copy or on our website in English and Te Reo Māori.

You can download the free mobile app to an Android or iPhone phone. Enter 'How's It Going' via your Play Store or iTunes app.

It is also available on our website
➔ www.ccsDisabilityAction.org.nz



About Us Mō Mātou

CCS DISABILITY ACTION is a nationwide organisation that provides support and advocacy for people with a disability.

We work in partnership with disabled people, families and whānau to support them to have choice and control in their lives.

As well as creating individually tailored supports, we work in communities to identify and remove barriers so that all people can lead positive and connected lives. We also lobby and advocate for local and national policies that ensure disabled people's rights are upheld.



What How's it Going? Can Offer He aha ngā hua o te kaupapa o "E Pēhea Ana?"

SOME PEOPLE HAVE used How's it Going? to:

- Talk about their life.
- Think about where they want to be and what they want to do.
- Set goals.
- Change how people work with them.
- Give other people a clearer idea of what they want to happen in their life.
- Help to plan their future.
- Be heard.


Get in Touch

Whakapā Mai

If you would like to learn more about How's It Going?™ or if you believe you or your family need some support, information or advocacy feel free to contact us directly.

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