

# Dis-ability *or* Diff-ability

#DifferentAbilities  
#WeAreAllTheSame

#FreeResources



## **Disability – Equalness and quality of life for all**

This edition of the FABIC newsletter brings the topic of disability to the fore and what having a disability can mean for everyone, including the individual, their friends, family and carers and society at large.

It is important to recognise that having a disability or supporting someone with a disability does not mean you have to shoulder the impact all on your own. This newsletter offers an opportunity to increase your awareness of the support options available as well as the many implications of having a disability.

The team at FABIC are well aware of the impact a disability has and the massive changes it can bring to all concerned, including changes in behaviour by those impacted, whether they be preferred or non-preferred. Senior Behaviour Specialist Tanya Curtis has covered extensively how the disability industry can hugely benefit from the principles and approach the [Body Life Skills program](#) offers as based on [Functional Behaviour Assessment](#).

Additionally, FABIC has a wide range of resources to support with disabilities, including a selection of free ones. Of special note:

### **FREE RESOURCES:**

- [FABIC Blogs on Disabilities](#)
- [Free YouTube Videos to support with Disabilities](#)
- [FABIC Audios on Disabilities](#)
- [FABIC Products to support with Disabilities](#)
- [FABIC Newsletters](#)

### **FABIC SPECIALISED DISABILITY SERVICES**

The Team at FABIC are specialised in the support of disabilities through the services offered, including (further details in the newsletter below):

- [Short Course: An Introduction to Body Life Skills \(FABIC.study\)](#)
- [FABIC Specialised Disability Services](#)
- [Understanding and offering lasting behaviour change with \*\*Behaviour Specialist\*\* and \*\*Behaviour Counselling\*\* services](#)
- [Support with speech disabilities and difficulties through the \*\*Speech Pathology\*\* service](#)
- [Support with disabilities which impact the ability to carry out functions in everyday life through the \*\*Occupational Therapy\*\* service](#)
- [Support with mental and intellectual disabilities through the \*\*Psychology\*\* service](#)
- [Any formal identification of disability through the \*\*Assessment\*\* service](#)



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## Fabic Blogs on Disabilities

Having a disability can trigger a lot of emotions and turmoil, particularly when there is a sense that with a disability you are not an equally valued member of society but rather a burden to it.

*This is not how FABIC approaches anyone with a disability. Instead, at FABIC we know that no matter what you are able to do, everyone is equally an adorable lovable being that deserves nothing less than being held as such.*

We have selected some articles below which may support you when dealing with the changes a disability can bring.

## Dis-ability or Diff-ability

#DifferentAbilities  
#WeAreAllTheSame

### [Dis-Ability or Diff-Ability](#)

Tanya Curtis shares her experiences of treating those with disabilities and how she sees everyone as equally the same, disability or not.

[Read](#)



## The difference between seeking relief and addressing the root cause

Senior Behaviour Specialist Tanya Curtis introduces the difference between seeking relief from an issue versus addressing its root cause.

[Read](#)



## You are not your behaviours – seeing people for the Awesome, Amazing, Lovable being they are

Behaviour Specialist Tanya Curtis presents the importance of seeing people for the Awesome, Amazing, Lovable being that they naturally are.

[Read](#)



## How Occupational Therapy and Psychology can support improved mental health and well-being

We share how you can support yourself or a loved one experiencing a mental health issue and utilise the support available at FABIC.

[Read](#)

[View More Blogs](#)



## Free YouTube Videos to Support with Disabilities

We have selected a range of videos that pertain to what you may experience when being diagnosed and living with a disability.



## Tanya Curtis — The Importance of Meeting a Client for Who They Are

FABIC founder and Senior Behaviour Specialist Tanya Curtis speaks at the Australian Counselling Association 2013 Conference on the importance of meeting the client for the awesome, amazing, lovable being within rather than labelling them as their behaviours.

Watch



## Treating Autism Spectrum Disorder from a Behaviour Specialists Perspective

Tanya is widely known as the 'I Wonder Why Lady'. When a client presents with anxiety, she becomes a detective and explores with them what parts of life they perceive they do not yet have the skills to respond to. And this does not just apply to those with ASD but to us all, as we can all at times experience anxiety.

Watch



## The Impacts of the Body Life Skills program on Our Economy and Society

Tanya Curtis explains how the Body Life Skills program can offer true and lasting behaviour change. It can save money and time without the need for relief-based strategies and short-term solutions that don't address the root cause of why the behaviour is occurring in the first place.

Watch



## Autism Spectrum Disorder — Going Beyond the Label

Senior Behaviour Specialist and Counsellor Tanya Curtis talks about her experience working with people with a diagnosis of Autism Spectrum Disorder and the foundational principles she applies to truly support them.

Watch

[View More Videos](#)

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## Free SoundCloud Audio to Support with Disabilities

[We are Human Beings – not Human Doings](#)

We are not our behaviour – a crucial understanding if we are ever going to truly change our non-preferred or unwanted behaviours.

[Listen](#)

[View More Audios](#)

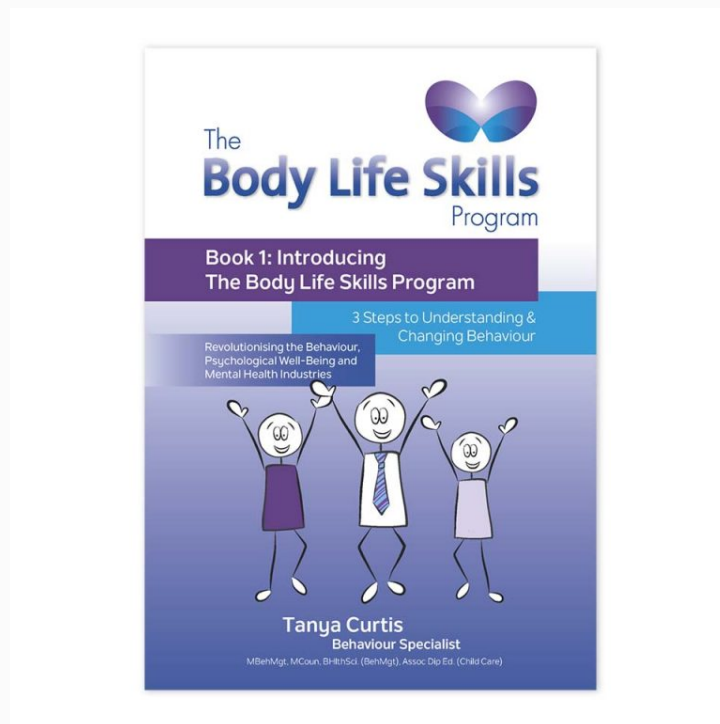
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## FABIC Products to Support with Disabilities

FABIC has a wide range of products suited to almost any situation in life. Having a disability brings a lot of change and needs simple and clear communication of how you are during that change. We have chosen a few products that are particularly suited to support in this instance.



### The Body Life Skills Program: Book 1

Book 1 of [The Body Life Skills](#) series introduces the whole program and methodology, set to revolutionise the areas of behaviour change, psychological well-being and mental health. It is for all those ready and willing to take an honest look at the current approach and realise that we need another way.

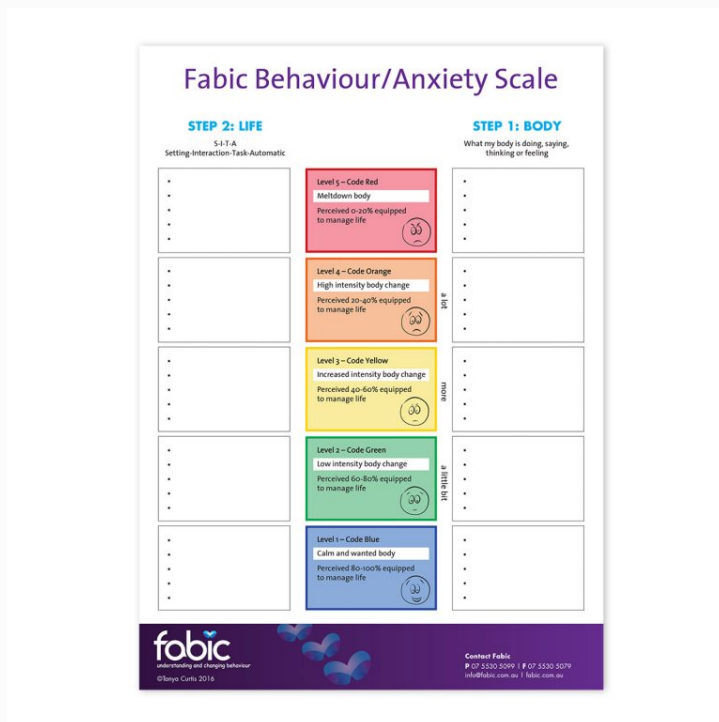
[View & Buy](#)



## Full Package of Communication Cards

Communication cards are a simple way of communicating with others how the person wearing and/or displaying the card is experiencing life at any given moment.

[View & Buy](#)

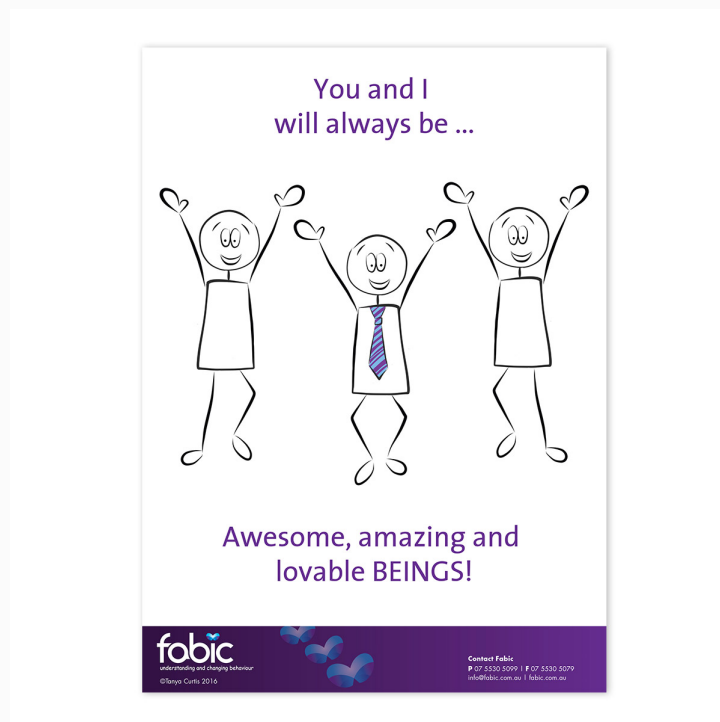


## Behaviour/Anxiety Scale with Faces

**The main purpose of the FABIC Behaviour/Anxiety Scale is to bring understanding to a person's non-preferred or unwanted behaviours.**

This scale offers a visual communication of what a person may be experiencing in a particular situation in a way that is accessible to everyone. This tool supports and simplifies the application of the [Body Life Skills Program](#) in daily life.

[View & Buy](#)



### You And I Will Always Be Amazing

This poster is intended to support the understanding that we are all equally awesome, amazing and lovable beings, regardless of any behaviours that might well benefit from being addressed. We are NOT our behaviours!

[View & Buy](#)

[View More Products](#)



## **FABIC Specialised Disability Services**

FABIC Behaviour Specialist Centre consists of a world-leading team of experts and specialists in the fields of [Behaviour Change](#), [Speech Pathology](#), [Occupational Therapy](#) and the general mental health field.

FABIC offers a wide range of services specialised in supporting a range of disabilities, including speech, mental disorders, physical or cognitive disorders and more.



### **Behaviour Specialist**

Whether you are experiencing extreme non-preferred or 'just' mild or moderate unwanted behaviours as a result of a disability, we offer specialised clinical services for all who aim to

identify the true root cause of why you or another are experiencing the behaviour in the first place.

[Book Now](#)



### Speech Pathology

The speech pathology service at FABIC is grounded in the understanding that difficulties communicating are blockages to the person's true potential coming forth and being expressed. Once the blockage is addressed, the true ability to communicate will often emerge of its own accord or can sometimes need targeted support to assist the person in drawing it out.

[Book Now](#)



### Psychology

At FABIC we offer psychology consultations for individuals of all ages who are experiencing a

broad range of all kinds of life challenges. Our psychology services are based on the latest research evidence for a range of psychological interventions in the treatment of behavioural concerns and mental health dysfunction and disorders. We work with all clients, from low-intensity right through to extreme high-intensity behaviours.

[Book Now](#)



### **Occupational Therapy**

At FABIC we offer occupational therapy services to support children and adults of all ages who are facing challenges carrying out activities of daily living. Barriers to participation in these areas of life may be due to physical or cognitive challenges, developmental delay, ageing, injuries or surgery as well as social and emotional issues.

[Book Now](#)



## Consultancy

FABIC consultancy services provide advice, intervention planning, education and mentoring to health and human services, schools, government agencies, disability services and organisations that interact with and support clientele who use non-preferred or unwanted behaviours.

[Book Now](#)



## Assessments

Our assessments are designed to identify a person's natural strengths and weaknesses across their various environments. This includes their cognitive development, academic achievement and other areas of development.

[Book Now](#)

Find out More



## Short Course: An Introduction to Body Life Skills (Fabic.study)

This short course offers an opportunity to learn the foundations of the [Body Life Skills program](#) that has been known to be hugely supportive for those working in the disability sector.

There are many behaviour change models – *but do they go to the root of the problem and do they offer **lasting** behaviour change?*

The Body Life Skills program is for those who are serious about **lasting** behaviour change and true answers as opposed to short-term solutions and quick fixes that don't last the distance. For many, the Body Life Skills program has been their last resort when they had all but given up and all other attempts at behaviour change had failed.

More Info



Here to support,



## Your FABIC Team



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# The Body Life Skills Program




[Body Life Skills Program](#)



[Clinical Services](#)



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