

What is *How's it Going?*

How's it Going? is a free conversation tool that can support people to work out whether they are living the life they want. People can also use it to talk, or think, about where they are at and where they want to be.

It is about people identifying the things in their lives that are going well and the things that they might want to improve or change. *How's it Going?* involves a process of self-reflection, using a set of statements as a guide.

CCS Disability Action first developed *How's it Going?* four years ago. We added new formats including Te Reo, Easy Read, Large Print, E-Text and braille and developed a *How's it Going?* mobile App. The App was recently recognised at the New Zealand Disability Support Network Awards as the 'Most innovative Technology/Research in 2014/2015', so we're thrilled that our efforts to make *How's it Going?* accessible have been recognised in this way.

To promote *How's it Going?* we have also developed a series of videos, collected stories and created information to share with disabled people and their family and whānau.

We had had some fantastic feedback from people who have used *How's it Going?* So we wanted to let you know how it works and where you can access it so that you can share this information with the people you work with. We hope you will share our enthusiasm and help spread the word in your community.

Who can use *How's it Going?*

While CCS Disability Action developed and trademarked *How's it Going?* the tool is a free resource and can be shared or used by anyone.

We created *How's it Going?* because disabled people told us they want more say and control over their lives. The content in *How's it Going?* is not specific to people who are supported by CCS Disability Action or people with impairment and disabled people. It can be used by anyone (or everyone)!

Where is *How's it Going?*

The CCS Disability Action website has a dedicated section on *How's it Going?* www.ccsDisabilityAction.org.nz/how-s-it-going. Here you'll find more information about *How's it Going?* and how to get the best from this resource.

- There are videos that explain what *How's it Going?* is, why you could use it and how it works.
- There are brochures you can download if you want to leave information with someone you support.

How can you use *How's it Going?*

How's it Going? is available to use as a free mobile App and for download in hard copy, in English and Te Reo, Large Print and E-Text. You can request a copy of the Braille version via our website from the CCS Disability Action Information Service. You can also use it online from our web site.

- Remember How's it Going? is a series of statements and it's not a survey. There are no 'right' or 'wrong' responses.
- It is not an organisational measuring tool or used for forming any judgments.
- How's it Going? is led by the person using it and the information belongs to them. It is up to the person using How's it Going? to decide what they share and talk about, and who they have conversations with.

We have been told by disabled people, their family and whānau that *How's it Going?* can make a real difference in people's lives. Try it out yourself to see what it's like. You might be surprised to find where the conversation takes you.