



**UNSW**  
SYDNEY

**SPRC**

Social Policy Research Centre

# NACBO Evaluation study

Final report

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[www.arts.unsw.edu.au/sprc](http://www.arts.unsw.edu.au/sprc)  
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## About this study



A study means we tried to find out things

This study is about a project

The project helps people with disability and their families get information and ideas about living a good life. This is called capacity-building

The project helps people take action for the things they want. This is called leadership



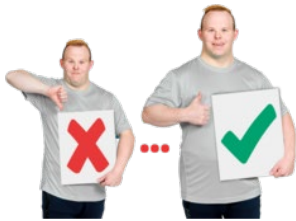
**NACBO** is a group of six organisations in Australia who do capacity-building



The people who did this study work at the University of New South Wales and Flinders University.



The study says what NACBO did well



The study says what NACBO what could do better

# NACBO capacity-building is for people with disability and their family members

This is the NACBO work:



- People with disability and their families go to NACBO workshops and get information about a good life
- They meet other people like themselves at the workshops
- They talk about what they want



- Then people talk about what they can do to have a good life
- Sometimes this talk happens with a NACBO worker



- Sometimes this talk happens with a group of people like them. This is called a peer network.



- People do things to help get a good life
- They talk about getting a good life
- Their stories help other people like them get a good life

## NACBO say a good life is when people with disability:



- Have the same choices in community life as non-disabled people



- Make their own decisions about what they want



- Do the same things as non-disabled people
- Are in the same places as non-disabled people



- Are liked and valued in the same way as non-disabled people

## What NACBO did well

### People with disability who went to NACBO:



- had more say about their daily life and their future



- had more connections in their communities



- could move to a home of their choice
- felt they belonged where they lived



- found paid work and other ways to help other people
- volunteered and were in community groups.



- Were leaders sometimes

## What this study shows

### Capacity-building makes a difference when:



People with disability are included in their community



The person with disability is at the centre of all decisions about what they want



The person with disability and their family and friends are part of the capacity-building



People with disability and their family and friends lead the change



## Things to remember



Capacity-building helps people with disability become part of the local community



People with disability and the people they trust must be part of capacity-building



Capacity building takes time



It can take time for people with disability to get the things they want in life, like good friends, proper paid work and home of their own

Capacity building is important at lots of different times in your life.

## How we did the study



The study used **co design**

**Co design** means people with disability and family members helped decide how to do the study



People with disability were in the study team and a co-design group



We talked to people with disability and family members who know NACBO



We talked to people who work for NACBO



We looked at other information about NACBO



More about the study is at:

<https://www.unsw.edu.au/research/sprc/our-projects/national-alliance-of-capacity-building-organisations-nacbo>