



Illawarra & Shoalhaven *DISABILITY NEWS*

Information about Disability and Services for People with Disabilities, their Families and Disability Service Providers

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October 2010

Tracey Takes the Ultimate Challenge

I would like to tell the world about my friend Tracey. Apparently she has multiple disabilities but this is a minor detail in Tracey's life. She has a positive vision and determination that is not evident in most people I know.

It was the May issue of this newsletter, the first newsletter that Tracey ever received, that caught her eye and captured her thirst for a sailing adventure. Tracey has a swag of accomplishments and is determined not to let age or disability get in the way of striving for a rich and varied life.

Michelle Kite is the Customer Relations and Marketing Assistant of Leeuwin Ocean Adventure Foundation. Michelle was so impressed with Tracey's enthusiasm at a recent telephone interview that she was able to offer Tracey a place on the 2010 Variety WA Ultimate Challenge. "Tracey has all the qualities we seek in our participants. She was highly recommended by her Employment Consultant Agency, Workskills. She is an individual who works hard and who is determined to achieve her goals."

The Leeuwin Ocean Adventure Foundation offers 15-25 year olds with physical, intellectual and/or sensory limitations the



opportunity to help sail the only tall ship in Australia on a five day Ultimate challenge ocean voyage. Michelle said that the Foundation was prepared to offer Tracey the place even though she does not fit the age criteria because of her tenacity and perseverance. She said that the Foundation may look to extend the age criteria because Tracey has presented the case for mature adults so well.

Tracey, a local from the Northern suburbs of Wollongong, has multiple disabilities and has had many tribulations in life. Tracey first met her sister, who was adopted at birth, only 18 years ago. Her sister and her step father are the only family Tracey has ever known. In

spite of their trepidations for her safety Tracey is determined to achieve this milestone. "Life doesn't stop because you have a disability - with support you can do anything. And life is never a straight road either, it has twists like a Twistie."

An introduction to sailing through Sailability Illawarra during 2005 to 2007 has helped to give Tracey confidence and has nurtured her passion for the ocean. "I have also been a volunteer caterer for Bicycle NSW and Bicycle Victoria for many years and helped to raise funds for The MS Society and Diabetes Australia." Volunteering in this way meant Tracey is often giving up her home comforts to boost her social contacts and increase her skill set. Volunteering at Police Boys Club Lake South helped Tracey to secure a position at a prominent local restaurant. But her proudest moment to date has been a Tandem Sky Diving experience to Stuart Park for her 40th birthday.

I have known Tracey for the past 4 years as an active member of Wollongong Self Advocacy- a group for people with a disability who support each other to increase their skills, knowledge and confidence so they can speak for themselves. Tracey is one of those individuals who reminds me how privileged I am to work with this group.

I remember some months ago Tracey had a complex operation on her foot and for 6 weeks had to be dependant on using a wheelchair. Tracey did not want to miss her regular visit and walk with her friend and the only way she could get from Fairy Meadow to Shellharbour was by bus.

Tracey was grateful that most buses are wheelchair accessible but her ordeal was realized when she found she did not have the strength to wheel herself up the ramp to get on the bus. The kindly bus driver helped her out and she was then set for the arduous task of wheeling herself several blocks, up some very steep inclinations, to her friend's house, only to begin their walk together! And what was her motivation? "My friend is trying to lose weight and I want to encourage her."

What I found most incredible is that a lot of people in wheelchairs have not yet attempted such a journey without a carer. Nor do I think

I ever could.

Tracey, you certainly have a lot to teach the rest of us about how to approach life!

*The Leeuwin Ocean Adventure Foundation are offering two voyages next year, both departing from WA. If you are interested in becoming a participant contact (08) 9430 4105 or office@sailleeuwin.com. The cost of the 5 day voyage is \$1200.



Wollongong Self Advocacy meet each month at The Builders' Club. If you are interested in joining ring Claudia at The Disability Trust on 4255 8031.

Article by Claudia Bartsch, Information Services, The Disability Trust.

Northcott Services Now Available



Northcott Disability Services are now taking referrals for the following programs:

Case Management

The Case Manager works closely with the client/family on a short to medium term basis to help identify needs, develop and implement

plans. The service provides support for people with disabilities to maximise their independence and participation in the community.

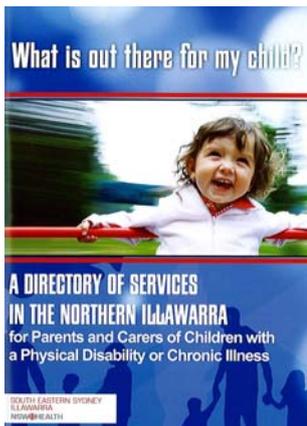
Eligibility criteria apply.

Northcott Early Childhood and Family Support (NECAFS)

Provides support to families who have a child aged 0 to 5 with a diagnosed disability. The service aims to promote the inclusion of children with disabilities into mainstream services and the wider community.

To make a referral or enquiry please contact our Oak Flats office on 4256 7600 and speak to one of our intake officers.

What is Out There For My Child?



Helping Families and Carers of Children with a Disability

A new directory of services in the Northern Illawarra has recently been developed to help parents and carers of children with disabilities identify and access the services they need. It covers the region from Helensburgh to Kiama.

The directory is a result of a joint project between the South East Sydney Illawarra Health Service Carer Program and the Paediatric Physiotherapy team at Wollongong Hospital. The directory is aimed at families with children who have predominately physical disability or chronic illness. “The physios were often seeing children on an ongoing basis with limited other support services involved. They felt it would be useful to have a resource describing the full range of services in the local area that they could refer their clients to”, said Evelyn Jelercic, Carer Program Coordinator at Wollongong Hospital. “This booklet will be a useful tool for the staff as well as families”.

The directory has information on navigating the service system as well as covering a wide range of services including assessment and therapy, child care, playgroups, aids and equipment, sport and leisure, transport, counselling and family support, respite care and support groups.

To obtain a copy of the directory contact Evelyn Jelercic on 4253 4558, email jelercice@sesiahs.health.nsw.gov.au or

Claudia at The Disability Trust on 4255 8031, email info@disabilitytrust.org.au

Autism Behavioural Intervention NSW



ABI NSW is a Sydney and Wollongong based charitable organisation who aims to deliver quality, affordable

services to families with children with autism spectrum disorders and other related disorders.

Using a family focused model, we build on a family's strength and work together in partnership with them to create the optimal learning environment for their child. Our methodology is to use the most current research in special education and autism as well as Applied Behaviour Analysis to tackle a range of behaviours and learning issues.

FOOTPRINTS PROGRAM

The Footprints Program is funded by ADHC and provides your family with 40 hours of intervention over a 20 week period. This program focuses on several key areas of learning that your child will need to be successful across a variety of environments: home, pre-school, community and school.

We work on problem behaviours such as:

- Tantrums and aggressions
- Self Injurious Behaviours
- Anxiety related behaviours
- Poor Co-operation
- Absconding
- Self Stimulatory and Repetitive Behaviours

We build children's skills in:

- Communication
- Self help skills (such as toilet training, sleeping problems, food tolerance, brushing teeth and cutting hair)
- Play skills and Social skills
- Early Academic Skills
- School Readiness Skills
- Community Skills

Eligibility - a child must

- have a diagnosis of an autism spectrum disorder (a developmental assessment will be needed with the application)
- be under the age of 6 and not attending school
- not be receiving an intensive ABA program

For further information on the program please visit our website www.abinsw.org.au or contact us on 9669 2250.

Applications close on the 19th of November

WORKSHOP 1 - SETTING BOUNDARIES AND INCREASING CO-OPERATION

This workshop is for parents and carers of Primary School aged children with Autism Spectrum Disorder or other behavioural issues. The training principles used are research and evidence-based using the principles of Applied Behaviour Analysis and Positive Behaviour Support. These workshops will help to increase knowledge and skills in dealing with challenging behaviours and interacting with and teaching your child.

When - Thurs 4th Nov 10 - 12pm or Sat 6th Nov 9am - 1pm

WORKSHOP 2 - SLEEPING AND TACKING TEARS, TANTRUMS AND TRICKERY AT BEDTIME

**Participants need to have completed Workshop 1 to attend this workshop*

This workshop will provide strategies to introduce and maintain evening sleep routines.

When - Sat 6th Nov, 2 - 5pm

WORKSHOP 3 - MANAGING CHALLENGING BEHAVIOURS IN THE COMMUNITY

**Participants need to have completed Workshop 1 to attend this workshop*

You will learn to determine strategies to prevent behaviours, replace challenging behaviours with appropriate skills and teach you how to manage difficult behaviours in everyday or crisis situations.

When - Thurs 11th Nov, 10am - 2pm

For All Three Workshops

Cost - free (funded by ADHC)

Where - Corrimal Community Centre

To register - contact ADHC on 4222 0300

Rally For Stronger Together 2010

A number of community and disability organisations are organising a rally to show the strength of the disability sector and support the continuation of the very successful Stronger Together initiative.

Stronger Together has significantly improved service delivery and achieved positive outcomes for people with disability, their carers and their families in NSW.

However, the next five year phase of Stronger Together is not in the forward estimates of the NSW Government budget. This leaves people with disability, their families, carers and the sector in an uncertain situation.

We all need to show our strength to ensure NSW's political leaders continue to support disability services in our state. Wear something BLUE and bring a rally sign.

WHEN: Thursday, October 28, 2010, 12 Noon (Assemble from 11am)

WHERE: Sydney Opera House forecourt

DURATION: 1 hour

Alan Jones, AO, has agreed to MC the formalities and we need your help to secure the attendance of at least 5,000 people at the rally.

The Premier, Kristina Keneally and Leader of the Opposition, Barry O'Farrell have both been invited to attend and speak at the rally.

Here's how you can get involved:

A website has been created -: www.showyourstrength.com.au

A Facebook page is also operating which you can join to show your support, and you can suggest this page to friends: <http://www.facebook.com/#!/showyourSTRENGTH?ref=ts>



CatholicCare Family Relationship Services Workshops

Wollongong workshops Term 4

MY KIDS AND ME (Previously Triple C)

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources and to develop relationships with their children.

Workshop Fee: \$60

PARENTING TEENS

This 4 session workshop will explore many ways a family can handle parent-teen issues. Parents can attend the entire workshop, or individual sessions.

Workshop Fee: \$40

ROLLERCOASTER

This 8 week program is to assist children who are experiencing parental separation, divorce or parents who have re-partnered. Rollercoaster helps children to understand change and loss; develop strategies for anger management and problem solving; and understand a whole range of feelings and emotions.

Workshop Fee: \$80 per family (regardless of number of children from family attending)

KEEPING KIDS IN MIND

A post-separation parenting program for parents of children two years and above. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explores loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs and impact on children.

Workshop Fee: \$50

123 MAGIC & EMOTION COACHING

This time tested workshop provides easy-to-follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

Workshop Fee: \$30

MENTAL HEALTH FIRST AID

Mental Health First Aid is a 12 hour course which teaches first aid skills for mental health crisis situations and the early stages of mental health problems.

For bookings or information call 4227 1122.

Limited childcare may be available for some workshops.

Nowra Workshops Term 4

PARENTS GROUP (YIPPEE)

An ongoing workshop for parents where you can meet new people, interact with your children through fun and play, explore different parenting issues, learn from the knowledge of others and develop confidence in a safe cottage environment.

Workshop Fee: FREE

123 MAGIC & EMOTION COACHING

As outlined previously

Workshop Fee: \$30

HOW TO RAISE RESILIENT KIDS

For parents of children 5-12 years. Practical ideas shared about creating emotional connection, problem solving, valuing your child, developing your parenting style, family belonging and traditions.

Workshop Fee: \$ 10

KEEPING KIDS IN MIND

As outlined previously

Workshop Fee: \$50

PARENTING CHILDREN WITH CHALLENGING BEHAVIOURS

This one day workshop will help you to understand your child and explore communication & behaviour management strategies.

Workshop Fee: \$10

TURBULENT TWEENS

The term Tween is a combination for the words "between and teen". It is used to describe the stage in a child's development between childhood and adolescence. Generally the age of 8-12. This one day workshop examines the tween's development towards independence and responsibility and what you can do to make it a smooth

transition for household, family and tween.

Workshop Fee: \$10

For information and bookings call 4421 8248

Some workshops also available in the Campbelltown area call 4628 0044.

Lift - For Men and Women with anxiety and/or depression



Lift is a Therapeutic Group for men and women experiencing anxiety and / or depression.

The Group presents principles from both Cognitive Behavioral Therapy (CBT) and Commitment Therapy

(ACT). You will;

- Learn about what keeps anxiety and depression going and how to reverse the cycle.
- Explore thoughts and feelings in a safe and friendly environment.
- Experiment with strategies for both challenging and accepting unpleasant thoughts and feelings.
- Set goals in line with your values to increase pleasurable activities and exercise, and improve nutrition and sleep.
- Practice a variety of relaxation and stress reduction techniques.
- Discover how to improve relationships and build your support network.

When: 5 Friday afternoons, 1pm—3pm

Dates: 5, 12, 19, 26 November & 3 December 2010

Venue: CatholicCare Wollongong, 25-27 Auburn St, Wollongong 2500

Cost: \$20 per session

For bookings and information call 4254 9316



Respite for Carers of People with Early to Moderate Dementia



Illawarra In Home Support's Twilight Tours provides a scenic drive and afternoon tea for persons with Early to Moderate Dementia who have a carer.

If you live within the Kiama and Shellharbour Local Government areas you may be eligible.

This service is currently running on Mondays. A new service will begin on Fridays starting Friday 4th February if there are people interested.

There is one place available for the Monday Tour.

When - Mondays and Fridays

Time - 1:30pm-5:00pm

Cost - \$5.00

For further details or to register please contact Myriam Marchant on 4232 0475.



Mini Olympics and Calendar Launch

To celebrate International Day of People with a Disability many organisations host events to acknowledge the contributions that people with disabilities make to our community. Many of the events held in the Illawarra are promoted in the annual Celebration of Ability Calendar. This year the Calendar will be launched at Essential Personnel's Mini Olympics that will be held at Beaton Park on Thursday 21 October.

Copies will be available from your local Council or local library after this date.

Minister Peter Primrose Supports Respite Camp



The Minister Peter Primrose MLC spoke at the presentation of a cheque to The Disability Trust on Thursday, 30th September 2010.

“The cheque I am presenting today will assist in supporting 53 participants to attend the annual weekend camp at Berry operated by The Disability Trust. These funds will ensure that attendance at the camp is not based on the ability to pay but on a willingness to participate.

I want to thank my colleague Noreen Hay for forwarding the request for funds from The Disability Trust to me. Noreen is someone who demonstrates the commitment to fairness and social justice that is shared by the labour movement as a whole. In her Wollongong electorate alone, there are over 10,400 people with a disability – which makes disability services a critical issue for the people of this community.

The NSW Government has invested significantly in improving and expanding disability services in NSW. Our 10-year Stronger Together initiative has invested an additional \$1.3 billion in funding since it was launched in 2006 and in this region alone we’ve created an extra 112 therapy places, 440 respite places and 89 supported accommodation places. However, Stronger Together is not just about additional funding, it is about doing things better. Ageing, Disability and Home Care is working in partnership with the sector to increase the capacity of the service system. We are also working toward a system that does not assume that one size fits all.

The NSW Government is working on how to make services available in the most effective, efficient, assessable and equitable way. Stronger Together is improving coordination between services, our use of resources, the service mix and spread within communities and the partnerships we build within the human services sector. These strategies will offer people with a disability, their families and carers better access to the services they need to improve their quality of life.

I offer my congratulations to The Disability Trust on its achievements and hard work and I wish you all the best in your future endeavours.”

Celebration of Ability Art Exhibition

International Day of People With a Disability, 22 – 26 November 2010

Ageing, Disability and Home Care, Department of Human Services NSW Southern Region Office in conjunction with Cultural Services of Wollongong City Council is presenting an art exhibition in the Thirroul District Community Centre & Library, 352-360 Lawrence Hargrave Drive, Thirroul to celebrate the diversity and abilities of artists with a disability.

Presentation of Certificates to artists will take place at 11am on Friday 26 November 2010 in the Excelsior Hall at the Thirroul District Community Centre & Library.

Artists, carers, family and friends are invited to attend.

If you would like to participate in this exhibition please contact Joni Braham, Linda Eather or Claire Kelly on 4251 2000.

Works are to be delivered by Friday 12 Nov 2010.

For information about the requirements for Art Works contact 4251 2000

Works may include drawing, painting, collage, photography and prints.

For this exhibition sculptures, etc and works unable to be hung are not acceptable.

Every effort is made to hang all the works.

Great News at the Movies

For people with hearing or vision impairment



**Australian
Human Rights
Commission**

everyone, everywhere, everyday

By 2014, Hoyts, Village Cinemas, Event Cinemas and Reading International

have agreed to provide captioning and audio description at every session in each of the 132 cinema complexes they operate throughout Australia and in multiple screens in the larger complexes. This equates to 242 screens - currently only 12 screens provide captioning at three sessions per week, nationwide. More information can be found at http://www.hreoc.gov.au/about/media/media_releases/2010/76_10.html

Emergency Readiness and Response for People with a Physical Disability



Physical Disability Council of NSW
Ordinary People Ordinary Lives

Physical Disability Council of NSW is holding a free workshop at the Medina Hotel, 2 Lee Street Haymarket (next

to Central Station), December 14th from 1pm to 5 pm.

Emergencies affect the whole community. People with a physical disability may be

vulnerable in disaster situations

- Identify your needs in a disaster/emergency situation.
- Find out how you can be proactive and plan to ensure that your needs are met.
- Learn how to formulate an individual emergency action plan with your family, friends and neighbours.

For more information and to register contact Ben Williams on 1800 688 831 or 9552 1606 email benw@pdcnsw.org.au or Admin@pdcnsw.org.au

Health Care Complaints Commission factsheet 'Not happy with your doctor?'

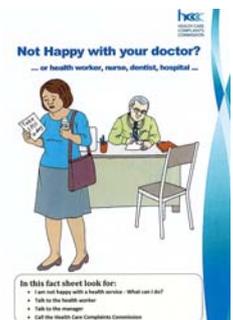


In consultation with the NSW Council for Intellectual Disability, the Commission has developed a factsheet 'Not happy with your doctor?' aimed at people with

intellectual disability and people with low literacy levels.

The fact sheet is available on the HCCC website at <http://www.hccc.nsw.gov.au/Information/Information-For-Health-Consumers/Simple-factsheet---Not-happy-with-your-doctor-/default.aspx>

If you can not access the internet you can call Claudia at The Disability Trust on 4255 8031 to be posted a copy.



Would you like to receive this newsletter in printed form or by email?

Contact: The Disability Trust on info@disabilitytrust.org.au

100-102 Jardine Street Fairy Meadow NSW 2519

Postal: PO Box 395 Fairy Meadow NSW 2519

Phone: 4255 8000 or Fax: 4255 8088 Website: www.disabilitytrust.org.au

The newsletter is prepared by the Information and Advocacy Service aimed at covering a wide variety of services and issues across the disability sector. The views expressed in this newsletter are not necessarily those of The Disability Trust. Should you have a story or information that you would like included in the newsletter please contact the Information and Advocacy Service.

...creating an inclusive world