



Illawarra & Shoalhaven *DISABILITY NEWS*

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

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Feb 2011

No stopping dynamic Doreen

“Her passion, courage and dedication to living her life to the fullest has amazed and inspired us all and highlighted the importance and benefits of person centered planning”

Doreen is a 54 year old woman with a moderate intellectual disability who has received drop in support from The Disability Trust’s Independent Living Program. The Trust’s Sharon Seymour and Skye Darling tell how Doreen helped transform her own life through person centered thinking, planning and practice. In fact once she was shown the way, there was no stopping her!

When we first met Doreen she was extremely shy and reserved. She had spent much of her adult life dependent on her mother, who attended to most of her daily living activities when her father passed. Following her mother’s death, friends of the family continued to care for Doreen until they could no longer maintain the support she required. For the first time, Doreen found herself having to live independently with minimal assistance and resources. It was clear that her dependence on others had significantly impacted on her ability to make decisions and attend to her basic self-care needs.

This is where the Disability Trust’s



Independent Living Drop-In Support Program came in. Whilst the extent of her dependence at first seemed challenging, Doreen soon changed our initial assessments through her enthusiasm and dedication to learn basic new skills, such as distinguishing hot from cold water taps.

Through the development of her new life skills, Doreen became more confident and began to direct her own training needs and set achievable goals. Her priorities were how

to use a telephone, plan and prepare basic meals and the development of household cleaning, personal care, banking and shopping routines.

Through her choices, Doreen has developed strong, meaningful relationship with her local community and regularly accesses the shops on the way to and from her day programs. She is now well known and respected in her local community as a confident, chatty and independent individual. She has also been greatly assisted by her attendance at a Community Creative Leisure program for the past eight years. She has established a wonderful network of friends and fellow craft lovers who have encouraged her to develop the art of quilting, patchwork and needlecraft.

Recently Doreen chose to relocate to a Community Housing unit in a new area. Once again, her extraordinary enthusiasm enabled her to develop the skills to use public transport, familiarise herself with her new neighbourhood and attend her much loved programs.

For some months now Doreen has been confronted with unforeseen health care challenges, beginning with a chronic respiratory condition which requires numerous daily treatments. Undeterred, she has now added self-medication to her expanding list of achievements!

Then, in August 2010. Doreen collapsed in her home with a cerebral aneurysm. She was transferred to a Sydney hospital where she underwent many hours of surgery. Her prognosis was initially poor. She suffered some paralysis to the right side of her body and was unconscious a long time.

The Independent Living team supported Doreen throughout, as she was unable to communicate for some time. Support staff worked tirelessly with health care professionals to establish her needs to medical staff. When she regained consciousness she immediately displayed her willpower to overcome her crisis and focus on recovery. She was strongly motivated by her desire to go back to her previous routines. She demonstrated an incredible commitment to her intensive rehabilitation program, including

physiotherapy, speech therapy and eating. After several months, Doreen was finally discharged and elated to be back in her own home, but she had some safety concerns. To this end, she now wears a necklace that triggers 24-hour emergency medical response and support from The Disability Trust at the press of a button. Doreen has wasted little time in re-establishing her routines and social networking within the community.

Doreen continues to work hard on her individual goals. Her passion, courage and dedication to living her life to the fullest has amazed and inspired us all and highlighted the importance and benefits of person centered planning. Her commitment to her goals, her determination to succeed in all areas of her life by tackling challenges head on is a credit to her and is reflected in the respect and adoration that she receives from her support staff at The Disability Trust, her peers and her community.

The Independent Living Drop In Support Service is funded by Ageing, Disability and Home Care.

Source - Centrefield Feb 2011

Mental Health First Aid

A 12 hour course which teaches first aid skills for mental health crisis situations and the early stages of mental health problems is available in Wollongong on the following dates:

- 16th & 17th March 2011
- 11th & 12th May 2011
- 3rd & 4th August 2011
- 9th & 10th November 2011

Where - CatholicCare, 25-27 Auburn St, Wollongong

Cost - \$120 per person (includes manual, morning and afternoon tea and light lunch)

Bookings are essential. Ph 4227 1122 for enquiries or email

www.catholiccare.woll.catholic.org.au



Disability Information Assistance Line (DIAL)



Human Services
Ageing, Disability & Home Care



Providing information for people with disabilities, carers, families, service providers and interested community members. We are a central point of contact for information provision about disability services including:

- Programs and services
- Referral to counselling or advocacy services
- Self advocacy and support groups
- Forums and Workshops
- Gaining access to services, aids and equipment
- Illawarra and Shoalhaven Disability News

Phone 4255 8000 or email info@disabilitytrust.org.au

Shoalhaven Information and Advocacy



Human Services
Ageing, Disability & Home Care



Shellharbour, Kiama and Shoalhaven

Providing services for people with a disability, frail older people and their carers. Our services include:

- Information - We are a central point of contact for information provision about all programs and services
- Forums and workshops
- Individual advocacy and support
- Referral
- Counselling - short term access to local counselling services

Phone 4428 9002 or email info@disabilitytrust.org.au

Partners in Depression

Do you know, love or care for someone experiencing depression? Would you be interested in finding out more about a program shown to be effective in supporting the partners, family members and friends of people with depression?

Partners in Depression is a FREE six week group program that aims to address the information and support needs of those who live with or love someone experiencing depression. The program covers a range of topics including:

- What is depression?
- Treatments for depression
- Suicidality and self harm
- How do you best support someone with depression
- Communication strategies

The program is run by community and health professionals, and provides a forum in which to receive information and ask questions about depression and your support role, with others with similar experiences.

Session Dates - 10am - 12 noon Tuesdays
22nd February, 1st, 8th, 15th, 22nd and 29th
March 2011.

Venue: Dapto Ribbonwood Centre, 93/107-109 Princess Hwy Dapto

Facilitators: Rebecca Prince and Rebecca Norwood

Cost: Free

Register your interest: Rebecca Norwood –
Aftercare Wollongong Ph: 0434 428 612

E-mail: Rebecca.norwood@aftercare.com.au

Rebecca Prince – Aftercare Nowra Ph: 4422
1547

E-mail: Rebecca.prince@aftercare.com.au

nib foundation



hunter institute
of mental health

Inclusive Coaching Workshop

Are you looking to increase opportunities for people with a disability in sport and recreation? This workshop will help you to adapt and modify sport and physical activities to better cater to the abilities of people with a disability.

Learning outcomes include:

- Develop strategies to minimise disadvantage
- Understand the concept of inclusion
- Adapt and modify activities to provide maximum participation for all

There will also be a discussion on a range of disabilities. Topics include Autism, Cerebral Palsy and others.

When: Wednesday 16 March 2011

Where: Nowra PCYC Park Road Nowra

Time: 5:30pm to 9:00pm

Cost: FREE

Book early as places are limited.

For further information or to enroll contact NSW Sport and Recreation on 4228 5355 or

Catherine.campbell@communities.nsw.org.au



Sexual Health Workshop

This FREE workshop allows you to broaden your knowledge and get the guidance you need to tackle the tricky topics surrounding STIs and HIV, Consent, Confidentiality and the Law and Sexual Diversity.

When: Thurs 3 March, 8:30am—2:30pm

Where: Nan Tien Buddhist Temple, Berkeley

Register by Thurs 24 Feb, call 4221 6752

A collaborative initiative between the HIV/AIDS Related Programmes Unit, Healthy Cities Illawarra and ACON Southern Region.

New Social Ten Pin Bowling Group

The Disability Trust's Sport & Recreation Services is now taking expressions of interest for anyone wishing to join a Ten Pin Bowling group in the new Dunn & Lewis Centre at Ulladulla.



It will initially operate as a regular social team, and if numbers increase, may progress to a 'Disability League'.

When - Tuesdays 6pm to 8pm

The Trust will provide a support worker for the two hours to organise and assist independent participants, however those requiring one-on-one support will need to be accompanied by a carer.



The cost will be \$15 per person.

For more information contact Susan Booth on 4428 9000.

Down Syndrome Illawarra

Down Syndrome Illawarra has great news for parents and families who have a child with DS and people in the community who wish to get involved and support DSI.

Down Syndrome Illawarra is celebrating our fully operational website. This can be found on

www.downsyndromeillawarra.com

Illawarra Multicultural Service has kindly provided DSI with a fully equipped Playgroup room. We are now an Early Learning/Support Playgroup! We will be offering families and children much more than we ever dreamed possible.

Please contact myself Shirley Bungard if you require more information on 0466 266 729.

Down Syndrome ILLAWARRA



Connecting families touched by Downs

Call for Volunteers



The Criminal Justice Support Network (CJSN) is a service of the Intellectual Disability Rights Service

(IDRS). We provide 24 hour, statewide support to people with intellectual disabilities who are in contact with the Criminal Justice System.

The service provides personal support to victims, witnesses, defendants or alleged offenders with an intellectual disability at court, during legal appointments, police stations and correctional centres. Our aim is to reduce the disadvantages people experience in the legal system due to their disability.

The criminal justice support network provides statewide training for our CJSN volunteers, people with intellectual disabilities, police, court staff, lawyers, disability services and any other interested organizations. The training aims to increase awareness and improve skills in communicating with people who have an intellectual disability.

CJSN volunteers are comprehensively trained in how the court and police system work and how to help a person with an intellectual disability to make sense of it all. Our volunteers are committed to respecting their clients' views and wishes and are assertive but respectful in advocating for the person. Volunteers make a real difference to the court experience for CJSN clients enabling them to understand what is happening and to exercise their rights.

Southern CJSN is currently looking for more volunteers in the Illawarra and Shoalhaven Regions. If you are interested in volunteering in this exciting and valuable area, please contact Corinna Nolan (Southern Regional Coordinator) for more information on 4228 4040 or e-mail corinna@idrs.org.au.

If you have an intellectual disability and are in need of support please call our 24 hour emergency number on 1300 665 908.

A vision bigger than your vision

A practical workshop about setting goals and imagining possibilities for people with disabilities.

Presented by Dr Paula Kluth on Saturday 5 March 2011.

Where - Clarion Hotel on the Park-Parramatta



The workshop will be particularly useful for the families of young people with developmental disability.

Topics will include:

- the importance of having a clear vision for the future
- how to start the process of creating a vision (or refine the one you have)
- how to sustain that vision for the future as a living, useful reference
- how to use a vision to drive your goal setting and planning
- practical tips and tools to bring others on the journey towards achieving your positive vision for the future.

Dr Paula Kluth is an internationally respected and published consultant with many years of experience working with children with disability. Much of her work has been as a teacher, author, advocate, and independent scholar who works with teachers and families to provide inclusive opportunities for children with disabilities. For more information, visit www.paulakluth.com

For information or to register email all of the relevant details to

info@resourcingfamilies.org.au.

Or access the flier and registration form (and fliers about other events) at the Resourcing Families web site: <http://www.resourcingfamilies.org.au>

Cost – Person with a disability \$10, family or friend \$15,
Student \$25,
Professional \$60



Artists with Autism Exhibition

Aspect South Coast School is again inviting all young people with autism to submit artwork for exhibition or sale. The Theme for 2011 is "We Love the Gong!"

- Limit 3 artworks per artist

- No larger than 500mm x 500mm (negotiable)

- Artwork must be framed

- Can be 2D or 3D artwork, as long as it can be hung for display

- We need a Biography of Artist of no more than 70 words, including a passport sized photo

- You must be registered – please contact the school on 4285 2393 for a registration form and return to us by 25th February 2011

- Artwork to be submitted by Friday 8th April

Where: North Wollongong Surf Life Saving Club, Cliff Road, North Wollongong

When: 6th, 7th, 8th May 2011

Entry: \$10 per art piece



The Health Promotion Service for Older People

This service provides information to seniors' groups about health issues. The information is provided by volunteer peer educators. Talks are available on Medicine Management, Diabetes, Oral Health Care, Osteoporosis and Falls Prevention. These peer educators come from a variety of language backgrounds and therefore a variety of languages can be offered.

Trained peer educators are also available to attend information days, expos and festivals to distribute written material and answer any questions regarding seniors' health issues.

For more information or to organize a session contact 9281 3588 or 1800 451 488 or visit www.cpsa.org.au

Empowering Women Walking

New walking groups organized by the Shoalhaven Women's Health Centre. For more information ph 4421 0730.

East Nowra - East Nowra Neighbourhood Centre

Cottage 2/80 Park Rd, Nowra East

Information Session — 21st Feb 2011

Starts Mon 28th Feb 2011 at 9.15am

Sanctuary Point - Sanctuary Point Youth and Community Centre

34 Paradise Beach Rd, Sanctuary Point

Information Session — 22nd Feb 2011

Starts Tues 1st March 2011 at 9.15am

Bomaderry - Bomaderry Community Room

Bomaderry Plaza, Shop 13, 73 Meroo St

Information Session — 23rd Feb 2011

Starts Wed 2nd March 2011 at 9.15am

Streeton Cottage

Hammond Care has opened a new residential service specifically for people with younger onset dementia. The service is located at Horsley, near Wollongong. It is designed and operates as a domestic home and has capacity for up to 15 clients for either respite or permanent care.

The service aims to support and maintain the independence of younger people with dementia, their relationships with family and friends and involvement in the community. For further information contact Fiona on 4255 7099.

Source - Younger Onset Dementia Association Inc Newsletter Oct 2010

TAD NSW Art Competition

This is a call to amateur artists to help produce our 2012 calendar. Show us how TADNSW has helped you. The theme is: 'Practical Solutions, Optimising Abilities'. For more information and entry forms visit <http://www.tadnsw.org.au> or ph 9912 3405 or email communications@tadnsw.org.au Entries close April 1st, 2011.

Homereach

Homereach is a weekly radio segment that provides essential practical information for the aged, people with a disability and their carers. This year the information will be presented in Greek, Assyrian, Turkish, Macedonian, Hindi, Laotian, Cantonese, Vietnamese and English.

To hear the homereach program in English tune in Thursdays at 5pm on the World News Australia program on 1107am frequency.

For further information about the times and frequencies of a particular language visit www.sbs.com.au or contact Jonathan O'Brien 9430 3501

Navigating Teenage Depression

Free Community Education Seminar and night of live music for parents, teenagers and people who work with young people presented by the Black Dog Institute.

Where - Illawarra Performing Arts Centre

When - Wed 23 Feb 2011, 6.30pm - 8.30pm

RSVP - 18 Feb 2011, Light refreshments provided

To register your attendance, email yes and the number of people to f.mortimer@blackdog.org.au or call 9382 9257.

For more information, contact: Chris Rule, Black Dog Institute.

Project Manager -Rural Initiatives, on 9382 8203 or at c.rule@blackdog.org.au.

Social Support Monitoring

This program provides regular contact for people with early dementia and people recovering from hospitalisation or at risk of injury. Services are provided within Kiama/Shellharbour LGAs and include monitoring the self-management of medications, personal care, telephone checks, assisting to coordinating appointments and planning daily activities.

For further details call Illawarra In Home Support on 4232 0475.

Lift

A Therapeutic Group for men and women experiencing anxiety and/or depression.

When: Held over 5 Monday mornings, 10am—12pm, 28 February & 7, 14, 21, 28 March 2011

Venue: St Thomas Aquinas Parish Hall, Bowral

Cost: \$20 per session. Call 4254 9316

CatholicCare Family Relationship Services

Wollongong

- Raising Resilient Kids
- Turbulent Teens
- Seasons for Growth
- Parenting Children with a Disability
- Challenging Behaviours
- Rollercoaster
- Hey Dad!
- Parenting Toddlers and Pre-Schoolers
- Ideas for Parents
- Pre Marriage Education
- My Kids and Me
- Keeping Kids in Mind– Post Separation
- 123 Magic & Emotion Coaching

Nowra

- My Kids and Me
- Seasons for Growth
- Poppy Playgroup
- Lift
- Parents, Kids and Anger
- 123 Magic & Emotion Coaching
- Baby on Board
- What's on your plate?

Workshop Bookings

Campbelltown 4628 0044

Wollongong 4227 1122

Nowra 4421 8248

Carers Missing out on Government Assistance

They say you don't know what you don't know, and a new report clearly shows that carers don't know what government assistance they are able to claim.

For example, did you know that in the unfortunate event of your partner's death, you might qualify for a bereavement allowance to assist you through the difficult time?

In fact, it appears that thousands of Australians, including carers and the recently bereaved, are missing out on assistance worth \$623 million because the government does not actively promote awareness of such entitlements, according to a report by The Australia Institute.

Their new report, called 'Missing out: Unclaimed government assistance and concession benefits, reveals that across just four Centrelink payments – Parenting Payment, Carer Allowance, Disability Support Pension and Bereavement Allowance – more than 168,000 Australians are likely to be missing out on government assistance they are entitled to.

The analysis says the main reason for this is a lack of awareness of available support and knowing how to access such help. A good example is the Carer Allowance which is not means tested and, as it is a supplement, it can be received in addition to other assistance payments.

Source: Work 'n' Care Newsletter, January 2011

Finally – a BIG WIN for advocacy!

The High Court has recently given its decision in the Aid/Watch case (Aid/Watch Incorporated v Commissioner of Taxation [2010] HCA 42 (1 December 2010)) in favour of a broad interpretation of what constitutes a charity, and the pop of champagne corks can be heard from board meetings across the sector.

The fight started four years ago, when Aid/Watch was booted off the Tax Office's list of charities because, the ATO said, it was engaged in political activities. It wasn't relieving poverty itself, it was advocating for particular ways of relieving poverty – ways that involved criticising the way the Australian Government was doing it now.

Aid/Watch appealed this decision to the ATO and lost, and then appealed to the Administrative Appeals Tribunal and won. The ATO then appealed to the Federal Court and won, and Aid/Watch then appealed to the High Court and won.

One spokesperson said "It's fantastic. The vision is quite remarkable. The court's made a wide decision – one that allows charities to speak out fearlessly to generate public debate to push government to change on issues that are relevant to the work they do."

Source: Our Community Matters, December 2010 newsletter

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