



Illawarra & Shoalhaven *DISABILITY NEWS*

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

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March 2011

Disability Care Report

Monday 28th February, 2011, may be a turning point in the history of Disability Care and Support services in Australia. On that day, the Productivity Commission released its long Draft Report into Disability Care and Support in Australia.

The Draft Report is long and detailed, examining many of the complex issues that must be addressed before the NDIS can be introduced and implemented. Below is an extract from the Draft Report Overview.

“The Productivity Commission was asked to examine the feasibility, costs and benefits of replacing the current system of disability services with a new arrangement that provides essential care and support for all Australians in the event of significant disability. The fundamental draft conclusion is that the current arrangements are systemically flawed. New national insurance arrangements are feasible and achievable.

The key points in the Draft Report were:

The current system is poor. The current disability support system is underfunded, unfair, fragmented, and inefficient, and gives people with a disability little choice and no certainty of access to appropriate supports. It

is not a ‘system’.

It is feasible to design a new system for long-term disability care and support, bringing together the current fragmented and underfunded arrangements.

The Commission is proposing two schemes. The largest scheme, the National Disability Insurance Scheme, would be like Medicare, in that all Australians would know that they or their families would get long-term care and support if they acquired a significant disability. A second much smaller scheme would cover people’s lifetime care and support needs if they acquired a catastrophic injury from any accident.

The costs are manageable and justified when taking into account Australia’s wealth, economic growth, and the state of the current arrangements. The current arrangements are not sustainable because informal carers — the main source of support — are straining to cope in the rationed system.

There are practical solutions to the many complex elements to properly functioning schemes —

- careful assessment processes

- clear criteria for entry
- much more power to people with a disability and carers
- prudent management of cost pressures
- good governance arrangements
- more satisfying jobs and better conditions to attract the required disability workforce
- provision of support to service providers for the creation of a client-centred system

The Commission has outlined in detail how to practically manage these and other issues.

The cost estimates in the draft report are preliminary and have a wide range, given the uncertainties. The Commission will be undertaking further analysis as more data becomes available.”

However, while the Recommendations are positive and a step in the right direction, the Recommendations need to be implemented if they are to make a difference in the lives of people with a disability. It is important that Members of Parliament and the Leaders in our Community now act and introduce the changes. Ensure you take every opportunity to inform, discuss and spread the word among everyone you know.

There are opportunities for commenting and giving your opinion on the Draft Report to the Productivity Commission. Written Submissions are due by Saturday 30 April, 2011. The final report will be prepared after submissions have been received and public hearings have been held, and it will be forwarded to the Government by Sunday 31 July, 2011.

Further information can be found at <http://www.pc.gov.au/projects/inquiry/disability-support>.

The Disability Trust Draft Report Consultation Session

The Disability Trust is holding a Consultation Session to assist people to provide feedback on the Draft Report. It is an opportunity to hear the Draft Report explained, to ask questions and let us know what you think. Please let us know if you have particular access or communication requirements.

Where: Builders Club, 61 Church Street, Wollongong

When: Tuesday 5th April, 2011

Time: 10am to 12pm

RSVP by Friday April 1st, 2011 with Claudia on 4255 8000.

Productivity Commission Public Hearings

Canberra

Where: Hearing Room, Level 2, Productivity Commission, 15 Moore Street, Canberra

When: Friday 8 April, 2011

Sydney

Where: Fitzroy Room, Adina Apartment Hotel, 359 Crown Street, Surry Hills

When: Wednesday 13th April, 2011 (the hearing may run for more than one day)

If you wish to attend the Public Hearings, please register on the inquiry website <http://www.pc.gov.au/projects/inquiry/disability-support> or Roberta Bausch on 6240 3221 or email disability-support@pc.gov.au. Please let them know if you have particular access or communication requirements.

“Tribal Challenge” Free Family Fun Day

The Cerebral Palsy Alliance (formerly the Spastic centre) in Nowra is holding a Family



Fun Day for children with a disability and their families.

The day will be a fun filled adventure with team building challenges and a range of activities designed to challenge and inspire

everyone in the family. Places are limited.

Where: Nowra Showground, West st, Nowra

When: Sunday 10th April, 2011

Time: 10am – 4pm

Cost: Free activities and BBQ lunch

RSVP: By April 1st, 2011 to 4423 6244 or icousley@cerebralpalsy.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.

Shoalhaven Healthy Ageing & More Expo

The Healthy Ageing & More Expo will be an important step in linking many of our older community members and service providers in the Shoalhaven with available resources.

Where: Shoalhaven Entertainment Centre, Nowra

When: Monday 21st March, 2011

Time: 9.30am to 1pm

Cost: Free and bring your bus "red ticket" to main desk at the Expo and receive your \$2.50 back

Contact 4429 3411 for more details.

Who are ABi?



ABi NSW is a charitable organisation based in Sydney and Wollongong who aims to deliver quality, affordable services to families with children with autism spectrum disorders and other related disorders.

Want to learn more?

ABI in conjunction with CatholicCare will be hosting a Service Presentation:

Where: CatholicCare Wollongong, 25 Auburn Street, Wollongong

When: Thursday March 31st, 2011

Time: 10am – 11am

RSVP to Charity by Thursday March 24th on charityd@catholiccare.woll.catholic.org.au.

Rockability 2011

Rockability 2011

"Rockability" is a special musical event. Everyone is welcome at Rockability. Disabled access and facilities available. Drinks and light refreshments will be available.

Where: Bowral Memorial Hall, Bendooley St

When: Saturday 2nd April, 2011

Time: 2pm to 6pm

Cost: Tickets \$5

Call Sharon 4862 2644 or tickets at the door.





PHaMs / Ostara Open Day

Personal Helpers and Mentors (PHaMs), Helping Hands and Ostara Australia - Disability Employment Service (DES) are holding an open day. PHaMs aims to provide opportunities for recovery for people who have a severe functional limitation resulting from a severe mental illness by helping them to overcome social isolation and increasing their connections to the community. Finger food and refreshments will be served.

Where: 93 Plunkett st, Nowra

When: Wednesday 30th March, 2011

Time: 11.30am – 1pm

RSVP by Wednesday 23rd March, 2011

For more information on PHaMs contact Tanya Fogarty on 4422 4324 or tanya.fogarty@sfnsw.org.au or on Ostara DES contact Anne Zaccagnini on 4423 5407 or anne.zaccagnini@sfnsw.org.au.

Open Art Competition & Exhibition 2011

The Shoalhaven Mental Health Fellowship announces its annual Exhibition and Competition to celebrate Schizophrenia Awareness Week. The theme for 2011 is 'Family and Friends - Support makes a difference!'. Entry is open to everyone residing or working in the Shoalhaven, Kiama, Southern Highlands or Eurobodalla local geographical area. Prizes are up to \$1,000. Any visual arts medium is accepted for this competition.

Competition Awards Ceremony / Launch

Where: Grey Gallery, Shoalhaven City Arts Centre, 12 Berry Street, Nowra

When: Friday 13th May 2011

Time: 5pm – 7pm

The Exhibition runs from Friday 13th May to Wednesday 8th June, 2011.

Contact 4422 0648 or 4421 5595 for Entry Kits and more information.

'Free' Mental Health Community Forum



Health
Illawarra Shoalhaven
Local Health Network

The Family & Carer Mental Health Team from ISLHN, in conjunction with the Wollongong Suicide Prevention Network presents "Recognising the Risk of Suicide - A whole of community approach". A Consultant Psychiatrist with the Mental Health Family & Carer Team, will deliver the clinical perspective and a consumer & carer guest will provide their personal experiences. Light supper is provided.

Where: Master Builders Club, Church Street, Wollongong

When: Tuesday, 22nd March 2011

Time: 6pm – 9:30pm, (for 6:30pm start)

RSVP for catering by March 17th, 2011 with Megan Green on 4220 7921 (please leave message if phone is unattended).

Applications for the Social Leadership Development Program Now Open

The [Social Leadership Development Program](#) is an initiative of the Centre for Civil Society. The Program aims to help Australians develop and exercise social leadership through finding solutions to social challenges. Applications for close 31st March 2011. Applications must be completed [online](#).

Upon commencing the program, chosen applicants must nominate two social challenges they face. The program will provide resources and support to participants so that they can develop and exercise leadership to find solutions for these challenges.

Places are limited and successful applicants will be drawn from all over Australia. For further information please contact Vern Hughes by email; vern@civilsociety.org.au or phone; 0425 722 890.

Moving out.... from planning to action

family

A D V O C A C Y

A workshop about supporting family members with developmental disability to move into a home of their own with appropriate support. This workshop is ideal for family members and friends of people with developmental disability.

Where Batemans Bay March 22nd
& When: Nowra March 23rd
Wollongong March 24th
Hurstville March 25th

Time: Registration 9.00am; Workshop 9.30am — 2.30pm.

Cost: \$15.00, includes morning tea, lunch and detailed resources

Phone for more information, venue details and to register on 9869 0866 or 1800 620 588 (free call for NSW non metro callers).

Register now as numbers are limited.

Surf's Up for Disabled Surfers

The South Coast Branch of the Disabled Surfers Association running its 10th annual 'Hands On Day' at Gerroa Beach.



Cost is free to everyone helping and \$10 for participants. The day includes a surf experience, a BBQ lunch and prizes for great deeds. Wetsuits, rash vests and flotation devices are provided on the day.

A major change for the DSA starting this year is a maximum limit of 6 attendees from formal care organisations. This does not prevent any of your clients coming as individuals accompanied by family members.

For more information contact Ian Picton on 0421 601 222, Michael Morath on 0418 420 620 or go to www.disabledsurfers.org.

Where: Gerroa Beach, meet at Emery Park

When: Sunday 3rd April, 2011

Time: Check in between 9am - 9.30am

Shoalhaven Autism Spectrum Group

The group provides Information Packages (can be mailed out), Lending Library including DVDs and Guest Speakers. Parents, carers, grandparents and all other family members welcome.

Where: Sanctuary Point Connect, Sanctuary Point Public School, Paradise Beach Rd

When: Meets the 1st Monday of the month (excluding school and public holidays)

Time: 11.30am – 4.30pm

Contact Cath on 0402 800 515, Louise 0413 396 835 or shoalhaven.asg@hotmail.com.



BEYHSS program

The BEYHSS (Barnardos Early Years Home Support Service) is a volunteer home visiting program offering both practical and emotional support to families. It currently has space in its program.

The program caters for families from Helensburgh to Gerroa who have at least one child under the age of 5. Support is provided for a limited period of time, generally 3 - 6 months.

For further information contact Barnardos on 4275 8575.

Early Start, Early Intervention and Illawarra Case Management Programs

The Early Start, Early Intervention Program provides support and therapy for children with a diagnosed disability under the age of 6 for families living in Kiama, Shellharbour or Wollongong.

The Illawarra Case Management Program provides a service for people with high or complex support needs under 65 years of age. It is a short term case management service for eligible people in the Wollongong, Shellharbour, Kiama and Shoalhaven areas.

Contact Northcott on 4256 7600 or illawarra@northcott.com.au for more information.

NSW State Election Saturday 26th March, 2011

People With Disabilities (PWD) have released a Special E-Bulletin that provides all the information you will need to know to participate in the upcoming NSW State Election, which will be held on Saturday 26 March 2011.

Included in the E-Bulletin is information on what assistance is available before and on Election day, links to the PWD election platform (what they want from the next NSW Government); links to all the major parties and their policies relating to disability; and information on how to vote.

You can get a copy here <http://www.pwd.org.au/documents/temp/NSWElection2011.doc> or by calling DIAL on 4255 8000.

iVote now available in NSW for people with a disability

The NSW Electoral Commission has introduced a new online and telephone voting system called iVote.

iVote is available to people:

- who are blind or have low vision
- with a disability
- who live 20 kilometres or more from a polling station
- who are going to be outside NSW on election day.

Registrations for iVote will be accepted from 17 February to 23 March 2011 and iVote opens for voting on 14 March and is available until 25 March 2011.

Applications can be made through an online application or by calling the iVote call centre.

More information on is available from the following websites:

- <http://www.elections.nsw.gov.au/voting/ivote>
- http://www.votensw.info/early_voting/ivote

or by contacting iVote on 1300 022 011.

Nowra 'Yarn-Up'

Shoalhaven Safe Community Aboriginal Partnerships Disability Working Group in conjunction with 'the "Biggest Playgroup" event is having another Yarn Up. People with a disability and their family / carers / friends from local Aboriginal communities are warmly welcome to come along to meet people from local Disability Services and have a yarn.

On the day there will be lots of activities for including face painting, jumping castle, information stalls for parents/carers, drinks & light snacks.

Where: Francis Ryan, Oval Sanctuary Point, behind shops in Paradise Beach Rd

When: Wednesday 23 March, 2011

Time: 9:30am to 12:30pm

For queries or if you require transport call Kate on 4429 4942, Kerry on 4429 4949 or Gillian on 4429 4918 from Ageing Disability & Home Care.

Soccer program in Sth Nowra

White Knights FC (2011 AWD Australian Champions) is starting a new football program in the Shoalhaven with the support of Shoalhaven Football Association. This program will teach participants all the skills associated with the game (passing, dribbling, shooting, etc). Players will also play weekly games amongst one another.

The program will enable participants to attend gala days and play



against other teams from throughout NSW, compete in the NSW FUTSAL Titles, be selected for NSW Southern and play at the Australian National Titles with White Knights FC.

Where: Brown Park, South Nowra

When: Saturday mornings during school terms, no program on public holidays

Time: 10.00am - 11.30am

Cost: \$10.00 per week

For details call Susan Booth on 4428 9000.

Kids Fund Casino Night



Equipment for our children with disabilities

Ladies put on your heels and cocktail dresses and gentlemen, suit up for a night of glamour and gaming. City Beach Function Centre will roll out the red carpet for a night filled with fabulous food,

beverages and ultimate gaming, where everyone will be a winner with all proceeds going to Kids Fund. Tickets are limited.

The night features pre drinks and canapés on arrival, beverage package, buffet menu (inc seafood), professional croupiers, gaming tables, live entertainment and fabulous prizes.

Where: City Beach Function Centre

When: Friday 27th May, 2011

Cost: \$99 per person (includes \$500 in Gaming City Beach dollars)

For more information or to purchase tickets please contact Lisa McGregor on 4228 3188 or sales@citybeachfunctions.com.au.

Podcasting

Podcasting is a convenient way of automatically downloading audio or video files to your computer. You can use any computer, or MP3 player, including the majority of mobile phones, to listen to a podcast. It is not necessary to use an iPod.

You can get podcasts from many places on the Internet. There are websites that have lists of podcasts, you can Google your topic combined with the word 'podcast', and many radio stations have podcasts of their radio shows.

Some good disability related podcasts include:

ABC '**Ramp Up**' disability website - all the ABCs stories, interviews and videos on the subject of disability - http://www.abc.net.au/rampup/?WT.svl=Rampup_Homebanner.

BBC "**Ouch**" Disability show (UK) - reflects the lives and experiences of disabled people - <http://www.bbc.co.uk/ouch/podcast>.

No Free Rides (USA) - a fun and edgy podcast for people with disabilities, it features discussions with really cool people with disabilities you'll find no where else - <http://www.beautyability.com/2.0/podcast-no-free-rides>.

"**Australia Talks**", a national ABC Radio National program talkback program. On Monday 7th March, they had a discussion on the issue of 'Disability – Care and Support' - <http://www.abc.net.au/rn/australiatalks/index>.

Pod Rights - a series of podcasts that looks at different human rights issues in Australia - <http://www.hreoc.gov.au/podcasts/index.html>.

Supporting Autonomy and Rights

Illawarra Advocacy Inc invites you to a workshop "Issues in Supporting Autonomy and Rights for People with Competency Impairments" with John Armstrong. The workshop will examine the complex issues relating to supporting people to exercise culture appropriate autonomy and rights. Lunch and refreshments provided.

Where: Lakeside Function Centre, Illawarra Yacht Club, 1 Northcliffe dr, Warrawong

When: Monday May 16th, 2011

Time: 8.30am – 5pm

Cost: Family members / carers - \$50, service providers - \$100

For further information contact Bronwyn on 4229 4999.

RSVP by Friday 6th May, 2011.

Wollongong Community Options Open Day

Wollongong Community Options (COPs) are having an Open Day to celebrate the opening of our new office in Shellharbour.

Where: 10 / 75 Cygnet Avenue, Shellharbour

When: Wednesday 23rd March, 2010

Time: Drop in anytime between 10.00am to 2.00pm.

Low Cost and Free Meals Directory

Illawarra Councils have released the 2011 version of the 'Low Cost and Free Meals Directory'. The Directory aims both to link people in need with good nutritious food, and to link up potential donors with food providers.

Chapter headings include free breakfast, low cost evening meals and emergency relief and food parcels. Copies are available from Wollongong, Shellharbour and Kiama Councils and can also be downloaded from their websites.

A Better Start for Children with a Disability

From July 1st, 2011 eligible children will be able to access financial assistance and Medicare rebates under the Better Start for Children with a Disability initiative.

Support for eligible children who are under 6 years is up to \$12,000 in funding that can be used to pay for a range of early intervention treatments and services from allied health specialists such as physiotherapists, speech pathologists and occupational therapists.

Eligible children who are under 13 will have a Medicare rebate for the development of a treatment and management plan. Medicare rebates will also be available for up to 4 allied health diagnostic services and up to 20 allied health treatment services per eligible Child.

For more information contact Centrelink.

Spinal Cord Injuries Australia Flexible Respite Program

The Spinal Cord Injuries Australia (SCiA) Flexible Respite Program commenced in February and is currently open to referrals. The program has been designed to provide short term funding for planned respite both in and out of the home. It aims to give people with spinal cord injury and their family or primary carers choice in obtaining access to flexible respite that is meaningful to them, and provides a positive experience.



The SCiA respite program can assist with funding up to \$2,000 per individual. The funding can be used for one off, ongoing or crisis respite needs.

For Eligibility criteria and more information contact Linda at SCiA on 4255 1388.

ComputerBank Illawarra

ComputerBank Illawarra is a local not for profit, volunteer based organisation that recycles computers to bridge the digital divide for disadvantaged & low income individuals.

They recycle and provide free computers to eligible people, rebuilding them to suit the persons requirements. They are located at 28 Jardine st, Fairy Meadow and are open Wednesdays and Fridays between 10am & 3pm.

For more information call 4284 8676 or go to http://www.cbi.org.au/free_computer.htm.

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

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

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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