

Inform Extra News Bulletin January 2009

From the editorial team

This January 2009 edition of Inform Extra is the first to incorporate our new logo and the name change from ParaQuad Victoria to **Independence Australia** which was announced in early December 2008. In this edition you will also find information regarding a diverse range of topics and events including:

- Wheelies house swap website
- Rehab Rhythm and Blues CD
- 'Wicked' with Auslan interpreting
- Having a Say Conference
- RACV Australia Day Picnic & Federation Vehicle Display

(Information contained in this bulletin comes from many information sources and is not necessarily the opinion of Independence Australia or its affiliates, or those of its employees or volunteers.)

Editors: Christine McAuslan and Jen Sykes

Message from Peter Turner, CEO Independence Australia

For over 50 years ParaQuad Victoria and Independence Solutions have passionately and professionally responded to the changing and challenging needs of people with a disability. This is an achievement we can all be justifiably proud of.

Our initial focus in the 1950's was primarily on people in Victoria with spinal cord injuries. Today however through our two major divisions, we support people with varying abilities and disabilities right across Australia; all the while never losing sight of our goal of improving quality of life for all our clients and customers.

This change has seen us grow in our capabilities, our expertise and our reach. In response to this change, we have developed a new brand that better reflects our broader focus, and more accurately positions us as an organisation able to take on new opportunities and lead the way into the future.

*This new brand is '**Independence Australia**' and represents one integrated organisation with two primary focus areas; **Community Solutions** (specialised services and care for people with a disability or physical need) and **Health Solutions** (continence, wound care, other personal healthcare products and rehabilitation equipment services).*

Our new name and brand focus is clear as we move into the future. It is about supporting all people with physical needs to achieve optimal quality of life and their pursuit of independence.

We look forward to this exciting new chapter in our history, and your involvement in it along the way.

Australia Day event

RACV Australia Day Picnic & Federation Vehicle Display

At this free event there will be non stop entertainment and plenty of activities for children. One of the major attractions will be a magnificent display of more than 500 veteran, vintage and classic cars. A sure family favourite is bound to be the RACV Flyball competition involving more than 80 dogs of different shapes and sizes demonstrating their jumping, catching and retrieving prowess.

As a community partner of the RACV, Independence Australia will have a marquee there so come along and say hello.

When: Monday 26th January 10.00am – 4.00pm

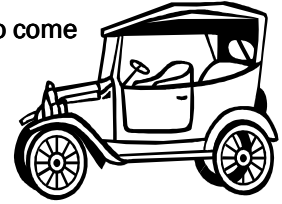
Where: Kings Domain on Linlithgow Avenue, Melbourne

For more information for this and other Australia Day events visit:

www.australiaday.vic.gov.au/events_melb.asp?view=331

For more information on RACV community involvement visit:

www.racv.com.au/wps/wcm/connect/Internet/Primary/about+RACV/community+engagement/community+involvement



Conferences

Having a Say 10th Anniversary Conference 'Our Future - Tomorrow!' - Victorian Advocacy League for Individuals with Disability Inc. (VALID)

The conference is a celebration of diversity and achievement and includes presentations, workshops, performances, recreational activities and a lot of fun.

When: Wednesday 4th to Friday 6th February 2009

Where: Costa Hall, Deakin University, Waterfront Campus, Geelong.

For enquiries or to register phone: 03) 9416 4003 Freecall 1800 655 570 (Vic country only) or visit the VALID website: www.valid.org.au/conference/default.htm

Building the Future with Family Carers – Gold Coast Queensland

A national conference to develop and exchange ideas and practice that will enhance carers' health, wellbeing, financial security and choices – now and into the future.

- Innovations in Carer Support.
- Enhancing employment opportunities and financial security for carers.
- Carer Legislation: What are the benefits?
- Caring as a shared responsibility between government, services, business, families and the community.

When: Monday 9th and Tuesday 10th March 2009

Where: Royal Pines Resort, Gold Coast

Cost: \$650 for full registration, \$500 concession/carers. A limited number of Carer Subsidies are available to assist carers to attend.

Visit the website for further information or contact the conference organiser AST Management.

Mail: PO Box 10508, Southport BC, QLD 4215

Phone: 07) 5528 2501 Fax: 07 5528 5291 Email: carers9@astmanagement.com.au

Website: www.astmanagement.com.au/Carers9/

Self-Directed Services and Personal Budgets: The Emerging Agenda - Social Enterprise Partnerships Ltd

This national conference will explore the emerging agenda of Self-Directed Services and Personal Budgets in social support, education and health care.

It is an event not to be missed for anyone with a passion for changing things in disability, mental health, aged care, family support, early childhood intervention, chronic illness self-management and education.

When: Wednesday 18th to Thursday 19th March 2009

Where: Melbourne - Angliss Conference Centre

Phone: 0425 722 890 or email: vern@partnerships.org.au

To register visit: www.partnerships.org.au/NationalConference2009.htm

Disability Carers Forum – Eastern Metropolitan Region - Respite Information and Development in the East (RIDE)

Caring for the carers of people with a disability.

- Find out about respite opportunities.
- Be informed about how to maintain your health and well-being.
- Pamper yourself and learn new skills!

Lunch will be provided and catered for dietary requirements.

A shuttle bus will be available to and from Ringwood Station and the Karralyka Centre.

Respite is available if requested from RIDE prior to Friday 27th February.

When: Monday 16th March 10.00am to 2.00pm

Where: Karralyka Centre Mines Road, Ringwood

To RSVP contact RIDE on 1300 886 798 or visit the website to view the forum flyer.

Email: ride@yooralla.com.au

Website: www.respiteeast.org.au/news/detail.html?filename_num=256721

For your information

Parkinson's information now available in community languages

A bi-lingual information booklet, a series of Help Sheets and a multilingual poster are available free of charge in the following languages: Arabic; Chinese (traditional); Croatian; Greek; Italian; Macedonian; Russian; Spanish; Turkish; Vietnamese. For copies of Parkinson's information in English and 10 community languages-

Phone: Jackie Jenkins 03) 9551 1122 or email: CALDproject@parkinsons-vic.org.au

Website: www.parkinsonsvic.org.au

Autism now acknowledged as a disability

In a recent announcement the State Government has acknowledged that autism is a neurological impairment under the Disability Act 2006 and has also announced \$2.75 million in funding to support the implementation of the change. This allows access to disability services from the Department of Human Services, Disability Division.

Autism Spectrum Disorders (ASD's - Autism, Aspergers Syndrome, Pervasive Developmental Disorder – Not Otherwise Specified) cause lifelong disability. A diagnosis of any one of the above disorders can only be obtained if the person has significant impairment in each of the areas of Communication, Socialisation, Restricted or Repetitive interests/obsessions.

The Autism State Plan can be viewed at: <http://autismstateplan.dhs.vic.gov.au>

For more information contact the Autistic Family Support Association Inc.

Phone: 03) 9885 8777 Email: afsa_aust@bigpond.com

Looking After me: A Resource Kit for Women with Intellectual Disability

Women with intellectual disabilities are at much higher risk of violence in their relationships. The Looking After Me Resource Kit is a set of visual tools that targets these issues by helping to develop skills in achieving safe and healthy relationships. The kit is the result of a three and half year research project based in NSW and can be downloaded from:

Website: www.adfvc.unsw.edu.au/PDF%20files/Looking%20After%20Me%20Project%20Report.pdf

Dignity of Risk DVD

'Dignity of Risk' is a playful, powerful animation that portrays the common need and want for active participation, determination health and well-being whilst exploring the philosophy of 'access for all abilities'. Getting involved in sport and recreation activities contributes significantly to our quality of life and leads to stronger and more active communities.

The film aims to show you the excitement, passion and joy experienced through participation in inclusive sport and recreational activities. We encourage community groups, schools, services and not for profit organisations to use this DVD as a best practice example, showcasing the significant contribution that people with disabilities make to their community on a daily basis.

To obtain a copy of the DVD please contact: MetroAccess Project Officer, City of Darebin

Phone: 03) 8470 8368, TTY: 8470 8696 or email: Christine.mulholland@darebin.vic.gov.au

Entertainment

Rehab Rhythm and Blues - Songs from the Royal Talbot Rehabilitation Centre



The Music Therapy Service at Kew's Royal Talbot Rehabilitation Centre has often seen the benefits that patients with quadriplegia experience when taking part in regular music therapy. In November 2008, Music Therapist Imogen Clarke set up a trial singing group in the Spinal Rehabilitation Unit providing instruction in breathing and singing techniques. Members of the group sang along with video clips of their favourite top 20 tunes and practiced voice and singing exercises.

Singing is an activity that is enjoyable to many people and there is currently an opportunity to use this medium in an innovative way to research the long term effects on wellbeing for individuals with quadriplegia.

The **Rehab Rhythm and Blues** CD is a 16-track compilation album of songs written and recorded by patients in collaboration with a music therapist. The songs represent a creative expression of each individual's journey through the rehabilitation process.

The C D's are available for \$15.00 All proceeds go to the music therapy program at Royal Talbot Rehabilitation Centre.

To order phone: Nikky Royal Talbot Rehabilitation Centre 03)9490 7660

'Wicked' with Auslan interpreting in February



EASE has confirmed 2 Auslan interpreted performance dates for 'Wicked' in February 2009

Dates are: Thursday 19th February at 8.00pm (Price: \$99.90 + \$5 booking fee) and Saturday 28th February at 2.00pm (Price \$102.90 + \$5 booking fee)

Bookings: Through EASE. Bookings will close Friday 6th February

Phone: 03) 9699 8299 TTY 03) 9699 7636

Email: smccusker@artsaccess.com.au Website: www.artsaccess.com.au/attend

10 x 10 2009 – Theatre by people with a disability – Yarra Ranges

10 x 10 (now in its 5th year) is a performance event that gives opportunity for artists who have a disability to showcase their talents.

Ten groups from around Melbourne perform a ten minute act each. Be one of them!

- Join the organising committee
- Enter your performance piece
- Take photographs
- Distributing flyers and posters
- Sponsorship
- Fundraising

To register your interest, please call Sarah 03) 9294 6405 or email: metroaccess@yarraranges.vic.gov.au

Sport and gym activities

Staying Active for All Abilities Gym Program - Reservoir Leisure Centre

To utilise accessible new facilities and equipment RLC is pleased to announce the development of a new GYM Program for individuals of all abilities.

When: Tuesdays (starting Tuesday 9th February 2009) 1.00 to 3.00pm

Cost: \$5 per session



* This program is only for people with a Disability Support Pension (DSP) Card or who have a disability. Each interested individual will be individually assessed and have their own gym program written up. Each individual will also have access to the new hydrotherapy pool, spa, steam room and sauna.

RLC also currently operates Aquatic sessions for people of all abilities; "Jump for Joy" a program for people with mental health issues and a program for men with MS.

If you would like to register for the 2009 GYM program or any other inclusive program running at RLC

Phone: Wendy Link-Pierce 03) 9496 1050 or email: wendy.link-pierce@darebin.vic.gov.au

2009 Arafura Games in Darwin – Paralympic events

Unlike other Games, Arafura Games is not designed for current world beaters or Olympic champions, instead it provides a high quality stepping stone for athletes as part of their journey to compete at the highest level. After the success of the inclusion of Oceania Paralympic Championships in Arafura Games 2007, Arafura Games 2009 will again host Paralympic events. Eight Paralympic sports are to be contested at the 2009 Championships; Athletics, Cycling (road), Swimming, IPC Powerlifting, Pistol Shooting, Table Tennis, Wheelchair Tennis and 7-a-side Football (invitational). All sports will receive sanctioning from the relevant International Federation. As the event is targeted towards developing athletes there are no entry standards for this event.

The Australian Paralympic Committee will be hosting 3 international level classifier education courses at the upcoming Arafura Games, Darwin, May 2009, in close cooperation with each relevant international federation. These will be:

- CPISRA: Football 7-a-side
- IPC Athletics
- TTF – Table Tennis



There are limited places available on these courses, and applications close no later than close of business Wednesday 4th February 2009. Successful applicants will be selected by the Australian Paralympic Committee, in close consultation with the international and national federations, and senior classifiers within Australia, and will be notified by 14th February 2009.

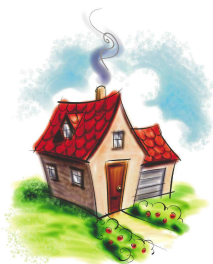
The APC will be able to offer some level of financial support to successful applicants, to reduce the cost of travelling to the course and to cover all course fees.

Phone: For more information Jenni Cole, APC National Classification Manager (02) 9704 0513 or

Email: jenni.cole@paralympic.org.au

Websites: www.arafuragames.nt.gov.au/index.php and www.paralympic.org.au/Sport/Classification/Default.aspx

Websites of interest



wheelies.net.au Wheelies House Swap

A new website for people who use wheelchairs

This website was the brainchild of Sharon Lennox with help from Harry Wilsdon, who both live with multiple sclerosis. It provides a free community service for people who use wheelchairs and who find it difficult to have holidays because of cost or lack of suitable accommodation and enables them to meet, talk and swap houses that are suitable for their holidays. The website is proudly sponsored by the MS Society of Tasmania.

<http://notjustwork.info> Not Just Work

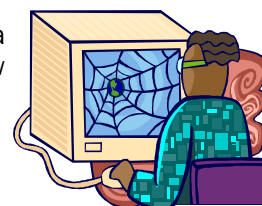
This website explores the dynamics of the relationships that are forged by people with disabilities and the workers who provide necessary support. The website goal is the further education of those directly and indirectly related to disability work. The aim is to identify the pathways of courteous, mutually beneficial and helpful relating and partnering. The website goal is the further education of those directly and indirectly related to disability work.

<http://hccra.ruralhealth.org.au> Health Consumers of Rural and Remote Australia (HCRRA)

Health Consumers of Rural and Remote Australia is an organisation working to improve health outcomes for people living in the bush. The website gives individual consumers the chance to document their story and provides opportunity to focus on not only listening to the views and experiences of health consumers in rural and remote areas but also on keeping them up to date with current policy initiatives and discussions.

www.ctn.org.au/content.cfm?ContentType=Content&ContentID=203

The Consumers' Telecommunications' Network and Media Access Australia have written a consumer information sheet to assist consumers in understanding and applying the new guidelines to ensure web accessibility for all. The website identifies four principles that individuals and organisations who provide goods and services over the Internet need to think about to make their websites accessible to people with disabilities.



www.consumer.vic.gov.au Spotlight on Consumers with a Disability - Consumer Affairs Victoria (CAV)

Consumer Affairs Victoria (CAV) can help people with a disability, their advocates and carers with many consumer problems and have a number of resources on their website including easy English and audio fact sheets. For example the fact sheet **'Some common consumer issues and how to protect your rights'** addresses issues relating to Attendant Care Services, buying a wheelchair, hearing aids, and entering into contracts.

This and other fact sheets can be found under **'Spotlight on Consumers with a Disability'** on this website.

To avoid any delay in receiving this bulletin, please let us know if your email address changes



We welcome your articles, comments, opinions, ideas for articles, letters to the editor etc.

The next edition of the quarterly Inform Newsletter will be distributed in early March. The deadline for contributions for the Autumn 2009 edition is February 17th.

The next Email News Bulletin will follow approximately mid April 2009.