

Newsletter of IDEAS



Children and Youth



IDEAS does information so you can do life.

Disability Information
Free, Accurate & Independent



info@ideas.org.au



1800 029 904



www.ideas.org.au



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Editorial - *Diana Palmer* *IDEAS Executive Officer*

Welcome to this edition!

Welcome to this edition of the Newsletter of IDEAS. We are pleased that we are able to continue producing our Newsletter and I'm sure you will find this edition interesting. IDEAS was notified in early July that we have been granted funding from the Federal Department of Social Services for a one year period

to continue operating our information service, which we are very grateful for. This will ensure that our Information line, website and other information products like this newsletter will continue to be available.

This year will also see IDEAS continue to diversify and look towards building some commercial business streams that can support our Information line. One of these streams is Ezy-Dun, our portable accessible toilet and change facilities that is part of the Platform project being run by Eastern Riverina Arts and funded through an ILC grant. Ezy-Dun is now available for hire throughout NSW. If you have an event coming up in your local area, Ezy-Dun may be the solution you need to ensure it's an inclusive event and allows people to hang out and not hang on. Please see our website for further details or phone our Information Line on 1800 029 904.

We will commence our relationship building program again, after changes at a Federal level to Ministers and portfolios after the election. We will continue to highlight the need for a systemic approach to the provision of information to ensure people with disability have access to good quality, accurate and verified information to assist with decision making. To this end we were pleased to see the Disability Information Gateway announced as part of the Election platform of the Coalition and look forward to hearing further details about how this promise will be put in place.

As always, change is constant and we note the recent announcement of the Disability Royal Commission taking submissions and the announcement this week of a Review of the NDIS by Minister Robert. Feel free to ring our Information Officers if you would like more information about any of these topics.

Enjoy this edition.

Regards,
Diana

What's inside

Latest Ideas.

- 4 Playschool Presents Inclusion
- 5 Do you love horses?
- 6 Child Dental Benefits Schedule
- 7 Early Childhood Intervention Infoline
- 8 Statewide Eyesight Preschooler Screening (StEPS)
- 9 Stoma Bears
- 10 Inclusive Cricket
- 11 Royal Commission Seeking Submissions



6



8

NDIS News.

- 12-13 Early Childhood Early Intervention (ECEI) supports through the NDIS



14

Feature: Children and Youth.

- 14-15 PlayConnect Playgroups
- 16-17 The Benefits of Exercise
- 18 Tips for Travelling with Children with Disabilities
- 19 Too Young to be Done
- 20-21 Tips for Creating a Sensory Room



21

Travel and Transport.

- 22 Wings for Autism
- 23 Quiet Places for Football Fans
- 24-25 Holiday Camps for Kids
- 26 Hidden Disabilities Lanyards at Brisbane Airport



24



27

Equipment and Technology.

- 27 Paediatric Equipment
- 28-29 Seatbelt Covers and Safety Alert Messages

Playschool Presents Inclusion



Playschool, ABC's long running preschool education program, has expanded its commitment to exemplifying diversity and inclusion to include people with physical disabilities and culturally diverse groups including Aboriginal and Torres Strait Islander people. Kiruna Stamell, one of Playschool's presenters, is a dancer and actress, and she is a person with dwarfism.

In a short excerpt from the program, Kiruna introduces herself, self-identifying as a person with dwarfism, adding, "So if you were gonna talk about it, I'd like you to say: Kiruna is a person of short stature, or Kiruna is a person with dwarfism. But really what would be awesome is just if you learnt to say my name: Kiruna!"

Playschool has a long history of inclusive casting, with presenters representing people of many culturally diverse backgrounds. During NAIDOC week of this year (July 7-14), Indigenous presenter Miranda Tapsell introduced Kiya, an Indigenous doll to the show. Tapsell says Kiya will be a toy that brings celebration of Indigenous culture, language and achievement.

All children should be afforded the opportunity to relate to a wide variety of people with a range of abilities from a young/formative age, as this allows them to build tolerance and understanding of others, which is an important life and social skill. Children with disabilities benefit from seeing themselves reflected in the fabric of society through media and education, just like everybody else. Special focus on inclusive and diverse programming is essential in building an inclusive society. Playschool airs on ABC Kids weekdays at 9am, 11:30am and 3:30pm and weekends at 9am and 3:30pm and is available to stream from ABC iview.

Information sourced from ABC and Kidspot

Do you love horses?

Riding for the Disabled Association (RDA) is a volunteer organisation that provides assisted horseriding activities for people with disabilities to develop and enhance their abilities.

Participants are assessed to make sure a suitable program is developed before they ride. Up to two trainers and a leader can assist riders with many graduating to ride independently or even to competition level.

A participant's doctor must provide consent before any riding session can begin and this needs to be updated regularly.


Safety is important in any RDA activity and strict safety standards are kept. Helmets and appropriate footwear are essential. Many centres provide these. Additional special equipment may be required, however, RDA suggests keeping the conditions as close to natural as possible to encourage the riders to use their own body to achieve a good position.

Some of the benefits to riders are:

- Improved balance and posture
- Promotes decision making
- Motivation and learning
- Encourages reading and speech
- Develops hand and eye coordination
- Development of communication skills
- Memory improvement and concentration
- New mobility and access to new areas
- Social integration
- Mental stimulation
- Increased self esteem
- Learning the value of rules
- Promotion of a general feeling of well-being



RDA CONTACT DETAILS

 02 8736 1256

 www.rdansw.org.au

 www.ideas.or.au/39762

Information supplied by RDA NSW.

Child Dental Benefits Schedule



The Child Dental Benefits Schedule (CDBS) is a scheme run by Medicare that provides eligible children between the ages of 2 and 17 up to the value of \$1,000 of basic dental services over a two year calendar period.

The CDBS provides individual benefits for a range of services including examinations, x-rays, cleaning, fissure sealing, fillings, root canal work and extractions. It does not include benefits for orthodontic or cosmetic dental work, or any dental services provided in a hospital.

Children who receive CDBS payments can receive treatment in any public dental clinic. The claim will be bulk-billed and there will be no out of pocket costs.

You may also use a private dentist of your choice. Let your dentist know when you are making an appointment that you will be using the CDBS. Discuss costs and any restrictions on the dental items with your child's dentist. Do this before you consent and begin treatment. If your child's dentist does not bulk-bill, you will need to pay the bill and claim the benefit back from Medicare. If the dentist does bulk-bill, you do not need to do anything, however there may be out of pocket expenses.

If you do not use the full \$1000 in the first year, you can use the remaining amount in the second year if your child or children is still eligible.

CHILD DENTAL BENEFITS SCHEDULE CONTACT DETAILS

 www.humanservices.gov.au/childdental

Information sourced from Pregnancy, Birth and Baby, and Department of Human Services.

Early Childhood Intervention Infoline



This telephone service is a part of Parentline NSW. It offers two distinct benefits to its users:


1. For families it can provide information and answers to the questions they have about their child's development and diagnoses.
2. For professionals, there is a vast array of information to draw from when working with families of children with special needs.

With an age range of generally 0-6 years, Early Childhood Intervention assists parents with young children with developmental concerns or delays, or diagnosed disabilities. They provide information, referral, general support and counselling.

Qualified counsellors are available to answer calls and talk about a range of concerns. These may include the family's situation, a child's development, how to deal with the recent diagnosis of a disability, and providing strategies for managing a child's behaviour. They may also discuss what services are currently used and suggest others that may be relevant and useful.

With an end result of finding suitable solutions that will assist each family, counsellors and Infoline staff will consider each caller's unique circumstances. Contact details for Parentline NSW are below, if you live in a different state, please call our Information Officers for assistance on 1800 029 904.

PARENTLINE NSW CONTACT DETAILS

 1300 130 052

 bit.ly/parentline

 www.ideas.org.au/63182

Information sourced from the Parent Line NSW website.

Statewide Eyesight Preschooler Screening (StEPS)



The StEPS program is an initiative of NSW Health and offers all 4 year old children free vision screening. NSW Health advises all children to have their vision screened before they start school.


Children rarely complain about eye problems or even realise their vision is not optimal and a test is the only way to really tell. According to Optometry Australia, one in five children have an undetected vision problem. Babies and younger children learn more about the world from vision than through all their other senses combined. For a child's educational, physical and social development, good vision is vital.

In early schooling years, symptoms of eyesight problems can include a general unhappiness with attending school, not being excited to engage in classroom activities, labelling children as slow learners, children lacking confidence to offer answers to a teacher's questions or seeing children as mischievous or inattentive.

It's important to continue regular eyesight checks for your children as issues can arise during early school years.

The granddaughter of an IDEAS employee was displaying a number of these symptoms and her teacher alerted her mother to a possible issue. The little girl had her StEPS screening done at pre-school but such was the speed of her eyesight deteriorating that her mother didn't realise the extent of the problem.

NSW HEALTH CONTACT DETAILS

 (02) 6620 2836

 bit.ly/eyesight-screening

 www.ideas.org.au/95349

Information sourced from NSW Health.

Stoma Bears



A colleague here at IDEAS received a stoma last year, which saved her life. In her words, she said “whilst there are heaps of people to talk to about what I’m going through, I’ve got no one that understands me specifically. So I found a lovely lady in WA who makes stoma bears, mainly for children but adults can buy them as well. To me this bear is my personal venting tool”.

The following is the story of this lovely woman, whose name is Kelly Moss. She has had an Ostomy bag for 20 years, however the concept of the Stoma Bear evolved just two years ago when she was given a bear with an Ostomy. The feeling of being cared about was so strong that it prompted her to talk with the WA Ostomy Association about providing support for other like people.

The question was “How am I going to do this?” and began by sending out requests on social media for help to make the bears and to donate materials such as fabric and stuffing. The response was overwhelming. Two ladies offered to make bears, this has now risen to five. A GoFundMe page has helped to purchase bears from a number of stores which then have a stoma and bag attached to them. The bears are donated to children’s hospitals and are a good way to explain to family and friends what an Ostomy is and what care is needed.

‘For the recipient of one of these bears it makes them feel comforted, and having a bear that is like them can aid in their emotional state and used as a companion whilst trying to come to terms with their new life with a stoma. Also, it is just super cute to have if you have an ostomy.’ **Kelly Moss**

KELLY MOSS CONTACT DETAILS

✉ mossy120@gmail.com

🖥 GoFundMe: www.gofundme.com/ostomy-support-bears

Information and images provided by Kelly Moss.

Inclusive Cricket



In Australia, cricket and summer go hand-in-hand. Its popularity is evident in the number of series and tournaments that occur during the summer season, from Boxing Day Tests, through to the Big Bash League. It is no wonder that cricket is Australia's number one participation sport.

However, for some Aussies donning the whites, grabbing a bat and going out onto the cricket pitch isn't as easy as it sounds, or should be. People with disability often have a desire to participate but barriers exclude them. Not for much longer though. Now, all abilities, integrated leagues in Victoria and Western Australia have been created (as well as South Australia and NSW).

The aim of the leagues are to create inclusive environments for players and to bridge the gap between able-bodied players and persons with disability, whether physical or intellectual.

Games are played on the same venues and at the same time as other games, with only minimal moderations to build confidence and create inclusiveness.

The success of the leagues could not have been achieved without the determination from volunteers and members of the cricket clubs to bring these leagues to fruition.

MYCRICKET COMMUNITY AUSTRALIA CONTACT DETAILS

 bit.ly/sport-for-all

Information sourced from MyCricket Community Australia website.



The **Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability** was established on 4 April 2019 by the Governor-General of the Commonwealth of Australia, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retired).

The Hon Ronald Sackville AO QC has been appointed as Chair of the Royal Commission. Mr Sackville will be supported by five other Royal Commissioners; Ms Barbara Bennett PSM, Dr Rhonda Galbally AC, Ms Andrea Mason OAM Alastair McEwin AM and The Hon John Ryan AM.

Disability advocates and sector representatives and supporters in Parliament, including Senator Jordan Steele-John and Shadow Minister for the NDIS, Bill Shorten MP, have all made calls for two of the commissioners, Ms Barbara Bennet PSM and The Hon John Ryan AM, to stand down due to conflicts of interest.

The Commissioners are required to provide an interim report no later than 30 October 2020, and a final report by no later than 29 April 2022.

The Disability Royal Commission wants to hear from all Australians about their experiences of violence, abuse, neglect and exploitation of people with disability. Submissions are now open. Submissions can be made online or by email.

ROYAL COMMISSION CONTACT DETAILS

- 1800 517 199
- www.disability.royalcommission.gov.au
- www.ideas.org.au/95338

Information sourced from Royal Commission website.

Children to get Faster Access to NDIS Supports

Following is the latest update on reducing delays and ensuring support for children with disabilities.

The Minister for the National Disability Insurance Scheme (NDIS), Stuart Robert, announced a plan to resolve delays and backlogs for children with disability in accessing Early Childhood Early Intervention (ECEI) supports through the NDIS. Over a period of six months, the National Disability Insurance Agency (NDIA) will implement the plan.

If you need further information about these changes to accessing supports for children please call an IDEAS Information Officer on 1800 029 904.

The key initiatives include:



Working with ECEI Partners to secure additional resources to ensure children receive early childhood supports in a timelier manner.



For those children who are eligible for the NDIS, but who are likely to experience a wait time of greater than 50 days between an access decision and getting a plan, the NDIA will provide a standardised interim plan for six months. These interim plans will then be replaced by a full NDIS plan no later than six months after being issued.



For new participants who are not categorised as complex and who are not transferring from an existing Commonwealth, state or territory disability program—they will be given a standardised interim plan for \$10,000.



For those who are transferring from an existing Commonwealth, state or territory disability program their interim NDIS plan and funding package will reflect their existing support levels. If, however, that amount is lower than \$10,000— they will also receive the \$10,000 standardised interim plan for up to six months.

The whole idea about the Early Childhood Intervention Approach is to support children aged between 0-6 who have a developmental delay or disability and their families and carers.

It helps through money and connections to services and supports so children with disabilities have a better chance of being just like everyone else in the development milestones of play, early education and schooling. It helps families access some of the allied health supports for development for children with disabilities. These include speech therapy, physiotherapy, connection to play groups, and communication assistance.

As at 31 March 2019, there were around 280,000 participants supported by the NDIS, more than 85,000 of whom have never had any state or federal disability supports. There were more than 11,500 children aged 0-6, receiving supports through the ECEI approach.

Organisations in NSW that deliver **Early Childhood Intervention Services** are:

Lifestart

Central Coast, Illawarra
Shoalhaven, South Eastern
Sydney, Sydney and Nepean
Blue Mountains

Call 1800 953 390

Northcott

Hunter New England, Mid North
Coast, Northern Sydney, and
Western Sydney

Call 1800 818 286

EACH

South Western Sydney, and
Southern NSW

Call 1300 003 224

Mission Australia

Far West and Western NSW

Call 1800 757 343

Cerebral Palsy Alliance

Northern Sydney

Call 1300 888 378

Intereach

Murrumbidgee Area

Call 1300 488 226

Information sourced from Ministers for the Department of Social Services website.



PlayConnect Playgroups

PlayConnect playgroups build on the traditional community playgroup model to provide families with young children with Autism Spectrum Disorders (ASD) and/or developmental delays with an enhanced, supported playgroup experience.

PlayConnect playgroups are a component of Playgroup Australia in partnership with state and territory Playgroup Organisations. There are currently 42 PlayConnect playgroups. There is no cost to families, and no formal referrals are required to attend.

What is PlayConnect?

PlayConnect playgroups support families with children impacted by ASD or similar behavioural conditions. For families who may struggle or feel uncomfortable engaging with other mainstream services, the program offers the opportunity to come together through play and engage with their children, and other families sharing similar experiences.

PlayConnect playgroups provide structured and developmentally suitable opportunities for play to support the social, cognitive, emotional and physical development of children. Experienced facilitators guide parents and caregivers to play and connect with their children.



PlayConnect connects families and builds relationships. Parents and carers (e.g. mothers, fathers, grandparents, siblings, aunts and uncles) can all join to learn from each other and connect with someone who 'gets it'.

Children and Youth

PlayConnect playgroups also connect families to resources, support and information, as well as support connections to community services to ensure families and children receive the best possible support.

Who is PlayConnect for?

PlayConnect playgroups are for families that have a child aged from 0–6 years who may have ASD or similar characteristics, developmental delays in communication and social skills, and/or behavioural and sensory issues. Children DO NOT need a formal diagnosis to attend, and there is no cost to families.

A facilitator leads a PlayConnect playgroup and provides experience, knowledge and understanding to support and empower parents, strengthening bonds with children. PlayConnect is not a therapy program, but rather it offers a play-based learning environment and a forum for sharing information.

The PlayConnect Playgroups program is a component of the Australian Government's Helping Children with Autism (HCWA) package.


What to expect at a PlayConnect Playgroup?

PlayConnect playgroups usually meet weekly for two hours during school term. At each session, parents, caregivers and children participate in a variety of play activities and experiences suited to the needs of children with ASD or similar characteristics. Music, craft, movement and explorative play help families to learn how to respond to their child's needs and behaviours.



Playgroup
Australia

PLAYGROUP AUSTRALIA CONTACT DETAILS

 1800 790 335

 www.playgroupaustralia.org.au

 www.ideas.org.au/95350

Information provided by Playgroup Australia.



The Benefits of Exercise

Children love to play and for many being active is easy. It doesn't require structure such as a particular sport, just something that gets children moving and they enjoy it. Sixty minutes a day is the recommended amount of time for children over 5 to be engaged in physical activity. A walk around the block or along a pathway to a playground could meet this recommendation.

More Australian children are sitting or lying down for longer periods engaged in electronic media. For children, part of their healthy development is regular exercise to complement the time they spend sitting at school, doing homework, reading and gaming.

Exercise includes activities like walking, riding a bike, scooter or skateboard, playing on playground equipment, and running around a soccer or football field, gymnastics, dancing, skipping and jumping. The possibilities are endless and really just depend upon what is available to children and their family. It doesn't have to be something as obscure as Garden Yoga for Kids although this does look interesting.



Children and Youth

Faster breathing and a quicker heartbeat are two obvious benefits of exercise. Others include:

- Healthy bone, muscle and joint development
- Healthy heart and lung development
- Improvements in coordination, strength and muscle control
- Maintenance of a healthy body weight
- Greater body flexibility
- Improvements in balance and posture
- Development of vital connections in the brain leading to improved concentration and thought processes
- Less likelihood of developing chronic conditions such as heart disease or Type 2 Diabetes
- Stabilising mood swings as exercise can help calm children down
- Improved social skills as children learn to share exercise equipment and make new friends

To encourage exercise and physical activity the following ideas may help:

- Select activities that children like and can have fun with
- Make sure there is variety and children are able to try different things
- Build exercise into the day, e.g. walking to school, washing the car or helping in the garden
- As a reward for your child with a particular achievement visit a park or activity centre
- Praise and encourage children
- Involve the whole family or a group of friends in an activity such as an afternoon bike riding along a track followed by a picnic dinner

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health”.

Hippocrates



Tips for Travelling with Children with Disabilities

As parents, we all want our children to be the best possible person they can be. Part of the learning journey is about new experiences, places and different perspectives. Travel can be a daunting thought when you may not have stepped out of your comfort zone and travelled with your children.

Involve children in the planning stages to build confidence. Ask for their input, and help them by providing maps and images of activities they can choose from. If you are visiting family or friends, include photos on your map so children can visualise.

Practice makes perfect (or as near as life can be), so start small or with simple day trips. Plan fun days where children can practice moving their suitcases or packing and repacking them. Mary Poppins was the queen of making chores a game, and there is a lesson in this for all of us.

Involve more than the travel agent. Talk it over with your GP or specialists who will be able to give you insights, coping strategies and supportive advice.

Prioritise the needs of your family, because stepping outside your comfort zone will highlight all the little irregularities where meltdowns could occur. Know your family's needs, such as how much time to allocate for down time, so members don't become too fatigued or stressed. If regular changes of accommodation are too much to deal with, choose a central location as a 'base', or if long distances are required, have a few days stop along the way in one place, to minimise the feeling of constant disruption.

Have an Emergency Pack- include toys or activities to distract, medicines, spare change of clothes, spare batteries, first-aid items and simple snacks. Night lights may also be useful for children who may not like sleeping in a strange room. Keep this emergency pack in an easy to access spot. You may have heard the saying "better safe than sorry".

Be kind to yourself and each other. Most of all, enjoy and learn from the experience. "A person who never made a mistake never tried anything new." - *Albert Einstein*.

Children and Youth

Too Young to be Done



According to recent media, over 6000 young people with disabilities were living in permanent residential aged care.

The Young People In Nursing Homes (YPINH) National Alliance works with young people living in aged care facilities across Australia as well as their families, friends and carers, to develop the support services and accommodation that young Australians with high or complex support needs require to pursue their lives in the community. It collaborates with service providers in the aged care, disability, health, housing and community services sectors, and encourages a partnership approach to resolve the issue with State and Commonwealth governments.

The Alliance supports young people living in nursing homes and their families to have a voice, the capacity to participate, and be directly involved in developing the services they use, and in systemic changes and policy initiatives at all levels of government.

With dual Royal Commission Inquiries into Aged and Disability Care practice, young people trapped in aged care facilities have an unprecedented opportunity to be seen and heard by government/s and the wider community.

YOUNG PEOPLE IN NURSING HOMES (YPINH) CONTACT DETAILS

- ✉ enquiries@ypinh.org.au
- 🌐 www.ypinh.org.au
- 📍 www.ideas.org.au/64286



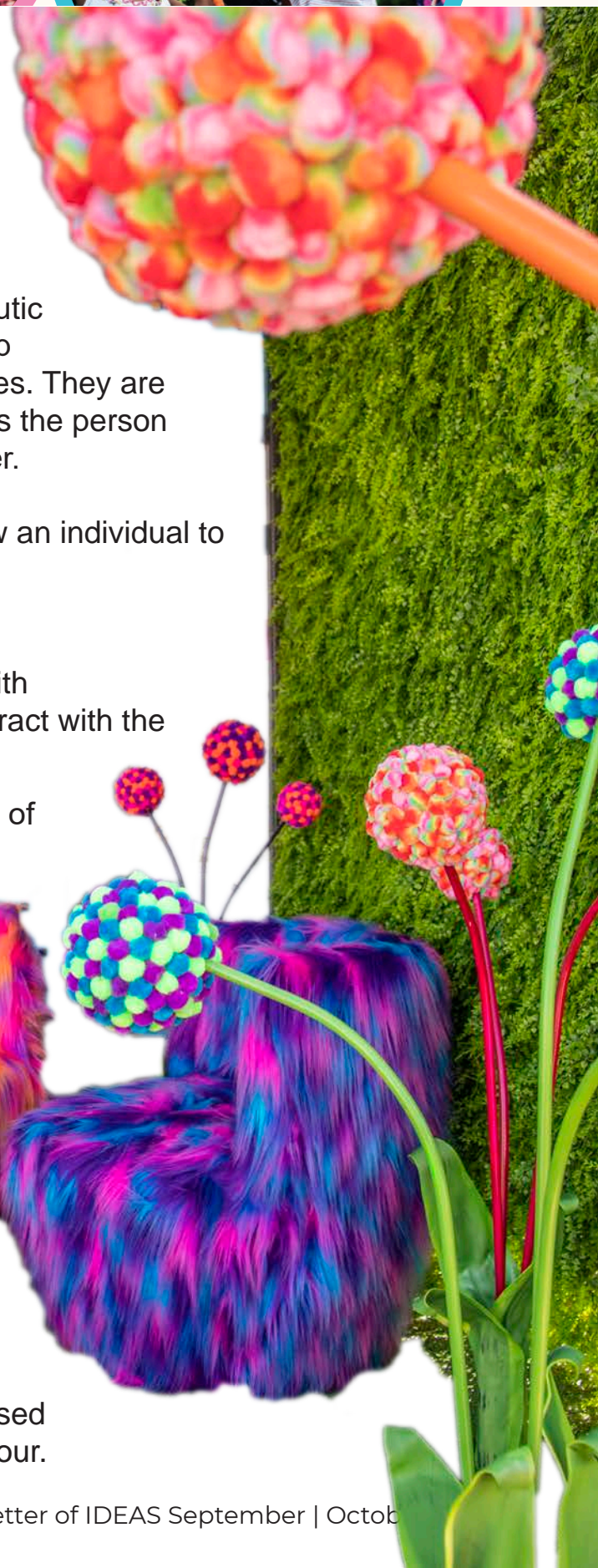
Tips for Creating a Sensory Room

“Sensory room” is a broad term for a therapeutic space that combines a range of stimuli to help individuals to develop and engage their senses. They are designed to be a safe environment that allows the person using it to explore and connect without danger.

Typically for children, these safe spaces allow an individual to regulate themselves and renew their focus.

Benefits of a sensory room include:

- Through engagement and interaction with surroundings, children learn how to interact with the world around them.
- Sensory play stimulates a different area of the brain, allowing for better absorption and retention of information.
- They help develop visual processing skills, as well as fine and gross motor skills.
- As an area with a relaxed atmosphere, surrounded by pleasant sensations, they can be places of comfort to distressed individuals, improving focus and behaviour.



Children and Youth

When putting together a sensory room, try incorporating some of the following ideas and think of ways to use sight, smell, touch, sound and taste:

- **Something stretchy** – Silicone wristbands or resistance bands
- **Different textures** – Furry, squishy, smooth, rough
- **Weighted items** – Lap blankets, toys, sensory bean bags
- **Visual interest** – Fairy lights or net lighting, warm toned soft lighting, shatterproof mirror tiles
- **Auditory** – Rain tubes, music, wind chimes
- **Deep pressure** – Compression vests, body socks, tent with blankets and pillows
- **Movement** – Exercise ball, rocking chair, hammock swing, hula hoops, kid stilts, wobble boards
- **Toys** – Chew necklaces or tangle toys, scented playdough, magnetic letters, Lego walls
- **Diffusers** - Such as a ceramic disc with essential oils

Aim for a relaxed atmosphere surrounded by pleasant sensations – aroma, light effects, and different tactile effects, and always consider safety.

For more information about purchasing sensory products visit Happy Senses, see contact details below.

HAPPY SENSES CONTACT DETAILS

 happysenses.com.au

 www.ideas.org.au/81918

Wings for Autism




Checking in at the airport, boarding the plane, taking off, on the plane and landing. For most travellers and users of airports these are normal common activities and something that doesn't cause too much anxiety.

For families of kids with autism these steps can bring on so many levels of worry, humiliation and embarrassment. The crowds of people, possibly agitated and impatiently waiting in line, brusque and loud security, noisy and confined spaces, there are a myriad of hurdles for such families to scale. A child with autism may give the appearance of having it all together, calm and collected, when inside their little body they are a mass of emotions fighting to erupt.

From these observations, the concept for the Wings for Autism was developed by the director of therapy services at the Autism Association of WA, Tasha Alach. Planning, support and understanding are all uppermost in giving positive experiences both at the airport and in flight.

Wings for Autism is a collaboration between Autism Association of WA, Perth Airport and Virgin Australia. Its main concept is to provide the support needed when tackling air travel and the aforementioned steps that have to be taken. Perth Airport hires a Virgin plane for an hour and with volunteer airport staff children with autism go on a 'dry-run' to experience the check-in, security screening, boarding, in-flight service with the engines running and looking at the flight deck.

AUTISM ASSOCIATION OF WA CONTACT DETAILS

 1800 636 427

 www.autism.org.au

 www.ideas.org.au/8794

Information sourced from perthnow.com.au

Quiet Places for Football Fans



For so many sports fans, the noise of the crowd adds something to the whole atmosphere of a day at the footy. For others, such as those with autism, it can be overwhelming as they watch their AFL team run out onto the pitch.

It is therefore a welcome move by a number of AFL clubs as they trial rooms and zones where fans with special needs can feel calm and supported. They provide a safe and quiet environment where fans can enjoy the game without the noise and uncomfortable feelings that can overwhelm them.

The positive nature of this concept extends to the family of a person with special needs where they can all attend and enjoy a game and watch their team play. There is a big screen television with no sound inside the sensory area, which also has low lighting. Noise-reducing headphones in team colours are available and depending upon which home ground it is, there are lounges, building blocks, putty, colouring-in books and beanbags which all add to the fun and familiar atmosphere. At some venues, there are sensory bags that include headphones, fidget tools and verbal cue cards.

An AFL spokesman said, “The AFL recognises the importance of calming rooms at AFL games and is planning to include a state-of-the-art calming room as part of the Docklands Stadium upgrade.” St Kilda (Docklands), Hawthorn (MCG) and Geelong (Kardinia Park) all have or are set to have designated zones.

Information sourced from Geelong Cats website.

Holiday Camps for Kids



"We didn't realise we were making memories. We just knew we were having fun."

Most children have fond memories of a school, or other camp. Not to mention life lessons, tall tales, mischief, and dirty clothes. It is an experience of a lifetime. Edmund Rice Camps and the Sony Foundation Camp Program are just two of the types of camps available to children with a disability.

Edmund Rice Camps

This organisation provides holiday experiences for young people aged 7 - 16 years who would otherwise be unable to enjoy them. There is a small cost to attend the camps. Many of the participants come from marginalised or disadvantaged backgrounds. The camps also provide welcome respite for parents and families.



Edmund Rice Camps depends on the generosity of the young adult leaders who give freely of their time and talents for those in need. The leaders are attentive and model positive behaviour for the children whilst being friendly, fair and providing supportive discipline in the camp environment.

Tailoring the programs ensures that each child feels safe, cared for, supported and happy!

Sony Foundation

The Children's Holiday Camp Program is a unique respite program where high school and university students take responsibility for the care of children with special needs.

Sony Foundation is expanding the camps to enable more people to participate in this life-changing program.

Applications for the Sony Camps are managed by each host school or university. They will assess applications and respond directly.

IDEAS can also help you source options in your area.



CONTACT DETAILS

EDMUND RICE CAMPS

 www.edmundricecamps.org

 www.ideas.org.au/95150

SONY FOUNDATION

 www.sonyfoundation.org

 www.ideas.org.au/95149

Information sourced from Edmund Rice Camps and Sony Foundation.

Hidden Disabilities Lanyards at Brisbane Airport



The stress of navigating your way through a busy airport can be hard for some people, so to have a system that lets the airport staff know you may need support can be a relief.

At Brisbane Airport, you can request a hidden disabilities lanyard and information card. By wearing the lanyard or showing the card, you are indicating that you may require some extra help, guidance or time in checking into your flight, or to complete the boarding process. Airport staff are trained to see the lanyard and enquire about your needs.

Airlines are already set up to meet special requirements such as particular dietary needs or seating arrangements. **Make sure you contact your airline well in advance to make them aware of these requirements.**

You can request a lanyard by completing a form which asks for your name, date of travel (so the lanyard can be posted in time), yours or your carers contact information (phone number), email address, postal address, and it has room for additional comments. At the bottom of this form, there is the advice “If you are flying through any other airport, please check directly with them to see if they have their own Hidden Disability lanyard available.”

When you receive your pack, it will have:

- a Special lanyard
- a Passenger Information card
- a Brisbane Airport Accessibility Journey Planner

It is advisable to complete the request form as soon as possible to allow enough time to receive it in the post.

BRISBANE AIRPORT CONTACT DETAILS

 bit.ly/disability-lanyards

Information sourced from Brisbane Airport website.

Paediatric Equipment

Finding affordable paediatric equipment is a challenge faced by many parents of children with disabilities, especially for those who don't receive any NDIS funding assistance. So how do you manage the high cost of purchasing new paediatric equipment for your child when they continually outgrow their current equipment as they get bigger and older?




The answer? Second hand paediatric equipment!

Purchasing second hand paediatric equipment can save you thousands of dollars, especially on the higher priced equipment items such as powered wheelchairs or standers. It can also save you money when it comes time to declutter your home and re-sell unused equipment that your child has outgrown.

Just like when you buy a new car, the first few years of ownership for a new paediatric equipment item is when the major depreciation period occurs. This means that when it comes time to sell the equipment, the amount you will receive for it will be substantially less than the amount you paid for it when it was new. However, when you buy second hand instead, the amount of depreciation that occurs while the item is in your ownership is dramatically reduced. In some cases, you may even be able to re-sell a second hand item for the same price that you purchased it for yourself!

eBility is our online classifieds site for all things accessible, including equipment, modified vehicles and properties. With a dedicated section for paediatric equipment, it is the place to go to turn your unused items into cash and find affordable second hand paediatric equipment for your child. Visit www.ebility.com to find yourself a deal and sell your second hand paediatric equipment today.

EBILITY.COM CONTACT DETAILS

 1800 029 904

 www.e-bility.com

 www.ideas.org.au/38257

Seatbelt Covers and Safety Alert Messages



Seatbelt alert covers are a great way of letting first responders, paramedics or bystanders know of a child's special needs in the event of an accident.

When time is valuable and a rescue is taking place, messages that can be an alert to conditions such as autism or to a person being non-verbal, can be the difference between life and death. Short and eye-catching, they can be helpful and may include any health conditions such as Type 1 Diabetes or allergies to certain medications. Depending on the design, some covers have a pocket where emergency contact information can be stored. In the adrenalin-charged environment of an accident, a bracelet or necklace with similar information on it could be missed if hidden under clothing or blankets.

Initially, this concept was developed for children with special needs, but it could be expanded to include elderly drivers and passengers, noting the increase in the numbers of dementia and health related conditions. In these instances or even the situation of a person being rendered unconscious, the availability of medical information may be important.

Various online shopping sites offer a vast range of products if 'seatbelt cover' or similar is searched, and many can do customised messages.

Examples include:

- Deaf – I cannot hear you
- TYPE 1 Diabetic – Insulin dependent
- Autism – Non-Verbal and may be resistant to help
- HTN Alzheimers HBP Allergy to PCN
- I am deaf. I have a cochlear implant. No MRI

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visit: www.TabTimer.com.au or call: **1300 TAB TIMER (1300 822 846)**

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DID YOU KNOW?



IDEAS is now open from
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Top 3 Books Choices for Children

The Orchid and the Dandelion

- Why some children struggle and how all can thrive

By W Thomas Boyce. Published by Bluebird

Through his research and experience as a paediatrician, Boyce reveals the concept of there being two different kinds of children. The first is the Dandelion, who is hardy, resilient and healthy, with the ability to survive and flourish under most circumstances. The second is the Orchid, who is seen to be sensitive, susceptible, shy and fragile, who if given the right support can thrive as much, if not more than other children. This book illustrates how the events and experiences of early childhood are linked to later disorders and how this is so true for some more than others. It shows the need for adults to understand the nature of their children and then do their best to nurture as needed.

I see things differently - A first look at Autism

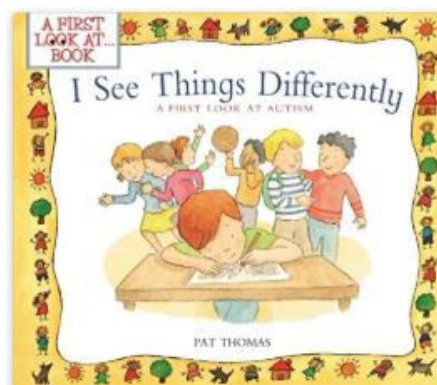
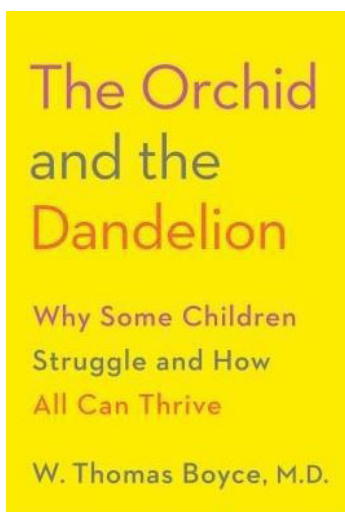
By Pat Thomas, Illustrated by Lesley Harker

This book will help children to understand what autism is and the way it affects someone who has it, such as a class member, a sibling or a cousin perhaps. It is written from the child's viewpoint to increase the understanding of aspects of autism. Positive interactions are encouraged among children, parents and teachers.

The Boy in the Big Blue Glasses

By Good Vision for Life

The challenge of change can be a big thing for people and especially children to contend with. In this book, Sammy feels different because he has to get glasses. His parents, teacher and friends are happy because they know his vision is not blurry anymore. The issue Sammy has is he thinks no one can see him. Gradually, however, things get better. Factors such as managing vision issues, self-esteem and social inclusion are all looked at in this book.



What's On: September - October

6 Sept - Monthly Peer Support Groups

Next Gen Health Club, 1 Riggall Place , Lyneham, ACT 2602

Contact: imaginemore.org.au/upcoming-events/

11-12 Sept - ACCANect 2019 National Conference

235 Jones Street, Ultimo, SYDNEY NSW 2007

Contact: accan.org.au/accanevents

13 Sept - Sydney Seniors and Disability Expo (SSDE)

Exhibition Hall 4, Sydney Olympic Park, Sydney, NSW 2000

Contact: www.sydneydisabilityexpo.com.au

19 Sept - Links for Life - Disability Expo Tamworth

Tamworth Sports Dome, Jack Smyth Drive, Tamworth, NSW 2340

Contact: www.facebook.com/TamworthLinks4life2017

21 Sept - Lanterns on the Lagoon (featuring PLATFORM)

Rotary Pioneer Park, Elm Drive, Tumut, 2720

Contact: www.lanternsonthelagoon.com.au

28 Sept - Spring Jam (featuring PLATFORM)

Wagga Wagga Botanic Gardens, MacLeay Street, Turvey Park, NSW, 2650

Contact: bit.ly/springjam-wagga

29 Sept - Wagga Wagga Lake Run & Ride

Apex Park Wagga, 43 Eastlake Dr, Lake Albert, NSW 2650

Contact: bit.ly/wagga-fun-run

12-13 Oct - Spirit of the Land Festival (featuring PLATFORM)

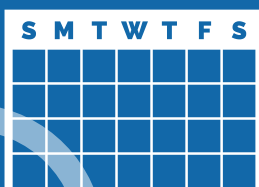
Lockhart, NSW, 2656

Contact: www.spiritofthelandlockhart.com.au

17 Oct - Disability, Ageing & Lifestyle Expo 2019

Goyder Pavillion, Adelaide Showground, Adelaide, SA 5000

Contact: www.dalexpo.com.au/expo_guide



To find more events in your area, visit the IDEAS Website and browse the Events Calendar

www.ideas.org.au/events

Can you colour in the Tiger?



Disability Infoline
1800 029 904

Text: 0458 296 602 - LiveChat: www.ideas.org.au

Disability Information
Free, Accurate & Independent

IDEAS is a free telephone information service for people with disability, their family, carers and other supporters.

Ask us the questions, we give you the answers and you make the decisions.

IDEAS accepts selected advertisements and articles for the Newsletter of IDEAS, although this does not provide an endorsement of these actual services or products. You should always consult with a health professional before making a decision based on your individual needs. IDEAS gratefully acknowledges funding from the NDIS, the Australian Government through the Home & Community Care Program & the New South Wales Government FACS (Families and Community Services Department).