

# 2018 WIDENZANG FESTIVAL FREE FILM

**Survey Results** | Newsletter Survey Results inside this edition Page 14-15

Disability Infoline 1800 029 904  
SMS 0458 296 602 - [www.ideas.org.au](http://www.ideas.org.au)



## Editorial - Jenelle Becker *IDEAS Marketing Manager*

---

### Welcome to this edition!

As I write this editorial which is for the November/December edition of IDEAS newsletter it does engage me to think about the risks of planning, planning, planning... a necessary thing for our futures, and finding the balance to live really vividly in each day as well.

Diana, our leader, is in Europe currently enjoying a holiday. While she recharges her batteries there, she will of course be very engaged in what the future holds for inclusive tourism in the European environment.

This is the perfect time to remind you that our Annual General Meeting will be held on November 27 at the Sofitel Wentworth Hotel, in Sydney between 3-5pm. It is always a great pleasure for us to be able to welcome as many members and subscribers to this event as we can. It is the formal reporting of our achievements and challenges, but also a lovely opportunity to host members, subscribers, customers, suppliers and colleagues in the sector. They can be very happy occasions. If you would like more information about accessibility or RSVP to attend the AGM please ring **IDEAS Executive Assistant on 02 6947 3377 ext 126.**

Thank you very much for replying in detail and so quickly to our survey. We have published the results in this issue from the first hundred surveys received. We are so delighted to have received comments about our work, and also some great directions you have offered, especially regarding different topics you wish to explore in the newsletter. We look forward to planning these for inclusion in 2019. If you have not been able to return your survey, it is not too late as we value any feedback at any time on how to do better.

We have been busy recruiting excellent staff to assist us to complete our tasks in independent information and assistance to people with disabilities to make sure that they get the information they need to support their own choices. At the same time we are already engaged in the challenge to stay vibrant and funded beyond June 2019.

As Spring turns to Summer, we offer you for the festive and holiday period, joy, peace, safety and good cheer amongst friends everywhere.

I hope you enjoy this edition.

*Regards, Jenelle*

# What's inside

## Latest Ideas

- 4-6 Nikki's Blind Grit
- 7 Christmas Community Lunches
- 8 possABLE Advocacy



## NDIS News

- 9 NDIS Fraud Investigations



## Feature

- 10-11 2018 Wide Angle Film Festival
- 12-13 Brain Injury Australia



## Inside Page

- 14-15 Newsletter Survey Results

## Feature continued.

- 16-21 Australian Federation of Disability Organisations (AFDO)



## Travel and Transport

- 22 Up, Up and Away
- 23 Down, Down, Down Under...



## Equipment & Assistive Technology

- 24 Robotic Trousers

## Did You Know?

- 26 International Day of People with Disability

## Coming Events

- 27 What's On: November-December



## Nikki's Blind Grit



*Nikki Hind is a forward-thinking fashion designer creating inclusive and chic athletic/leisure wear for her up-and-coming designer label Blind Grit. Nikki's first collection recently hit the runway at the Melbourne Fashion Festival at an inclusive event, Access to Fashion, organised by disability advocate Carly Findlay. IDEAS recently interviewed Nikki for our podcast, which you can listen to on our website.*

### **So, how do you feel the fashion industry excludes people with disability?**

I think it's pretty apparent when you look at the absolute plethora, the magnitude of images that we are all surrounded by; in shop windows, on billboards, in magazines, on phones, on the TV, just everywhere, everywhere, everywhere... we are bombarded by images and there would be very close to none of them that show people with disabilities, in any particular line of fashion, not just clothing. They're not depicted on couches, in cars, in clothing, cosmetics... As Carly Findlay says, which I thought was very funny and very true, "if you look at all these images you wouldn't know that people with disabilities exist outside a medical setting." They're just not represented in the imagery.

At the recent Access to Fashion event that I was at, both speaking on the panel and showing my designs at Melbourne Fashion Week, there were a couple of lovely young men there, boys, probably eleven, and what they were saying, which is so obvious, but it was just kind of really impressive hearing it come from them and heartbreaking, saying "I want to see people like myself. I don't want to feel different." ...Just putting people with disabilities in the imagery, that's not going to cut it either, it's an awesome start and a super important start and way overdue but I feel very strongly about having people with disabilities in a position of decision making... The decisions are not being made by people with disabilities, not just in fashion but in the majority of areas in society. So the idea with Blind Grit is that we need

designers and labels and brands, where the decisions are being made intrinsically right throughout the brand by people with disabilities.

***Can you talk a little bit more about Blind Grit and what your plans are for that, are you designing inclusive or adaptive clothes for people with disabilities?***

Well not currently, but having said that, I guess I design things that I would like to wear. Being legally blind, I don't drive, so I'm out walking and riding bikes and I'm also fair skinned and sunburn really easily so certainly, I want to wear clothing that I can ride bikes and walk in comfortably and not get sunburnt in but that also look nice to go to a business meeting or heaven forbid on a date (which I haven't done for a very long time).

At the moment there is a bit of a divide between things that protect you from the sun and the super comfy to walk and ride bikes in and things that look sophisticated, funky, stylish, edgy so I guess I design in that way, taking myself and others who don't drive into account, however, with Blind Grit, the people, everybody behind the brand, everybody except the manufacturers, the people who manufacture the clothing, will be people who either live with disability or have survived trauma.





***The last question I had was actually about us, I just wanted to know how you connected with IDEAS and if you found our service helpful at all.***

Oh, huge, because with the new NDIS, I was very grateful and very happy to have received funding to assist with both my daily living and in the work I do so what I was actually specifically looking for: mentoring to help with some of the areas that I struggled with to get Blind Grit off the ground. Electronic pattern making, getting ready for manufacture, that kind of really specific stuff that is probably a bit left field of [general enquiries].

So my lovely LAC (Local Area Coordinator) said, because we were having difficulty finding the right thing to really nail what I most needed help with, said to call you guys and I called lovely Brittney who I could tell was really happy to be looking for that, like for something slightly left field to assist and yeah, she worked on that and found that and connected me with just the right people.

She was just so lovely, and friendly and so I sent her little updates then, of when I got invited to Melbourne Fashion Week and all those things. But no, quite key, very key, because it was you guys who linked me with the people who are much more appropriate, pinpointed, and narrowed it down to a really good fit of what would be most helpful for what I'm trying to achieve.

***Interviewed by Hillary Wilde, Online Editor for IDEAS***

To hear the full interview or read the entire transcript, head to our website and download or stream the podcast from: ***[bit.ly/BlindGrit](http://bit.ly/BlindGrit)***

## CONTACT DETAILS

Blind Grit



[www.bj-fashion.com](http://www.bj-fashion.com)



[www.ideas.org.au/lx?sid=80844](http://www.ideas.org.au/lx?sid=80844)

## Christmas Community Lunches



The holiday season is a time of celebration and getting together with family and friends, having a nice meal and reconnecting after a busy year.

If times are tough though, Christmas can be difficult for some people to get through. Feelings of loneliness, depression and isolation can affect people who have little, have experienced family separation, relocation or grief. There are many ways to tackle these feelings. One in particular is to participate in a community event such as a Christmas Lunch or Carols by Candlelight.

***Included in this newsletter is an insert listing events in a variety of locations,*** both in major cities and some regional areas, being held on or around Christmas Day, Tuesday 25th December 2018. The list isn't exhaustive so if there isn't one listed near you, contact your local council or charity organisations, or call our toll free Infoline on 1800 029 904, to find out if there is an event near you.

If you're likely to be spending the festive season by yourself, without your family and you know it will be hard, think ahead and arrange to attend one of these events if you can. Just being with others and sharing a meal can lift your spirits and make you feel connected and part of the community. If you need urgent support, contact Lifeline. If life is in danger, call 000.

### CONTACT DETAILS

#### Lifeline

-  13 11 14 (24 hours)
-  Text 0477 13 11 14 (6pm-10pm – NEW!)
-  [www.ideas.org.au/lx?sid=130](http://www.ideas.org.au/lx?sid=130)

**DID YOU  
KNOW?**



**What is possABLE Advocacy?** It is a new and completely FREE service, offered by IDEAS that provides individual advocacy to people with disability, their family and carers. The service provides advocates to stand alongside you to ensure that in any aspect of life you can enjoy all of your human rights. possABLE Advocacy can also help you get your own voice heard especially when you might have been treated unfairly or been discriminated against as a person living with any disability.

A person from any background and any disability no matter the type of disability, or age are welcome to access possABLE Advocacy. We never give up, and we will not ask you for anything in return. Our service is FREE.

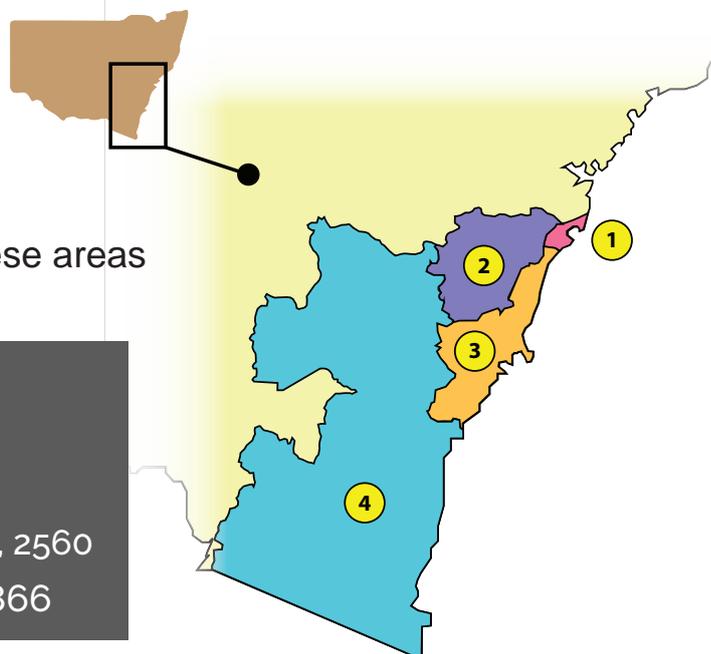
All people with disabilities have rights under the United Nations Convention on Rights of People with Disability (UNCRPD) to remove obstacles to enjoy full participation in communities wherever they live, just like anybody else.

### **How can I access possABLE Advocacy?**

By calling 1800 744 487. We guarantee that if you live outside the areas of our service we will make sure you get connected to other referrals and supports to get your voice heard and preserve your rights.

possABLE Advocacy can serve people who live in these areas:

1. South East Sydney
2. South West Sydney
3. Illawara/Wollongong
4. Southern Highlands



If you're unsure if you live in one of these areas call anyway!

### **CONTACT DETAILS**

**possABLE Advocacy**

 1800 RIGHTS (1800 744 487)

 1/300 Queen St Campbelltown, 2560

 [www.ideas.org.au/lx?sid=80866](http://www.ideas.org.au/lx?sid=80866)

## NDIS Fraud Investigations



Complaints about fraud within the National Disability Insurance Scheme (NDIS) have arisen. In July the NDIS set up a taskforce to tackle matters associated with the fraudulent use of NDIS funds. Included in this taskforce are the Department of Human Services and the Australian Federal Police who as proprietors of commonwealth money are intrinsic in any investigation if it has been stolen or misused. The cases of people affected by fraud that have been published in various media are seemingly just a jolt of the serious matters being investigated.

The activation of fraud investigations has brought to the fore dodgy but not illegal behaviours and erroneous claims lodged by providers. The term “sharp practice” is used for such activity.

Over 500 instances of fraud and associated allegations have been reported since February 2018, up from 300 in July 2017. Something as simple as adding an extra zero to a funding claim can skew a participant’s budget and the recovery of funds can add more stress to their life. Similarly, honest mistakes can be made with legitimate providers servicing clients with the same name.

Actual scams and intentional acts of fraud are by their very nature sophisticated events with perpetrators needing the knowledge of codes used within a participant’s funding package. There is also the use of the pretense of telephoning participants to ask seemingly innocent questions to gain information. A person’s knowledge of their plan, the pliability of a person’s mood or any other factors at the time of a call, may enable a scammer to extract a myriad of details with which to manipulate and defraud an account.

### CONTACT DETAILS

#### NDIS Fraud Taskforce - Fraud Reporting Hotline

 1800 650 717

 [www.ndis.gov.au/reporting-suspected-fraud](http://www.ndis.gov.au/reporting-suspected-fraud)

 [www.ideas.org.au/lx?sid=80865](http://www.ideas.org.au/lx?sid=80865)

*Information sourced from the NDIS website*

## 2018 WIDE ANGLE FILM FESTIVAL

### 2018 Wide Angle Film Festival

Wide Angle Film Festival (WAFF) (formerly Access All Areas Film Festival) will launch its 2018/19 tour on 7th November. This follows a 2017/18 tour that screened to 50,000 Australians.

The Festival offers five programs of International and Australian award-winning short films that reflect the lived experience of disability. They include a Community Program for a general audience, Children's Program for 5 to 12 year olds, Corporate Program for businesses to screen to staff, Schools Program for Primary Schools and Early Learning Program for 3 to 6 year olds.



Wide Angle Film Festival Director Jacqueline Cosgrove says, “WAFF isn’t about ‘worthiness’ or ‘inspiration’. It’s a Festival sharing compelling stories about the essential humanity we all share, through exceptionally crafted films. It’s a program of films about what we have in common, not the ways in which we differ. The 26 films that comprise Wide Angle Film Festival in 2018/19 have universal themes and show capable people working towards goals in ways everyone can relate to.”

Wide Angle Film Festival aims to share the lived experience of people with disability and a suite of accessible features, with the broader Australian community. This enables people with disability to enjoy film screenings as a community experience and demonstrates to the whole community that a quality cinema experience is in no way inhibited by access features. Wide Angle Film Festival excites and engages all Australians with new perspectives and compelling stories.

The suite of access features offered by WAFF has been extended again this year and now includes access for people with anxiety and Post-Traumatic Stress

Disorder by way of reserved seating near doors, triggers lists and quiet spaces. There are open captions for people who are Deaf or have low hearing and audio description for people who are blind or with low vision. Adjusted sound and light levels, social stories and quiet spaces offer access for people with autism or other sensory disability. All venues are accessible for people with mobility disability. Access will vary from event to event and can be checked on the WAFF 2018/19 screening directory on the Bardic Studios website.

In 2017 and 2018, feedback from people with disability taught us that they were tired of plays on the words 'access' and 'ability'. With the resulting rebrand Wide Angle Film Festival declares itself as an important annual cultural event for all Australians. The new logo's rays of light reach out towards us, inviting everyone to participate.



## Wide Angle Film Festival

# 2018

### CONTACT DETAILS

#### Wide Angle Film Festival (WAFF)

☎ 02 8084 4769 or text to 0409 779 504

🖥 bardicstudio.com.au

📍 [www.ideas.org.au/lx?sid=32621](http://www.ideas.org.au/lx?sid=32621)

*Information sourced from Wide Angle Film Festival*

### Brain Injury Australia

Formed in 1986, Brain Injury Australia is the nation's peak advocacy body representing the over 700,000 Australians with a brain injury, their families and carers. Alongside providing policy advice to Commonwealth and State/ Territory governments, Brain Injury Australia is the central clearinghouse of information about brain injury and the gateway for referral to services and supports nationwide. It also drives multi-year public education campaigns on:

- "Shaken baby syndrome", the leading cause of death and disability in children who have been abused
- Concussion in sport, the leading cause of head injury
- Falls, due to the ageing of our population
- People with a brain injury in the criminal justice system (as many as 80 per cent of Australia's adult prisoners report brain injury) and
- Women, family violence and traumatic brain injury.



IDEAS is a proud supporter of Brain Injury Australia's 6th National Brain Injury Conference, to be held at Brisbane's Princess Alexandra Hospital's Russell Strong Auditorium on the 13th and 14th November, 2018. IDEAS will be exhibiting at the conference and hope to spread the word on accessing supports and services needed by individuals and their families and carers, as they live lives of their choice with brain injury. IDEAS phone and web service including Live chat is available for any question and referral required.

The Conference features 30 international and local experts presenting on:

- Research frontiers in neuroplasticity and rehabilitation (led by 2017's Australian of the Year, Griffith University's Emeritus Professor Alan Mackay-Sim);
- Best practice cognitive rehabilitation (Kit Malia and Anne Brannagan OBE from the Defence Medical Rehabilitation Centre in the United Kingdom);
- The National Disability Insurance Scheme for people with a brain injury;
- "Unique data" from the "most detailed brain image ever acquired" (the University of Sydney's Professor Stuart Grieve);
- Concussion/ mild traumatic brain injury;
- Innovations in regional/ rural/ remote and culturally secure service delivery.

Registration is one-third the cost of previous Conferences! Day rate and discounted registrations - for people with a disability, family members and carers – are also available. View the Conference program and register online.

## CONTACT DETAILS

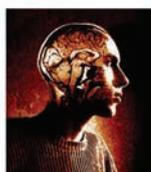
### Brain Injury Australia

 1800 272 461

 [www.braininjuryaustralia.org.au](http://www.braininjuryaustralia.org.au)

 [www.ideas.org.au/lx?sid=11871](http://www.ideas.org.au/lx?sid=11871)

*Information sourced from Brain Injury Australia*



## 6th National Brain Injury Conference

Princess Alexandra Hospital, Brisbane  
**13<sup>th</sup> and 14<sup>th</sup> November 2018**

**6th National Brain Injury Conference  
13-14 November 2018**

**Russell Strong Auditorium | Princess Alexandra Hospital, Brisbane**

Now in its sixth year, Brain Injury Australia's National Brain Injury Conference has become one of the premier learning and development events on the disability calendar – driving improvements in services and supports for the over 700,000 Australians living with brain injury.

# REGISTER NOW

 [www.braininjuryconference.com.au](http://www.braininjuryconference.com.au)  1300 789 845

# Survey Results - Newsletter of IDEAS

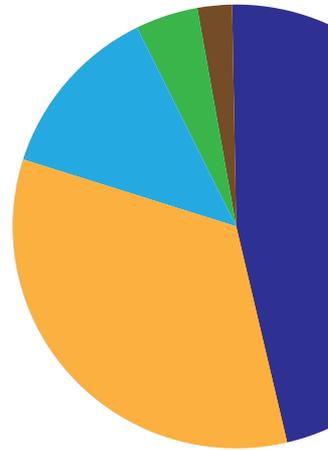
We want to say THANK YOU! We received 100 responses to the survey by the start of October and we are still receiving responses. The results on this page are based on these 100 responses and we will continue to share the other responses as they come in.

**81.7%** OF READERS **SHARE**

the IDEAS Newsletter

## SATISFIED

When you contact us, were you with the



Who do you share the Newsletter with?

1. Friends
2. Family
3. Partner
4. Carers

HAVE YOU CALLED US IN THE **LAST YEAR?**

YES  
30%

NO  
70%



We haven't called you but we will if we ever need

## How is the IDEAS Newsletter useful to you?

*"Everything is well researched & interesting topics that you don't find elsewhere"*

*"I get a lot of information from your articles - ideas, news, contacts and products"*

*"Provides up to date information on a variety of disability related topics - good source of information"*

app

*"I have been helped from y*

## CUSTOMERS

Called IDEAS for information, how satisfied was the result?



Thank you to everyone who completed and returned the survey. We value your responses and it's great to read how important the newsletter is in your lives...

*IDEAS Team*

called  
will if  
d to.



## CUSTOMER FEEDBACK

*"This magazine is a great information booklet for letting people with disability, elders and carers know about other things in life they can accomplish" - Female 56yrs*

*"Very useful. Great overview of important info and issues likely to impact my life. Communication style easily accessible. Enjoy the optimistic way IDEAS approaches topics. And that you inform on very serious topics too." - Female 54yrs*

*Been receiving the IDEAS magazine for 28 years now and have learned so much from your articles I cannot thank you enough." - Barbara McCormack, Maryland NSW*

### Australian Federation of Disability Organisations (AFDO)

Ever wondered what systemic advocacy is? How it helps people with disability, and what it can achieve?

Systemic advocacy seeks to influence and change a 'system' such as legislation, government policy and community attitudes.

Think about an example, such as accessing airports for people with disability. If you as an individual had to advocate on your own to make sure that you were treated with respect and could access counters, people, bathrooms, get on an aircraft, have your mobility, hearing, vision, neurological, cognitive, and speech needs met by every single airport in the country the task would be overwhelming. But when people work together and have access to our legislators and industry bodies, taking your concerns and needs to effect change which improves equality for all, then we all get a better outcome.



*A photo of AFDO CEO, Ross Joyce with former AFDO Project Officer, Carl Thompson and Minister Martin Foley MP at NDIS event 2016.*



*A photo of National Disability Peak Organisation (DPO) Representatives with Alastair McEwin, Disability Discrimination Commissioner.*

Highlighted below are some major organisations which conduct this work as well as information and referral services for particular groups which we know you might not have heard of.

IDEAS can connect you at a click or via a phone number to these fine organisations. If you need assistance in contacting them call us on 1800 029 904.

Another key term you will see in the list of organisations is People Led organisations. This means that the organisations are led by people with disabilities and lived experience of disability. IDEAS is an associate member of AFDO.

AFDO is the peak organisation in the disability sector representing member organisations run by people with lived experience of disability. It has a focus on systemic advocacy working for long-term social change for people with disability. It works to make sure the rights and interests of people with disability are served through informing government(s) agencies, and communities on legislation, policies, practices, and initiatives.

AFDO is a Disabled Peoples Organisation (DPO). DPOs are representative organisations where people with disability make up a majority of the overall Board, staff and volunteers in all levels of the organisation. It is a systemic advocacy organisation working for long-term social change for people with disability, and works to make sure the rights and interests of people with disability are served through legislation, policies and practices.

AFDO's work is focused on:

- building an inclusive National Disability Insurance Scheme (NDIS), and making sure that people with disability are central to its design and implementation
- improving the employment outcomes of people with disability in Australia
- increasing the ability of people with disability and family organisations to make sure they have a say in promoting a truly accessible and inclusive society.

AFDO represents member organisations that are run by people with lived experience of disability. It is a place for these organisations to work together and achieve common goals for people with disability, including:

- making sure they can take part in all aspects of social, economic, political and cultural life
- developing respectful and valued relationships
- providing the opportunity to contribute as valued citizens.

AFDO does not take on advocacy issues for individuals with a disability or their families/carers.



☎ 1800 219 969  
🖥 [www.afdo.org.au](http://www.afdo.org.au)  
👤 [www.ideas.org.au/lx?sid=45344](http://www.ideas.org.au/lx?sid=45344)

The Australian Federation of Disability Organisations (AFDO) is the national voice representing people with disability in Australia.

### Member organisations of the Australian Federation of Disability Organisations include:



✉ [convenor@a4.org.au](mailto:convenor@a4.org.au)  
🖥 [a4.org.au](http://a4.org.au)  
👤 [www.ideas.org.au/lx?sid=80867](http://www.ideas.org.au/lx?sid=80867)

Autism Aspergers Advocacy Australia (A4) is the national grassroots advocacy organisation providing systemic advocacy for autistic people and others (family members and partners) living with ASD.



Blind Citizens Australia

☎ 1800 033 660  
🖥 [www.bca.org.au](http://www.bca.org.au)  
👤 [www.ideas.org.au/lx?sid=39908](http://www.ideas.org.au/lx?sid=39908)

BCA provides advocacy (systemic and individual), peer support and information for people with a vision impairment. Services are also available to legally blind non-members. Services include advocacy, peer support, recreation and social activities.



☎ 1800 272 461  
🖥 [www.braininjuryaustralia.org.au](http://www.braininjuryaustralia.org.au)  
👤 [www.ideas.org.au/lx?sid=11871](http://www.ideas.org.au/lx?sid=11871)

Brain Injury Australia is the central clearinghouse of information and gateway to nationwide referral for optimising the social and economic participation of all Australians living with brain injury.



 1800 422 015  
 [deafaustralia.org.au](http://deafaustralia.org.au)  
 [www.ideas.org.au/lx?sid=880](http://www.ideas.org.au/lx?sid=880)

Deaf Australia is the national peak organisation for Deaf people in Australia. It is a not-for-profit represents the views and needs of Deaf people who use Auslan (Australian Sign Language).



 0427 006 890 (SMS or voice)  
 [www.deafblind.org.au](http://www.deafblind.org.au)  
 [www.ideas.org.au/lx?sid=80870](http://www.ideas.org.au/lx?sid=80870)

DBA represents and advocates for people with deafblindness, and work to improve supports and services for people with deafblindness in Australia.



 02 6262 7808  
 [www.deafnessforum.org.au](http://www.deafnessforum.org.au)  
 [www.ideas.org.au/lx?sid=10713](http://www.ideas.org.au/lx?sid=10713)

Deafness Forum is the peak national body representing the interests of Australians who are deaf, a hearing loss, or a ear or balance disorder, and their families.



 [ceo@dana.org.au](mailto:ceo@dana.org.au)  
 [www.dana.org.au](http://www.dana.org.au)  
 [www.ideas.org.au/lx?sid=73260](http://www.ideas.org.au/lx?sid=73260)

DANA is the national peak body for independent disability advocacy agencies throughout Australia. It supports them in advocating for and with people with disabilities around individual, systemic, self, citizen, legal or family issues.



 1800 808 126  
 [www.justadvocacy.com](http://www.justadvocacy.com)  
 [www.ideas.org.au/lx?sid=80871](http://www.ideas.org.au/lx?sid=80871)

Disability Justice Advocacy Inc (DJA) provides advocacy support to people who have ongoing support needs as a result of disability.

# FEATURE



## 2018 WIDE ANGLE FILM FESTIVAL



☎ 03 9671 3000  
💻 [drc.org.au](http://drc.org.au)  
👤 [www.ideas.org.au/lx?sid=63841](http://www.ideas.org.au/lx?sid=63841)

The DRC provides individual advocacy for adults with disability in the Melbourne Metropolitan region and Dandenong area.



☎ 1300 881 935  
💻 [www.downsyndrome.org.au](http://www.downsyndrome.org.au)  
👤 [www.ideas.org.au/lx?sid=80872](http://www.ideas.org.au/lx?sid=80872)

Down Syndrome Australia is the peak body for people with Down syndrome in Australia.



☎ 08 8340 2000  
💻 [www.enhancedlifestyles.com.au](http://www.enhancedlifestyles.com.au)  
👤 [www.ideas.org.au/lx?sid=80873](http://www.ideas.org.au/lx?sid=80873)

Enhanced Lifestyles is a not-for-profit organisation which provides in-home and community support services to children and adults living with disabilities.



☎ 0419 462 928  
💻 [inclusionaustralia.org.au](http://inclusionaustralia.org.au)  
👤 [www.ideas.org.au/lx?sid=11421](http://www.ideas.org.au/lx?sid=11421)

Inclusion Australia is the national parent and consumer organisation on intellectual disability. Provides information services to other organisations and individuals.



☎ 02 6286 4223  
💻 [www.pwdact.org.au](http://www.pwdact.org.au)  
👤 [www.ideas.org.au/lx?sid=11861](http://www.ideas.org.au/lx?sid=11861)

PwdACT provides systemic advocacy for people with disabilities and is run by people with disabilities.



people with  
disabilities  
western  
australia

☎ 08 9485 8900  
 📄 [www.pwdwa.org](http://www.pwdwa.org)  
 👤 [www.ideas.org.au/lx?sid=1405](http://www.ideas.org.au/lx?sid=1405)

PWdWA is the peak disability consumer lobby group which represents the rights, needs and equity of people with disabilities in Western Australia.



physical disability  
AUSTRALIA

☎ 1800 732 674  
 📄 [www.pda.org.au](http://www.pda.org.au)  
 👤 [www.ideas.org.au/lx?sid=43440](http://www.ideas.org.au/lx?sid=43440)

Physical Disability Australia is the national peak body for people living with a physical disability. Its purpose is to remove barriers through systematic advocacy to all levels of government to enable Australians living with physical disability opportunities to realise their full potential.



Women with  
Disabilities ACT

☎ 0468 324 695  
 📄 [www.wwdact.org.au](http://www.wwdact.org.au)  
 👤 [www.ideas.org.au/lx?sid=10846](http://www.ideas.org.au/lx?sid=10846)

WWDACT provides systemic advocacy and peer support organisation run by women with disabilities for women with disabilities. Works with government and non-government organisations to improve the status and lives of women with disabilities in the ACT and surrounding region.



Women with disabilities victoria  
empowering women

☎ 03 9286 7800  
 📄 [www.wdv.org.au](http://www.wdv.org.au)  
 👤 [www.ideas.org.au/lx?sid=80887](http://www.ideas.org.au/lx?sid=80887)

Women with Disabilities Victoria (WDV) is an organisation of women with disabilities, for women with disabilities.



## Up, Up and Away

The thrill of hot air ballooning has been limited to passengers who could climb in and out over the edge of the basket, excluding people with mobility related disabilities. In 2012 Australia's first Easy Access Basket (EAB) was launched by Global Ballooning Australia, allowing those with limited mobility the enjoyment of a hot air balloon flight over Melbourne or the Yarra Valley with their family and friends.

The EAB has a door on the side that allows people with mobility issues, including wheelchair users, to enter and exit the basket. Customised seating and harnesses are all incorporated into the basket with a grab handle suspended from the burner frame. The EAB was inspired by the Director of Global Ballooning Australia, Kiff Saunders, following a motorbike accident and the rehabilitation process that he encountered afterwards. His main concern was the possibility of not returning to his job as a commercial balloon pilot.

- The basket can hold a maximum of 10 passengers, with the ability to have 2 passengers sitting down (it is a cosy fit if there are 2 passengers sitting)
- Individuals requiring use of the EAB are required to share the experience with a carer, helper, friend or family member on the morning, along with other passengers flying in the same basket
- If you are in a wheelchair, you will need to transfer from your wheelchair into the basket which has a seat inside it. Unfortunately, wheelchairs cannot be taken onboard.

### CONTACT DETAILS

#### Global Ballooning Australia

 1800 627 661

 [www.globalballooning.com.au](http://www.globalballooning.com.au)

 [www.ideas.org.au/lx?sid=80720](http://www.ideas.org.au/lx?sid=80720)

*Information sourced from Global Ballooning Australia website*

## Down, Down, Down Under...



iFLY Downunder in Sydney, Gold Coast and Perth offer facilities and experiences that are accessible and inclusive for people of all abilities. A safe environment provided by a fully controlled wind tunnel sees people with a wide range of disabilities being given access to this fun and exhilarating experience. Wheelchair users, people with vision impairment, hearing loss, paraplegia, amputees, as well as people with autism, cerebral palsy and more, can all enjoy the sport of indoor skydiving. Carers can accompany their client or family member to assist where needed without having to pay any entrance fees.

Each of the facilities in Sydney, Gold Coast and Perth cater to the following:

- Wheelchair users and those with mobility restrictions, with all locations having lift access and accessible restrooms and entrances;
- Hearing Loss/Partially Deaf, with visual clues being used;
- Low vision, with instructors trained with physical communication skills;
- Psychological disorder, with an instructor always in the wind tunnel for continual comfort and reassurance;
- Service animals are welcome at the iFLY locations and can see the flying experience through the glass. They are not permitted to FLY.
- Gold Coast Tourism (GCT) Accessibility Challenge where iFLY can accommodate people of all abilities.

### CONTACT DETAILS

#### iFLY Downunder

 1300 366 364

 [www.downunder.iflyworld.com/ifly-accessibility](http://www.downunder.iflyworld.com/ifly-accessibility)

 Sydney - [www.ideas.org.au/lx?sid=80722](http://www.ideas.org.au/lx?sid=80722)

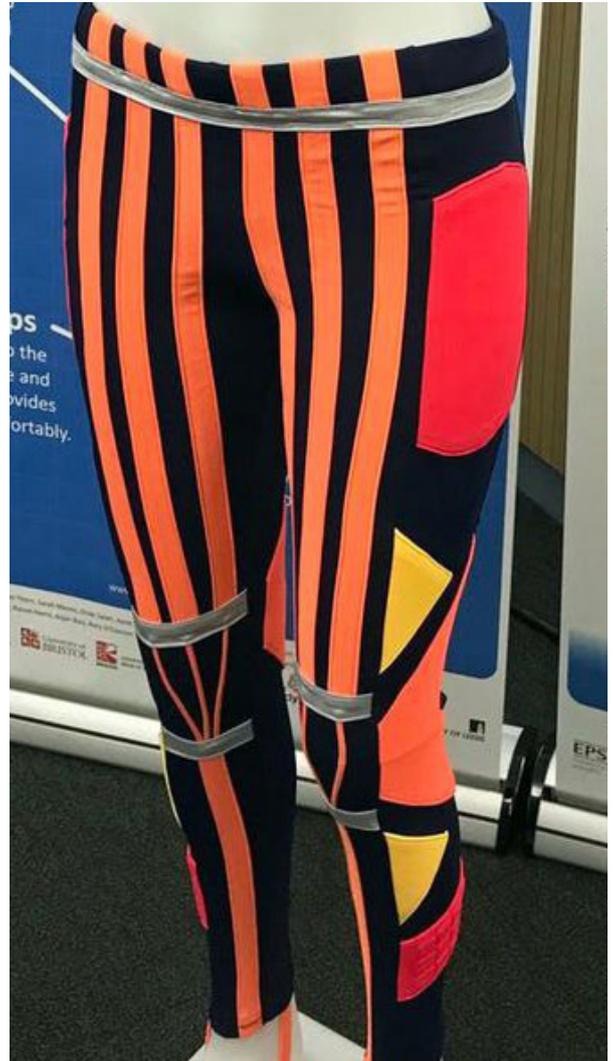
*Information sourced from iFly Downunder website*

## Robotic Trousers

Robotic trousers or 'smart' trousers is the term used to describe trousers that may help people with mobility issues such as older people, be mobile without requiring the use of a wheelchair. They feature artificial muscles and provide people with limited lower mobility bionic strength in their legs. The muscles are air-filled bubbles of plastic that can raise a leg when a person is seated to a standing position.

Extra support is provided, and joint strength is enhanced. Two positive advantages are greater independence and confidence for users with limited mobility.

Although this technology is not ready for the open market it is an exciting concept to keep an eye on. Prosthetic device companies and clinicians are among the many people and services that need to be worked with if this technology is to succeed. There is also the thought of creating 'smart' shirts for people with upper body muscle problems.



### CONTACT DETAILS

#### Robotic Trousers

 [bit.ly/RoboticTrousers](https://bit.ly/RoboticTrousers)

*Information sourced from Idea Connection blog post.*

# Stay On-Time!

Utilise your NDIS funding to help you stay on-time with important medicines and personal care tasks.



Contact TabTimer and we will help you stay on-time with Assistive Technology.  
visit: [www.TabTimer.com.au](http://www.TabTimer.com.au) or call: 1300 TAB TIMER (1300 822 846)

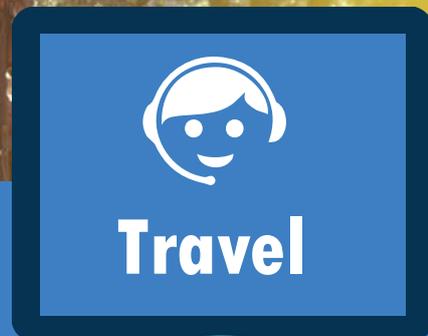
For terms and conditions of sale see [www.TabTimer.com.au](http://www.TabTimer.com.au). TabTimer™, helps keep medications on time™, helping to keep people on time™ and the TabTimer™ logo are trademarks of TabTimer Pty Ltd © 2018 ABN: 99 137 415 948



## Looking for more accessible holiday options?

Check out IDEAS Online Travel Directory for accessible...

- ✈ Accommodation
- ✈ Attractions
- ✈ Tours



Australia and Overseas  
[www.ideas.org.au/category/front/out-about](http://www.ideas.org.au/category/front/out-about)



3 December  
**International Day of  
 People with Disability**



The annual International Day of Disabled Persons was established back in 1992, by the United Nations General Assembly Resolution 47/3 and has been celebrated around the world every year since. The estimated 1 billion people with disability worldwide face many barriers to inclusion in areas of transportation, employment, and education as well as social and political participation.

International Day of People with Disability (IDPwD) aims to promote an understanding of disability issues and mobilise support for the dignity, rights and wellbeing of people with disability. Empowerment involves investing in people – in jobs, health, nutrition, education, and social protection. When people are empowered they are better prepared to take advantage of opportunities - they become agents of change. The IDPwD is held annually on December 3rd.

**How can you celebrate IDPwD 2018 where you are?**

**Get involved:** look for collaborative and inclusive events for people with disabilities, their family and carers. Check the IDPwD or IDEAS Events Calendar!

**Organise:** Hold forums, public discussions and campaigns to discuss and share ways of including and empowering all people of all abilities.

**Celebrate:** Celebrate by creating opportunities to help people with disability realise their potential through music, sport, study or interpersonal relationships.

**Take Action:** Highlight best practices for inclusion and make recommendations to local political leaders, businesses, institutions and cultural centres.

**CONTACT DETAILS**

**International Day of People with Disability**

 [www.idpwd.com.au](http://www.idpwd.com.au)

 IDPwD Events Calender - [www.idpwd.com.au/events/calendar/](http://www.idpwd.com.au/events/calendar/)



*Information sourced from the IDPwD webiste*

### What's On: November - December

#### 7 Nov - Central West Disability Expo - Orange

Sir Neville Howse Stadium (PCYC), Orange, NSW, 2800

**Contact:** Giovanna Cox on 02 6362 4563 or [facebook.com/disabilityexpo.com.au](https://facebook.com/disabilityexpo.com.au)

#### 9 Nov - Feel the Vibe Expo

Blacktown Workers Club, 55 Campbell St, Blacktown, NSW, 2148

**Contact:** call 1800 818 286 or email [northcott@northcott.com.au](mailto:northcott@northcott.com.au)

#### 16-17 Nov - Melbourne Disability Expo - My Future My Choice

Melbourne Convention and Exhibition Centre, 1 Convention Centre Pl, VIC, 3006

**Contact:** call 02 9025 9394 or [www.melbournedisabilityexpo.com.au](http://www.melbournedisabilityexpo.com.au)

#### 20 Nov - NDIS Open House Workshop - St Marys

St Mary's Band Club, 411 Great Western Highway, St Marys, NSW, 2760

**Contact:** call 4723 9444 or email [michael.elmore@ndis.gov.au](mailto:michael.elmore@ndis.gov.au)

#### 3 Dec - Ability Walk – International Day of People with Disability

Lake Alexandra, Mittagong, NSW, 2577

**Contact:** call 1300 372 121 or visit [www.dsa.org.au](http://www.dsa.org.au)

#### 3 Dec - Albury Wodonga International Day of People with Disability Event

QE11 Square, Dean/Kiewa/Swift St, Albury, NSW, 2640

**Contact:** call 02 6023 8260 or email [esayers@alburycity.nsw.gov.au](mailto:esayers@alburycity.nsw.gov.au)

#### 3 Dec - International Day of People with a Disability at ZONE BOWLING

Available at a range of locations, visit Zone Bowling website for more.

**Contact:** [www.zonebowling.com/bowling-activities/people-with-a-disability](http://www.zonebowling.com/bowling-activities/people-with-a-disability)

#### 3 Dec - IDPwD Movie Night at Kiama Library

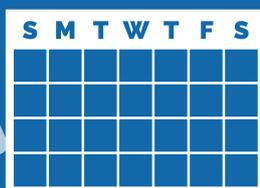
Kiama Library Auditorium, 7 Railway Parade, Kiama, NSW, 2533

**Contact:** call 02 4232 0444 or email [rachelr@kiama.nsw.gov.au](mailto:rachelr@kiama.nsw.gov.au)

#### 9 December - Soar & Roar Festival

Sydney Motorsports Park, Eastern Creek, Eastern Creek, NSW, 2766

**Contact:** call 1300 225 762 or email [soarandroar@specialolympics.com.au](mailto:soarandroar@specialolympics.com.au)



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

[www.ideas.org.au/event/list/upcoming](http://www.ideas.org.au/event/list/upcoming)



## **IDPwD Feature Events**

3rd December

### **2 Dec - International Disability Day**

Abilities Empowered will be organising an expo showcasing local organisations with a connection to disability. These organisations will set up stalls with information about goods and services.

Rouse Hill Community Centre, 39-41 Clower Ave, Rouse Hill, NSW, 2155

**Contact:** call 0415 682 846 or email [alison@abilitiesempowered.org](mailto:alison@abilitiesempowered.org)

### **3 Dec - 2nd ALL ABILITIES COLOUR RUN**

Life Without Barriers Western NSW will this year be expanding our highly successful All Abilities Colour Run! This year, the All Abilities Colour Run will not only be happening in Orange, but also in Albury, Broken Hill, and Dubbo.

**Orange:** Waratah Sports field, 34 Telopea Way, Orange, NSW, 2800

**Contact:** call 02 63 933 200 or email [orangeadmin@lwb.org.au](mailto:orangeadmin@lwb.org.au)

For details on other events visit: [www.idpwd.com.au/event/calendar/](http://www.idpwd.com.au/event/calendar/)

**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).

***Our vision is a world where people with a disability live full, independent lives of their own choosing.***

**Disability Infoline**

**1800 029 904**

**SMS 0458 296 602 - [www.ideas.org.au](http://www.ideas.org.au)**