

Newsletter of IDEAS



VOICE TREATY TRUTH

IDEAS does
information
so you can
do life.

Disability Information
Free, Accurate & Independent



info@ideas.org.au



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[@IDEASAU](https://twitter.com/IDEASAU)

I'M FREE
Take Me!



Editorial - *Diana Palmer* *IDEAS Executive Officer*

Welcome to this edition!

As we go to print, the future of the IDEAS Information service is still in jeopardy as we wait to hear from the Federal Department of Social Services about a lifeline of funding to retain the information service. The impact this uncertainty about funding has had on people with disability and our staff and organisation is taking its toll.

IDEAS has three staff who will not have contracts renewed at the end of June and potentially another 30 people whose jobs are at risk before the end of August.

If we have no news before 30 June, IDEAS, Australia's only stand-alone disability information provider, will be forced to hang up the phone on people with disability. We will be forced to reduce our service delivery to meet only the services we will be funded for at that time. People with a disability need trusted information. Every day. Last year alone, IDEAS handled more than 700,000 enquiries and since our inception, we've impacted more than 7 million lives.

While the NDIS rolls out, people need independent help to understand how their funded supports work, what their rights are, and to avoid confusion and stress. Plus, people still have information needs about everyday issues – work, health, transport and school, as well as very serious concerns including abuse and discrimination.

The Government recently committed to a national disability information gateway, as an election promise. We are yet to see how it will roll out and note that it was not in the 2019/2020 Budget.

IDEAS is a competent, established disability information service meeting a vital need, staffed by a team where 80% of the staff live with or have lived experience of disability themselves. Our satisfied customers tell us, we simply 'get it'.

Keeping IDEAS funded now and into the future means there will always be access to high quality information when people with a disability need it most.

I hope you enjoy this edition.

Regards,
Diana

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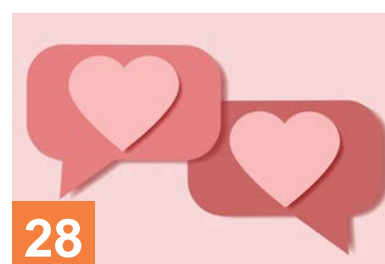
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Sandwich Generation



Juggling the responsibilities of work with child and elder care can be overwhelming and challenging. Financial pressures, including rising living costs and housing affordability, is keeping young adults at home longer and older parents in full or part time work longer too, with ageing parents also requiring care and support. Caring for others, of any age or ability, can take its toll on our personal health and wellbeing as well as our relationships.

Sometimes, with pressure coming from both ends of the family unit, the caregivers caught in the middle, or “sandwiched”, can suffer from stress, anxiety and even depression, as a result.

A similar “Club sandwich” generation exists, where grandparents of young children with ageing parents are taking on the role of caregiver for both their grandchildren (often while their adult children are busy with work and other commitments), and their own ageing parents. This is called the “club sandwich” (a sandwich with three or more layers of bread) generation.

The rise of the sandwich and club sandwich generations in Australia is having a huge effect on family relationships, as well as productivity in the work force, and mental and general wellbeing. People can feel strained, pressured and piled on from all areas of life and it can lead to negative outcomes for everyone involved.

It is important to invest in time for yourself and self-care, even if you are used to being the one everyone else turns to. Stepping away, and taking time for yourself by going for a walk, reading a book, or having a relaxing bath are just a few ways you can take time for you, to relax and unwind. This is important because if you don't take care of you, you can't take care of everybody else.

Family friction and conflict at any stage of the life cycle can be deeply distressing and cause stress, anxiety and depression. Parenting is a lifelong commitment. Some parents make the mistake of starting to parent their own parents and this can cause tension and disruption in the familial network.

Parents who rely on grandparents for short or long-term childcare may also encounter friction with either their parents or their children when parenting techniques and discipline are not applied consistently by the caregivers.



There is a wealth of parenting and caring resources online; from podcasts to online communities like Facebook support and sharing groups, to parenting programs and government funded initiatives, such as The Pregnancy, Birth and Baby and Raising Children Network, which can help caregivers from any stage, parents, grandparents and adult children to traverse the quagmire of positive parenting methods and maintaining and caring for family relationships.


Family is important, but so are you. If you need help, seek it. If you need time out, you need to prioritise it. There are services and supports out there, both formal and informal, which can help you care for your loved ones and maintain positive and loving relationships.

Information sourced from Triple-P Podcast, ABC Brisbane.

Doctor Patient Relationships

Things to ask your GP

Actively engaging with your doctor or other health professional in a constructive way will build a more positive relationship and help you to receive better care. The following questions may guide you when you talk with your doctor and help you to get the most out of your next doctor's appointment.



Does my family's health put me at risk?

Am I getting enough sleep?

How is my blood pressure?

Will Medicare, my concession or Veterans Affairs card cover the costs?

What should I do if I miss taking a dose?

What do I do if there are any side effects?

Is this treatment necessary?

How much will the treatment cost? Are there other options?

How serious is this condition?

Are there alternative treatments?

Is there a support group that I can make contact with?

What do I need to do between now and my next visit?

Siblings of Children with Special Needs



Both positive and negative feelings can be associated with having a sibling with a disability as a young child. Parents need to ensure that their children understand that while it may seem unfair, there will be times when parents must pay more attention to the sibling with a disability.

This can be done by providing children with the right information to inform them on their sibling's disability, and giving them a greater understanding of why their sibling might require more help and attention. To avoid feelings of neglect, parents should encourage the involvement of their children in family discussions, decisions and responsibilities regarding the sibling with a disability. This creates a strong and united family.

It is also important that children are given the opportunity to express their feelings to their parents or to someone they trust and learn that it is natural and okay to have negative feelings towards a sibling. However, they also need to understand that certain behaviors are not okay. Having an environment where they feel safe to express their feelings, helps them to manage the negative feelings in a constructive manner that is not harmful to their siblings and themselves.

Information sourced from maggiedent.com and Siblings Australia.

Loneliness and Social Isolation



Loneliness is the feeling of distress or sadness experienced by a person who feels like they have no friends or company.

According to Relationships Australia, we have a crisis with loneliness. Many people are lacking in meaningful relationships and the social connection it creates. It is more pronounced when they are battling tough times and have no one to offer comfort and support. The hustle and bustle of life that people now see as the norm does little to help this situation. Being involved in community activities such as volunteering on a street stall, or catching up with a neighbour, has been traded for employment or sporting commitments. The circle of people that we can call upon in a time of need has gradually become smaller.

A survey exploring the loneliness levels of Australians and the impact on their health and wellbeing was conducted by The Australian Psychological Society as part of a campaign in Psychology Week (11-17 Nov 2018). The national survey of adults examined the prevalence of loneliness and the affects it has on physical and mental health. Four main trends were identified in the report:

- 1 in 4 Australians feel lonely.
- Many younger Australians report anxiety about socialising.
- 30% of people don't feel part of a group of friends.
- Lonely Australians have worse physical and mental health, and are more likely to be depressed.

Other points of interest drawn from the survey included that:


- One in two people, sometimes or always feel alone
- 1 in 10 Australians currently lack social support

Good mental and physical health is supported by positive social relationships. The following tips may help to develop better interactions with the people you meet so you can feel the benefits of a positive connection.

- **Think positive:** Focus on the other person and the topic of conversation, and try not to overthink the situation.
- **Discard comparison:** Enjoy the moments of connection and try not to compare your situation to theirs.
- **Expect change:** Accepting change as normal can help you adjust to new circumstances.
- **Ask and listen:** Ask questions and really listen when somebody offers an answer. Posture, facial expressions and words can show your interest.
- **Rehearse:** Have a backup of topics you can draw on when a conversation stalls. Travel, pets, children may be good ones.
- **Say names:** A demonstration of care and interest is evident when a person's name is used following an introduction.
- **Go offline:** Work hard to have a healthy offline life and don't depend too much on social media which can increase the feelings of disconnection.
- **Chat to strangers:** Share a smile and a quick chat with a stranger, maybe a fellow commuter or soccer mum.
- **Help:** Offering to help somebody gives a feel-good rush. Holding a door open or returning a trolley can help people feel seen and cared for.
- **Join in:** Volunteering on a street stall or covering library books unites people in a shared activity and takes the focus of each person.
- **Manage stress:** Some social situations are plain scary so it can be good to practise some deep breathing or stretching techniques to ease this stress.



NDIS Portfolio Created



In the aftermath of the federal election in May, a major reshuffle of cabinet has resulted in Prime Minister Scott Morrison MP creating an entirely new ministerial portfolio which focuses solely on the National Disability Insurance Scheme (NDIS). Previously, the ministration of the NDIS fell within the scope of the Social Services portfolio.

The NDIS ministerial portfolio has seen former Assistant Minister to the Treasurer, Stuart Robert MP, step in to a Cabinet position as Minister for NDIS and Government Services with former Opposition Leader Bill Shorten MP serving as the Shadow Minister for these portfolios.

Meanwhile, previous Minister for Family and Social Services, Paul Fletcher MP, has been appointed as Minister for Communications, Cyber-safety and the Arts, while Senator Anne Ruston, formerly Assistant Minister for International Development and the Pacific, has joined the Cabinet and taken on the role of Family and Social Services Minister.

A dedicated NDIS ministerial portfolio builds on the Prime Minister's election promise to prioritise the NDIS. The NDIS has been beset by problems, ranging from potential participants encountering trouble accessing and using the scheme, to pricing, implementation and even fraudulent use of NDIS funds.

HON STUART ROBERT MP CONTACT DETAILS

 www.aph.gov.au/S_Robert_MP

 ideas.org.au/95107

Information sourced from Pro Bono News.

NDIS Commission Continues Roll Out




The NDIS Quality and Safeguards Commission has continued to roll out its service delivery across Australia. As of 1 July 2019, the NDIS Quality and Safeguards Commission now provides support and quality control for NDIS participants in South Australia, New South Wales, Victoria, Queensland, Tasmania, Northern Territory and the Australian Capital Territory (ACT).

The NDIS Quality and Safeguards Commission is a new independent agency established to improve the quality and safety of NDIS supports and services. It is intended to regulate the NDIS market, provide national consistency, promote safety and quality services, resolve problems within NDIS service provision and identify areas for improvement. The National Disability Insurance Scheme (NDIS) is a new way of delivering services and supports to people with disability across Australia.

People with disability have the right to complain about the services they receive. Most NDIS providers do their best to provide quality supports and services to people with disability, but issues can occur. If you are unable to resolve a complaint directly with your NDIS Provider, you can lodge a complaint with the NDIS Commission or if you live in WA, your local State Ombudsman. The NDIS Quality & Safeguards Commission (or NDIS Commission) became operational across New South Wales and South Australia in July 2018, and Victoria, Queensland, Tasmania, ACT and NT as of 1 July 2019. By 1 July 2020, Western Australians will also be able to use the NDIS Commission to lodge complaints about their direct service providers.

NDIS COMMISSION CONTACT DETAILS

 1800 035 544

 www.ndiscommission.gov.au

 ideas.org.au/80442

Information sourced from NDIS Commission.

Family Planning NSW

The sexuality of people with intellectual disability is an issue that often causes anxiety, dread or denial for families and carers. A family may believe that any information about sex will put their family member at risk of engaging in early or risky sexual activity. People with all types of disability are often infantilised and believed to be asexual, overly sexual and/or undesirable as partners or parents. Yet people with disability have the same human rights to relationships and sexuality as others and global research has consistently shown that young people who have been given appropriate sexual health and relationships education have sex at a later age, have better health literacy and make more responsible decisions – including people with intellectual disability. Sexual health and relationships education is not just about sex but teaches important life skills that ideally start in early childhood: i.e. development of a sense of self, body ownership, consent, knowledge of the names of body parts and their functions and how to manage physical developmental stages such as puberty and adulthood.



With-holding information on healthy sexuality from people with intellectual disability can be devastating. They are often always supervised and reliant on others for intimate tasks such as toileting and showering. This, combined with complying with instructions from an early age, puts people with intellectual disability at particular risk for physical and sexual abuse at higher numbers than the rest of the population. If people with intellectual disability also cannot communicate their thoughts and wishes


and have never been taught the basics about their bodies, then they lack even the language to report abuse and advocate for themselves. Access to healthcare is also a barrier. Women with intellectual disability are under-screened for cervical and breast cancer. People with disability are more likely to put off GP and specialist visits because of cost, are more likely to experience challenges with physical access to medical facilities and one in six people experience discrimination by health staff.

To address some of these barriers and promote the rights of people with disability, Family Planning NSW has been delivering targeted services to people with disability for 40 years and specifically to people with intellectual disability. This includes services in the following areas:

- Training and education of parents, carers, disability professionals and teachers around sexuality and disability
- Providing assessment and therapeutic supports as a registered NDIS provider
- Creating and promoting resources such as Easy English factsheets, books and social stories, DVDs, apps and websites
- Advocacy and health promotion, with recent projects including collaboration with the Cancer Institute of NSW to produce Easy English resources on breast, cervical and bowel screening along with an online learning module for disability workers; a submission to Parliament's Joint Standing Committee on the NDIS, and collaboration on Outing Disability: a photographic journey, which documents the stories of people with disability who identify as sex and gender diverse.

Converting the human rights of autonomy and freedom to make choices into actual practice can be challenging for families and service providers, especially if a person has high support needs or has behaviours that place them at risk of exploitation or harming others. Sexual health and relationship education benefits people for the rest of their life, enabling them to learn social skills, enjoy healthy relationships and have better knowledge and choice over their own bodies.

FAMILY PLANNING NSW CONTACT DETAILS

 1300 658 886

 www.fpnsw.org.au

 ideas.org.au/1297

Content contributed by Family Planning NSW.



RELATION FEATURE

The Old and the Young...coming together

When you consider those at either end of the journey called life, the young and the old, there are some obvious similarities. Time, for them, is something like a companion where they can exist “in the moment”, but can include snippets of the past, present and future. Time isn’t an enemy to them and nothing is done in a rush or with stress attached.

The life experiences of the elderly can teach the younger generations so much and in turn the elderly can delight in sharing past memories.

Aged care facilities and childcare centres located near each other can enable companionship and connections between young and old. An example of this arrangement can be seen at Braemar Village Aged care facility in Willagee, WA and the Birra-Li Child Care Centre next door.

According to the village manager, Lyn Cattell, this arrangement works to reduce the loneliness and isolation of those residents who have very few visitors and where their children may live some distance away or even overseas.



ONSHIPS

It seems that both generations truly enjoy the time spent together with the elderly residents feeling young themselves and being reminded of the joy and delight of their own childhood. They are able to share stories of special times and milestones, as well as teach the younger ones some things from their hobbies or talents, such as sewing or playing cards. The mutually satisfying opportunities provided here can go a long way to keeping ageing minds sharp and alert, and bodies physically active.

A second initiative also encompassing the intergenerational link of the old and the young is one using the framework of the Kids Interacting with the Elderly (KITE) program. This is a service made available by ConnectAbility Australia, an organisation providing disability and aged care support services, family counselling and community programs. With KITE, there is a planned, intentional interaction of different age groups in a variety of situations at a level that provides close communications, shared feelings and ideas, and cooperative activities in meaningful tasks. One location that has used this program is Harbour Town Kindyland in Coombabah QLD where activities such as playdough can be a bonding experience with discussions of what they were making. There are additional benefits here with both age groups, with the young being able to practice their fine motor skills and the elderly being able to maintain dexterity in stiff and perhaps arthritic hands.

Connection and belonging, being valued and needed, are all important feelings that such a program can address, and so many opportunities can be built upon with future visits. The anticipation of and looking forward to special days and future activities is integral in maintaining healthy mental wellbeing.

Locally based visiting programs between child and aged care facilities can enrich and engage child development and create deeper community connection and engagement for people living in residential care, who may be experiencing loneliness and isolation.

CONNECTABILITY AUS CONTACT DETAILS



02 4962 1000



www.connectabilityaus.org.au



ideas.org.au/71676

RELATION FEATURE

Check your Neighbours



Everybody needs good neighbours.

When you live alone, it is a good idea to get to know your neighbourhood and the people who live around you. You don't have to be best friends with your neighbours but having an idea of their routines and vice versa, and just saying "G'day!" in passing may just mean the difference between life and death someday. And you never know, you may just make a relationship that lasts a lifetime. It might just surprise you to realise one day that you have built true and good friendships along the way together.

Ken and Mary have lived next door to each other for over 25 years. They've been through births, deaths and marriages together. They've shared grief, joy and laughter, been on long road trip adventures together and looked out for each other. Ken checks Mary's mail when she's away visiting her family and when she's at home, they check on each other regularly and lookout for one another. Mary, 86, jokes quite jovially, that one day Ken, 71, may find her body, but it's comforting to know that someone knows and cares if something happens.

In 2014, the Sydney Morning Herald reported on the death of, "the woman Sydney forgot" who lay dead in her house for eight years before being discovered. Her name was Natalie Jean Wood, and during the eight years her remains went unnoticed in her Surry Hills terrace, her power and pension were cut off and her ceiling partially collapsed. No one walking by or living around her ever noticed she was gone. It's worth knowing your neighbours.

Information sourced from Natalie Wood: The woman Sydney forgot by Peter Munro, 05/02/2014, Sydney Morning Herald.

Hairdressers and their Unique Client Relationship

Hairdressers and salon professionals have the skills and experience to be good listeners when their clients feel safe enough to open up about family violence. The long-term nature of the relationship between these parties usually lends itself to the development of a trusted and valued association. Over time, clients share private information and hairdressers are privy to the signs of emotional or physical violence, which may be unseen to others. It can be distressing to see or be told about violence however in the HaiR -3R's program run by the Eastern Domestic Violence Service in Melbourne, hairdressers feel empowered to listen and to feel they can respond with empathy when they are told about upsetting experiences.


The free training offered in the HaiR-3R's (Recognise, Respond and Refer) program focuses on helping women who may be experiencing violence or controlling behavior at home.

It aims to:

- Inform hairdressers of gender inequality as the main driver of family violence;
- Support salon professionals to understand gender stereotypes;
- Increase the capacity of salon professionals to support a client who may be experiencing family violence

Hairdressers are among the decreasing number of people who can physically touch a virtual stranger without being afraid of reprisal. A trip to the salon is to experience an hour or two that makes you feel rejuvenated and special. With experience, many hairdressers are adept at reading body language and can recognise whether a person is having a good day or a bad day. They want to create a safe place where clients can talk about anything and it will go no further. Circumstances such as paying for a service half with a credit card and half with cash can signal financial control by a husband or partner. The long-term nature of this relationship and the length of time clients spend in the salon allow for a more meaningful connection. For a client, their day can be changed, and their worth realised.

HAIR-3R's (EDVOS) CONTACT DETAILS

 03 9259 4200

 training@edvos.org.au

 ideas.org.au/95108

What is Touching Base?

Everyone has a right to sexual expression and that includes people with disability. Touching Base Inc. is a small charitable organisation, based in Sydney, Australia. Active since October 2000, Touching Base emerged out of the need to assist people with disability and sex workers to connect with each other.

Is sex work legal? Yes! In NSW, since 1978 it has been legal to be a sex worker. In 1995 the act of owning and operating a brothel were decriminalised. Touching Base works to educate the community, around the role of sex workers in ensuring people with disability have access to sex and intimacy.

What is skin hunger?

Simply a desire for physical contact with another person — and it's a very human desire, beyond the physical care a person with disability receives.



ONSHIPS

Resources have been developed by the Touching Base Committee for clients with disability and their personal carers. These materials are also recommended reading for sex workers, service provider staff and adult family members. The website is built around information on everything you wanted to know about the sex industry but were too scared to ask. Easy guides include 'Frequently Asked Questions' and '10 Tips for Clients', and there is a general enquiries line for any other questions.

Touching Base also offers training for sex workers, and workshops for disability service providers. The Touching Base Referral List of disability-friendly sex service providers has information provided by independent sex workers, and commercial sex services premises such as brothels & massage parlours.

Although Touching Base is based in NSW, the Referral List includes sex workers and premises in other states and territories within Australia.

How the Touching Base Referral List works

When someone with a disability (or their carer, family or friend) wants to be referred to a sex worker or brothel they use a form on the Touching Base website.

If they have listings in the requested area, one of the Touching Base Referral List volunteer operators provides the contact details of sex workers, or the commercial premises, that appear most likely to match what the client needs.

The person with disability (or carer, family member or friend) then makes direct contact with the sex workers to discuss price and other details, and then if possible and suitable, they make a booking.

TOUCHING BASE CONTACT DETAILS



0424 591 409



www.touchingbase.org



info@touchingbase.org



ideas.org.au/69233

Content contributed by Touching Base.



Relationships Skills – Friendship and Dating

People with autism, disability or brain injury face the same issues as other people when it comes to relationships. Friendship is important, and the desire to love and be loved, whether as a friend or an intimate companion, is a drive that defines a person in a way that no disability ever can. People with a disability need to gain the skills and rules that help to form relationships as this has such a positive impact on our lives.

These easy to read guides prepared by Liz Dore, Relationships Counsellor and Educator, are very useful in discussions with people wanting to develop skills that will assist in socialising, making friends and dating.

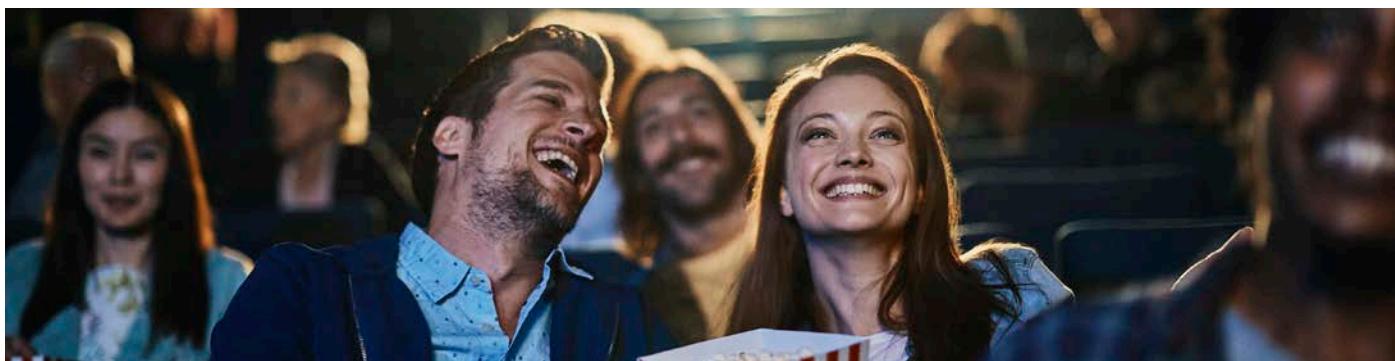
Becoming friends

1. **Wait to be introduced** by a friend or the person organising the event. If you want, ask them to introduce you.
2. **After being introduced**, ask what the person does during the week – do they work, study, what do they do as a hobby or sport, or what do they do on the weekends. Look at the person when asking or answering.
3. **If the person continues the discussion** by asking you questions, the person might be just being polite or may be interested in you. If they leave and don't talk to you a second time find someone else to talk to (back to step 1).
4. **Towards the end** of the social event, if the person has returned to talk to you or stayed with you, **it's OK to say 'see you next time' or 'here's my phone number if you want to ring me'**. If they say 'no' respect their decision.
5. **Wait at least two days**, then ring them once to discuss something like the workshop or party where you met. Take turns asking and listening during the phone conversation.
6. **Wait for them to call back**. If they don't call they may not want to hear from you. Don't ring more than two times.
7. **If they return your call**, continue taking turns ringing each other. You might now consider meeting up again.

ONSHIPS

12 Tips for Becoming Friends and Safe Dating

1. Take it slowly.
2. Take turns ringing each other.
3. Ask the person if they are interested in going out.
4. Always let someone else know where you're going.
5. Meet in a public place and stay where there are other people.
6. Pay half the bill.
7. Beware of alcohol, just have one drink at most.
8. Arrange to get to and from the date yourself.
9. Don't invite the person to your house on the first date.
10. Think about how you feel.
11. Take it slowly.
12. Have a good time and remain alert.



See contact below for more information, counselling, resources, and workshops exploring love, sexuality and dating as experienced by those on the spectrum of intellectual disability.

RELATIONSHIPS AND PRIVATE STUFF CONTACT DETAILS

Liz Dore | Relationships Counsellor and Educator

📞 0416 122 634

💻 www.relationshipsandprivatestuff.com

✉ liz@relationshipsandprivatestuff.com

📍 ideas.org.au/47579

Feast of the Senses



Sensory adventures can be difficult to source for people with vision impairments. If you know someone who is not getting out and about, or struggles with the fatigue of adjusting to new surroundings, a service that offers multi-sensory adventures in a supporting environment, could be the start of wonderful new discoveries.

Cocky Guides adventures are designed for travellers who are active and competent with mobility - using either a cane, guide dog or a companion as a sighted guide. Cocky Guides use multi-sensory storytelling in a creative way to deliver enriched enjoyment for blind, low vision and sighted travellers. Guides deliver vocal instructions or even one-on-one assistance where navigation is technical, such as for stairways. Cocky Guides also offer companion rates for companion card holders on select trips.

Examples of day activities include audio described stage shows, a train trip to Kiama Blowhole, a pedestrian tour of the Sydney Harbour Bridge and Wulugul Walk at Barangaroo, a Manly ferry trip to the Cabbage Tree Bay Eco Sculpture Walk, or a tactile gardening experience at the Friends of Ivanhoe Botanical Garden.


There is also a Hunter Valley Tour for the tastebuds visiting cellar doors, chocolate factory and sampling chocolate, fudge, and vodkas. Other train journeys include the Blue Mountains Katoomba Cascades and Prince Henry Cliff Walk. In the Melbourne area trips around the Yarra Valley and Mornington Peninsula have also been on the schedule.

Overnight tours to destinations such as Byron Bay, the Snowy Mountains, Tropical North Queensland or Hunter Valley offer a longer experience. The Snowy Mountains sensory break includes oversnow transport from Perisher Valley to Charlottes Pass, a Snowy Hydro Visitor Centre experience about the famous Hydro-Electric Scheme, and a trip to Parliament House and the Australian War Memorial in Canberra. If

warmer weather beckons, the Tropical North Queensland tour stays four nights at Four Mile Beach at Port Douglas, a ride on the Kuranda Scenic Railway, Crocodile Adventures and Mossman Gorge.

Cocky Guides is currently available to self-managed and plan-managed NDIS participants under “Innovative Community Participation” and “Assistance with Travel and Transport”.

COCKY GUIDES CONTACT DETAILS

 1300 657 640

 buck@cockyguides.com.au

 ideas.org.au/81907

Information sourced from Cocky Guides website.

DID you KNOW?



IDEAS is now open from

8AM - 8PM AEDT/AEST

Monday to Friday



Toll Free: **1800 029 904**



Email: **info@ideas.org.au**



LiveChat: **www.ideas.org.au**

Wheelchair Accessible Taxis



A wheelchair accessible taxi (WAT) is a vehicle that has been modified to safely accommodate at least one and up to three wheelchair passengers.

Providers of WAT services have a primary duty of care to ensure the safety of their services. They also have an obligation to ensure all WAT drivers must be able to demonstrate competence in the safe loading, restraint, carriage and unloading of a customer in a wheelchair. Commonly used WATs or Maxi Taxis are Toyota Hiace buses with rear wheelchair lifts.

Residents of NSW who are unable to use public transport and rely on WATs because of a severe and permanent disability may qualify for the Taxi Transport Subsidy Scheme (TTSS).

TTSS subsidises the travel cost of participants, allowing them to travel by taxi at half fare. The current maximum subsidy that can be claimed is \$60. If you think you may be eligible for the subsidy, or would like more information, you should contact Transport for NSW.

TRANSPORT FOR NSW CONTACT DETAILS



131 500



www.transport.nsw.gov.au/ttss



ideas.org.au/6215

UBER WAV CONTACT DETAILS



www.uber.com/en-AU/ride/uberwav/

Information sourced from Transport NSW website.

Book Review: Friday with my Folks

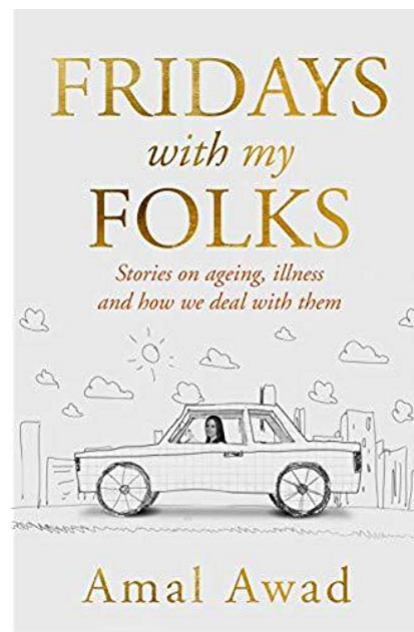
The diagnosis of a serious health condition can have life-changing effects on a person and their family. Such is the story of Amal Awad, a journalist, author and screenwriter who is based in Sydney. She contributes articles to several media outlets including SBS Life, and Elle and Frankie magazines.

In the time after her father was diagnosed with kidney failure in 2013, Amal was shocked to see him change, both physically and mentally. She began to help her parents navigate a new way of living and decided to spend every Friday with them, hence the title of the book Friday with my Folks. In doing so, she discovered gaps in the way ageing and sickness were being discussed and now with a personal experience to draw on, she has formulated a few questions to target the specific hows and whys of these topics.

Amal got to know her parents more intimately when the weeks were now peppered with doctor appointments and her family dynamics as she'd known them had changed. Speaking with doctors, nurses and aged care staff, as well as aged people living alone, she gained insight into and considered solutions to the discussions raised.

She discovered that there is scant information on the side effects of such a chronic condition and the associated issues of how to deal with the anxiety, depression and the decline in health of someone you love. The raw and heartfelt emotions that are exposed in the stories Amal presents, will provide support and empathy to those who are on a similar journey and may help them to see they are not alone.

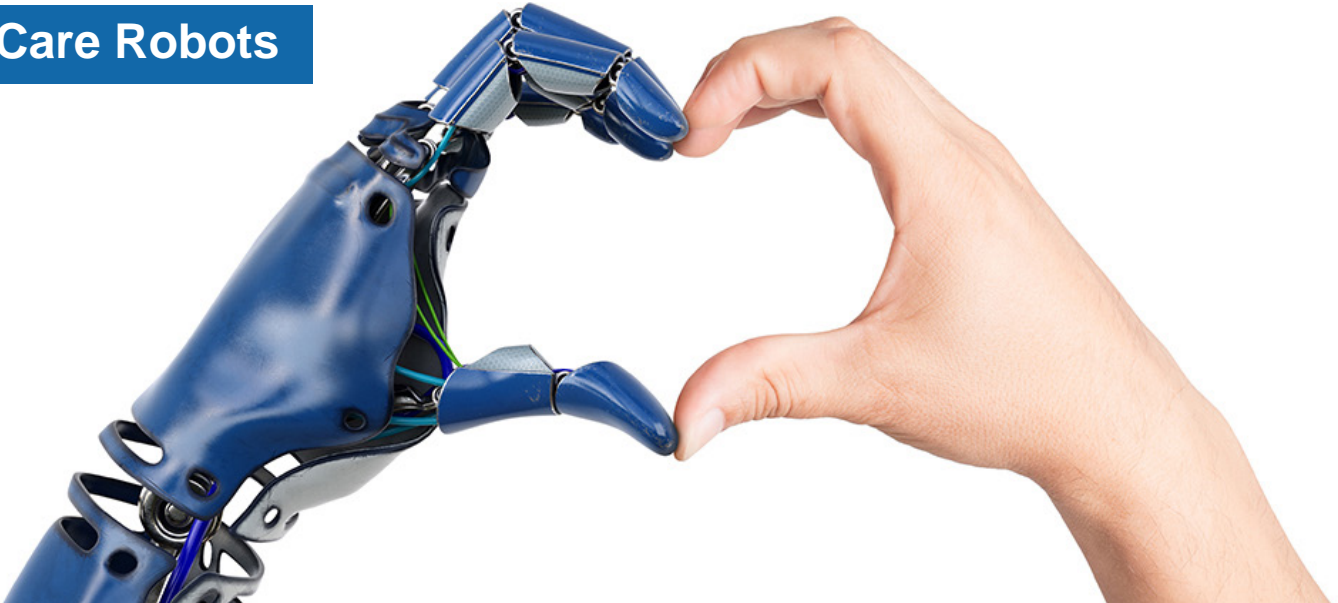
Available as a trade paperback through Vintage Australia or as an eBook through Random House Australia. See following link for a list of online retailers or to find your local bookstore.



BOOK: FRIDAY WITH MY FOLKS MORE INFO

 bit.ly/Friday-with-my-folks

Care Robots



There is very strong interest and in-depth research into the use of robots as caregivers especially within the realms of aged care. Some activities will always require human caregivers and for some people assistance from a robot will never be the answer. Loneliness and social isolation are issues confronting many elderly people and some studies have shown that social robots – autonomous robots trained to interact and communicate with humans, could provide help.

With the growing number of elderly people requiring care, the use of robots may be a way of addressing the overwhelming demand. Technological limitations however are the sticking point for any greater application of robotic technologies. Different types of robots are suggested as possibilities for future inclusion into aged care services.

The telepresence robots (also known as mobile robotic telepresence (MRT) systems) are deemed suitable for the Australian environment because there are people both in nursing homes and in their own homes who never get to see other people. The telepresence robot is a remote-controlled wheeled device with a video screen that can be positioned at head-height and used with a smartphone app that has wireless internet connectivity. It puts 'you' at a remote location immediately providing a virtual presence and a social connection, health surveillance and safeguarding.

Therapeutic robots such as PARO, can play an important role in calming and engaging those people with a cognitive impairment of some form. PARO looks like a harp seal and makes similar noises. Built on the knowledge that animal therapy can be beneficial to particular patient groups and keeping in mind the hygiene constraints of live animals, PARO has been developed for use in hospitals and care facilities. It has five sensors that allow it to respond to individuals and its

environment. It interacts by moving its head, eyes and flippers. Particular forms of touch elicit specific sounds and responses.

Used extensively in aged care facilities in the US, Europe and Asia, especially with people living with dementia, there is the opinion that PARO can diminish the behavioural and psychological symptoms of dementia and decrease the need for psychotropic medications.

A distinct advantage of robots is their capacity to work 24/7, that is continually. As already alluded to, the demand for care services now and in the future is ever growing and for older adults choosing to stay in their homes as they age, the solution could be the specialised systems used for cleaning or daily living tasks.

So many activities will still require human caregivers however, there is the thought that within a few short years robots will be there to perform many aged care tasks.

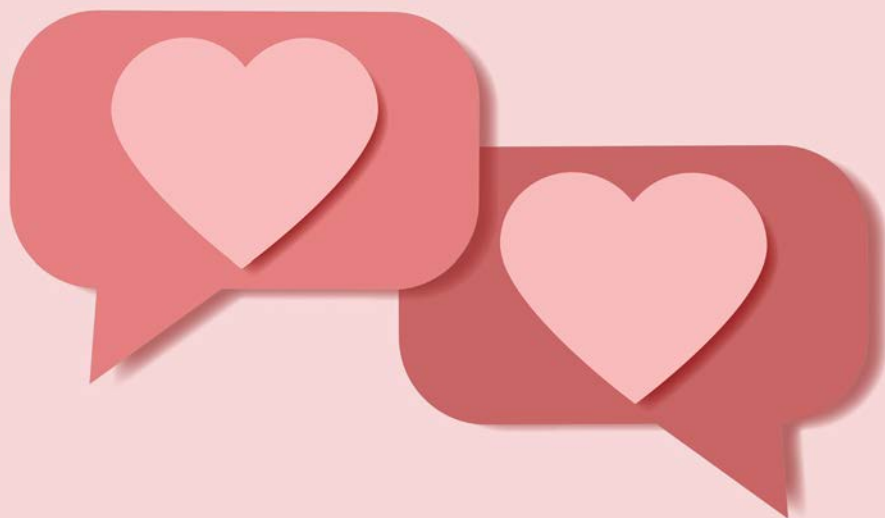
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Dating Sites



With the online dating industry growing at a rate of almost 4% each year, dating platforms are increasingly making it easier for people with a disability to search for and find potential matches with similar interests or lived experiences. Special Bridge for example is an easy to navigate dating site that is specifically designed to help people with a disability find friendships and love, as well as having some great information about dating people with different disabilities. Although they do not currently have an app up and running, they are in the process of designing one that should be available soon. Some other dating sites that allow filtering of disabilities or are specifically for people with a disability include Disabled Dating Club and Match.

It can be a scary and daunting experience to take the big step and try online dating, especially for someone with a disability. It is important to be open and honest about yourself and your disability when connecting with others on dating sites as this will help your potential friend or partner to better understand you and will make it more comfortable if you choose to meet them in person. Also, remember to stay calm and be positive, finding the right person for most people will not happen overnight (unless you are really lucky!).

It is important to stay safe, and not to share any personal identifying or sensitive information or banking details. If somebody asks you for money for any reason, no matter how convincing, it is probably an internet dating scam.

DATING SITES CONTACT DETAILS

Disabled Dating Club: www.disableddatingclub.com.au

Match: au.match.com

Special Bridge: www.specialbridge.com

Information sourced from Disability Horizons and Inclov.



Under the theme – Voice. Treaty. Truth. Let’s work together for a shared future - NAIDOC Week 2019 will be held nationally from **Sunday 7 July to Sunday 14 July.**

Charmaine Mumbulla is the winner of the prestigious National NAIDOC poster competition for 2019. Her artwork “Awaken” depicts early dawn light rising over Uluru, symbolising continued spiritual and unbroken connection to the land. The circles at the base of Uluru represent the historic gathering in May 2017 of over 250 people from many Aboriginal and Torres Strait Islander nations who adopted the Uluru Statement from the Heart.

“Our message, developed through generations, is echoed throughout the land: hear our voice and recognise our truth. We call for a new beginning, marked by a formal process of agreement and truth-telling, that will allow us to move forward together.”
- **Charmaine Mumbulla**

Arising out of the 2017 national gathering of First Nations representatives, the Uluru Statement represented the unified position and specifically sequenced a set of reforms: first, a First Nations voice to Parliament enshrined in the Constitution and second, a Makarrata Commission to supervise treaty processes and truth-telling. “Makarrata is the culmination of our agenda: the coming together after a struggle. It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination.” - **From the Uluru Statement 2017**

NAIDOC Week also celebrates that 2019 is the United Nations International Year of Indigenous Languages, with aims to promote and acknowledge Indigenous languages or ‘voice’ as the first words spoken on this continent and the 65,000 plus year-old voice of this country.

NAIDOC 2019 MORE INFO

 www.naidoc.org.au

Information sourced from NAIDOC website and the Uluru Statement from the Heart.

What's On: July-August

6 July - Family Playgroup - Engadine

Engadine Community Centre, 1034-1036 Old Princes Highway, NSW 2233

Contact: admin@ecs.org.au or 9520 7022

7 July - NAIDOC Week Cultural Workshop Day - Mount Gravatt

EcoCentre - Griffith University, Mount Gravatt, QLD, 4122

Contact: matt@mgcci.org.au

7 July - NAIDOC Week Service - Newcastle

Sacred Heart Cathedral, 841 Hunter St, Newcastle West, NSW, 2302

Contact: alyson.segrott@mn.catholic.org.au

8 July - Kinder Dreaming

Deer Park Library, Deer Park, VIC, 3023

Contact: info@brimbank.vic.gov.au

14 July - WOW Festival For Young People - Casula

Casula Powerhouse Arts Centre, 1 Powerhouse Road, , Casula , NSW 2170

Contact: reception@casulapowerhouse.com or 02 8711 7123

24 July - Coffee Meetup for ADHD Parents

The Newport, 2 Kalinya Street, Newport, NSW 2106

Contact: eepurl.com/cgdNbz

20-22 Aug - AgQuip 2019 - Gunnedah

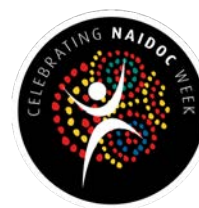
134 Black Jack Rd, Gunnedah NSW 2380

Contact: (02) 6768 5800 or fairfaxruralevents.com.au/agquip/home

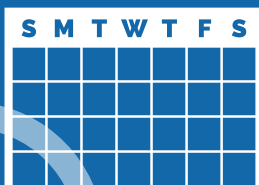
27-28 Aug - ATSA Independent Living Expo - Canberra

National Convention Centre, 31 Constitution Ave, Canberra ACT 2601

Contact: www.atsaindependentlivingexpo.com.au or 1300 789 845



**VOICE
TREATY
TRUTH** 07 - 14
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www.ideas.org.au

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| <input type="checkbox"/> Family Member/Carer | <input type="checkbox"/> Service Provider |
| <input type="checkbox"/> Government Representative | <input type="checkbox"/> Support Co-ordinator/Plan Manager |
| <input type="checkbox"/> Health Professional | <input type="checkbox"/> Support Group |
| <input type="checkbox"/> Local Area Co-ordinator | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Local Council Representative | |

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