

Newsletter of IDEAS



MAR | APR 2020

# CHANGES

**IDEAS does  
information  
so you can  
do life.**

**Disability Information**  
Free, Accurate & Independent



[info@ideas.org.au](mailto:info@ideas.org.au)



1800 029 904



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



[@disabilityinformation](https://www.facebook.com/disabilityinformation)



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**I'M FREE**  
Take Me!



## Editorial - *Diana Palmer* **IDEAS Executive Officer**

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### Welcome to this edition!

After a devastating summer it is nice to see the change in season and hopefully a sense of the routine returning to the year. As we all know the bushfires throughout the summer have caused devastation across much of the country.

The crisis in NSW and Victoria in early January highlighted the shortcomings of disaster response and public infrastructure when these events occur on such a large scale.

IDEAS will be contributing submissions to the **NSW Independent Bushfire Inquiry** about the shortcomings in support for people with disability in times of disaster. If you have a story to tell and would like to see it included in our submission, please contact me. It was heartening to see community organisations come together to solve some initial problems people were dealing with, such as accommodation and equipment.

IDEAS was involved in some early response with other community organisations which led us to launching our **eBility Crisis Site**, which is currently a crisis equipment exchange website. People can donate equipment and those in need can find equipment online at **[www.ebility-crisis-help.ideas.org.au](http://www.ebility-crisis-help.ideas.org.au)**

In addition we offered EzyDun to various local government areas and locations to provide an accessible toilet and change facilities where needed. This offer however, wasn't taken up.

Calls to our phone line and traffic to our website continues to grow as more people search for answers and assistance to help navigate the complexity of support systems and services available. IDEAS continues to strive to meet the demand and provide a comprehensive and individualised service to meet the information needs of people contacting us.

I am sure you will find something of interest in this edition.

**Regards,**  
**Diana**



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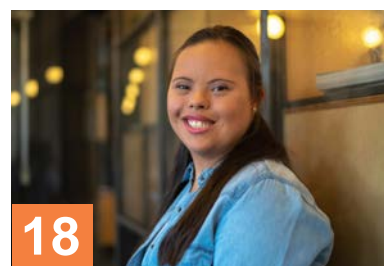
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## Changing Routines: Children and Teenagers with ASD



Routines and familiar activities, being with people we know well and in places that make us feel secure all provide a sense of calm and comfort. This is more so true for many children and teenagers with Autism Spectrum Disorder (ASD). Obsessions, special interests or rituals, are all ways of coping with situations and surroundings.

Situations where your child might need help when there is change, could include:

- Eating new foods
- Going somewhere new, like the dentist
- Playing with a new toy or trying a new activity
- Having visitors to your home
- Doing something at a different time; like having a shower in the morning rather than at night.
- Leaving the house to go somewhere like the shops or library
- Cancelling an activity because of sickness or bad weather

Changes to a routine can be smoother and more accepting if a child knows ahead of time what is going to happen. Regular changes such as leaving the house are sometimes the easiest changes to deal with. Unexpected alterations to an activity such as a park outing because it is raining can be met with frustration and disappointment. Prior preparation such as a warning system may help to moderate these feelings and maintain calm during the actual change.


Other ways to assist with coping with change include:

- Social stories where situations are explained in a clear and age-appropriate way.
- Allowing extra time so the child doesn't feel rushed and overwhelmed.
- Visiting a new place ahead of time such as a play centre if it's the venue for a birthday party your child is invited to.
- Slow and steady movement to a different activity making sure the new one is something the child will enjoy.
- Introducing small changes over a period of time to eventually achieve a larger change.
- Using a timer or similar gadget to signal a change for example leaving the house or having a bath.
- Timetables with pictures and words to explain when an activity will begin or end. The consensus here is to use open-ended times such as before morning tea, after lunch or after school. Avoid specific times, which may be a source of frustration.

A common term used in planning a day's routine is 'road-mapping'. This can cover a whole range of situations that include schedules and structures, strategies to assist with giving children with ASD the best possible outline of their activities.



## RAISING CHILDREN CONTACT DETAILS

 03 8660 3500

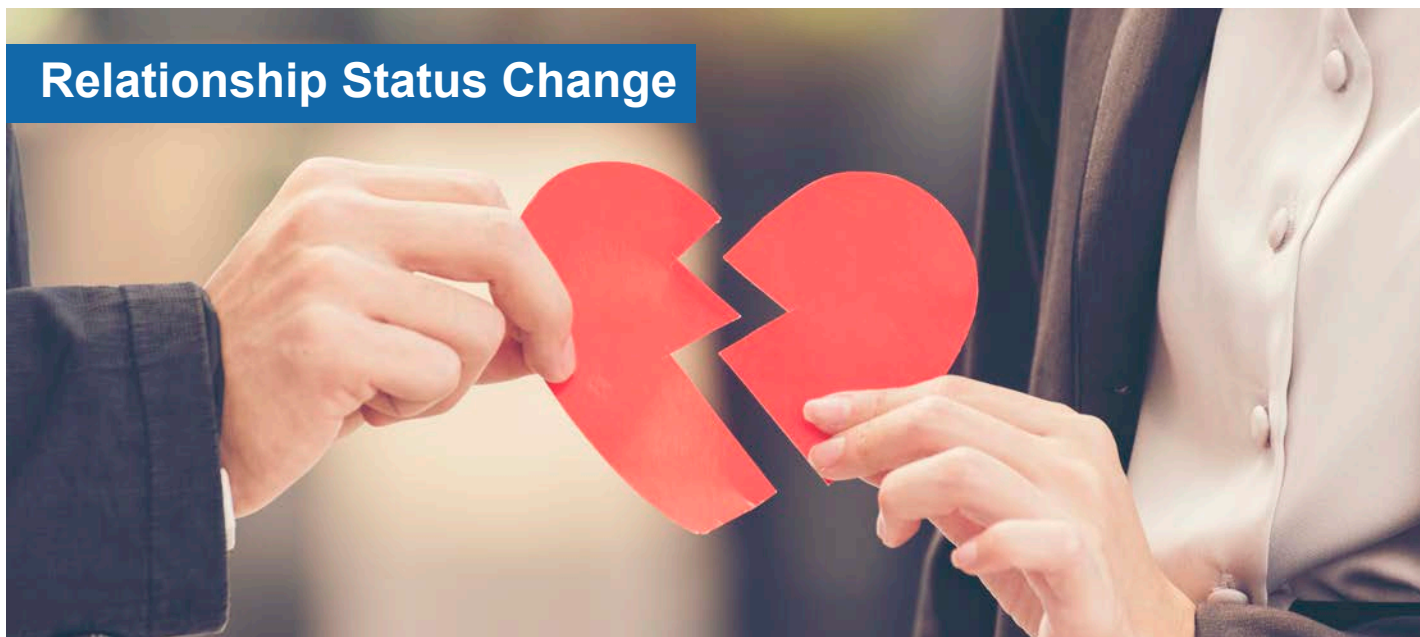
 [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

 IDEAS ID: 62914

*Information sourced from Raising Children website.*



## Relationship Status Change



The end of a long-term relationship is something that never crosses our mind until it happens. Unfortunately, relationships can come to an end, and when this happens, we are never prepared. This can be even harder if you have a disability or are constantly ill, and you relied on that person for assistance.

### 3 Major Impacts

#### ***1. Heartbreak of Losing a Partner***

This is the first and most apparent emotion and impact you will face. The heartache of losing someone you love and the future of living alone. This will be an extremely tough time.

#### ***2. Need for Help***

For many people with a disability, a significant impact of living alone is the inability to complete simple tasks, ones that your partner previously helped you with. If you are suddenly living on your own, it can be tough, and you will need to rely on help from others.

#### ***3. Challenge of the Future***

The last of the major impacts is to worry about your future. For many people who go through a relationship change, they never pictured a life without their partner by their side. A major change in life like this makes you rethink your future, and the worry of how you are going to look after yourself can take a toll.

There is also the thought of trying to meet someone new. Stepping outside of your comfort zone can be difficult. The hardest part for someone with a disability or long-term illness is trying to explain their situation to people they meet. Things that cross your mind are “how do I tell them?”, “when do I tell them?” and “how are they going to react?”.

There are a range of other impacts including your financial wellbeing, working, being scared all the time and many people with disability may not have children – so there is the thought of having no one to look after you as you get older.

## Ways to Deal with Relationship Change

Let us introduce you to Jess. She has been through a breakup with her husband of more than 17 years. Jess has an illness that has a major effect on her lifestyle, and she is limited physically with what she can do. Here are some ways in which Jess has dealt with these big life changes:

“

Just say you need help – you don't have to explain the whole reason and your entire condition. Just say you cannot do whatever it is and ask for some help.

”

**Don't be afraid to ask for help.** It's hard to be vulnerable, but you need to put that aside and tell yourself it's okay to ask for help.

**It's okay to grieve.** Take time for yourself to grieve the loss in your life.

**You need someone for support.** You need to open up and speak with someone who will listen and help. See a doctor, counsellor or health professional. They can help you work through the pain. You need to find someone you can open up to and feel safe talking to.

**Pets.** One way that Jess has been able to overcome her struggles is by spending time with her pets. There is nothing like their unconditional love.

**Learn to rely on your friends and family.** For someone like Jess, who has a disability, she needs help for daily activities. Don't be afraid to rely on other people, ask your friends for help and know that's it's okay to rely on them.

**Be hopeful.** There is always hope and light ahead. Remain positive and see the good things in life.

“

I love cuddling my cats, and my dogs adore me. They get me up and out of bed each day – walking my dogs is “my time”. My dogs love me unconditionally and look at me in a way I wish a man would. They are my comfort.

”

## My Son and the Changes and Challenges



Wow, my youngest son has just turned ten! This is a special milestone as at the age of two he had not walked or talked and he was diagnosed with Global Developmental Delay.

We started therapy with Kurrajong Early Intervention Centre and began physiotherapy, speech and occupational therapy. By the age of three he started to both walk and talk. Therapy continued each fortnight to help him and slow steps were made.

When he started in a small mainstream school at six years old, he was tested and funding was given to allow him to have an assistant for a majority of the time to assist with schoolwork, toileting, eating and other things that may arise.

The next problem we faced was a cut in funding for therapy as once he turned seven he could only have the Medicare covered therapy visits and due to the high hourly rate, I couldn't afford to pay for more. Those twelve months he sadly had little therapy and I noticed there was less improvement.

Thankfully, at the end of that year, he was granted an NDIS plan and therapy could again become regular and to this day continues. This wasn't an easy place to get to with hours spent filling out forms, reports and many phone calls.



His plan was wonderful and covered therapy, respite, continence products and some aids he needed. Home modifications and changes were required to make our home safe for him but NDIS would not fund these.

To say our life has changed is an understatement. To just get out the door some days is hard work and each day has its challenges. We continue regular therapy and my beautiful boy takes it all in his stride with his happy personality and smile.

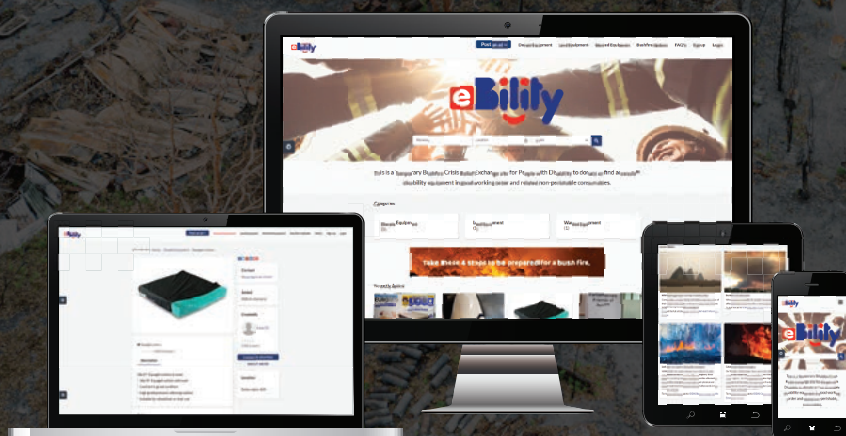
***This is one mother's account of the changes she and her family have encountered following her son's diagnosis of Global Developmental Delay.***

The NDIS Early Childhood Early Intervention approach supports young children and their parents with early intervention.

For more information, see the feature article on page 16.



## eBility Crisis Relief



**Temporary Crisis Relief  
Exchange site for People  
with Disability to donate or  
find accessible disability  
equipment in good working  
order and related  
non-perishable  
consumables.**

**[ebility-crisis-help.ideas.org.au](http://ebility-crisis-help.ideas.org.au)**

## Coping with Change: Loss and Grief



Change can come in many forms and individuals will all handle changes that come their way differently. Big changes like coming to terms with loss or grief, including losing a loved one, a home, a break-up or loss of friendship, surviving trauma such as a bushfire or acquiring a disability after an accident or illness are all ways in which change can impact us and our sense of selves. Grief can happen in reaction to any big change, not just the loss of a loved one.


It is important to acknowledge that these changes can impact our mood, so talk about your feelings with someone you trust, and seek help if you need it by talking to your doctor or using a phone service like GriefLine or Lifeline.

Resources such as *Coping with Grief* (5th edition 2018) by Dianne and Mal McKissock may help you come to terms with a big, life-altering change, especially loss and bereavement. *Coping with Grief* offers sensible and practical advice on how to deal with the grieving process, from the first day through the first year, as well as outlining the physical and emotional reactions people may encounter during this time.

This book is available from libraries, bookstores and online in both eBook and audiobook formats. Dianne McKissock is a sociologist and psychotherapist who began her career as a relationship counsellor. Mal McKissock is a bereavement counsellor with more than 30 years' experience in the field. With his wife, Dianne, he established the Bereavement Care Centre in Sydney. *Coping with Grief* was initially based on McKissock's ABC Radio series.

### LIFELINE CONTACT DETAILS


 13 11 14 (24 hours)

 0477 13 11 14 (text)

 IDEAS ID: 130

*Information sourced from Harper Collins Publishers Australia.*

### GRIEFLINE CONTACT DETAILS


 1300 845 745 (12pm-3am)

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

 IDEAS ID: 80243



## No Surprises from “Tune” Review



The NDIS “Tune” review report was made public in January. David Tune is the former senior public servant commissioned by the Federal Government to review the National Disability Insurance Scheme (NDIS). His report contains 29 recommendations on ways to improve the scheme. Mr Tune’s findings are far from surprising to NDIS participants and people trying to access the scheme.

Issues around ‘transparency’, ‘consistency’ and ‘timeliness in decision-making’ have been raised as significant points of concern with many reports of subpar experiences when working with the National Disability Insurance Agency (NDIA).

While the report found many positive outcomes had been achieved and lives improved by the implementation of the NDIS, the opposite was also true. People with disability, their advocates, carers and supporters have expressed their frustration and anger that the system which promised so much has failed to deliver in so many vital areas. **Every Australian Counts commented on the release of the NDIS Tune Review, saying that it was “singing to the same old tune” as what has already been well established.**

“And shock horror the review found that while there was still strong support for the scheme amongst people with disability and their families and the broader community, there was also disappointment, frustration and anger about how the scheme was operating on the ground - *Every Australian Counts*.”

Bill Shorten MP, Shadow Minister for the NDIS said, we didn't need **“yet another review to tell us that this Government's neglect of the NDIS is hurting people with disability.”** Advocates and people with disability have welcomed the introduction of the Participant Service Guarantee but are trepidatious about its ability to circumvent the bureaucratic quagmire which is preventing vulnerable people in dire situations from accessing the scheme in a timely or equitable manner.

Pro Bono Australia says the report found the **NDIS is not yet in tune with the needs of participants and that “disability advocates say there needs to be a stronger focus on fair access to the scheme”.**

## Service Guarantee

The Australian Government has committed to developing an NDIS Participant Service Guarantee to support positive participant experiences with the National Disability Insurance Scheme.

From 1 July 2020, the Guarantee will set new standards for the time it takes for crucial steps in the NDIS process. Consequently, there will be shorter, agreed timeframes for people to receive a decision on whether they will be covered by the NDIS, to receive an NDIS plan and to have their Plan reviewed.

To develop the Guarantee, the Government commissioned a review of the NDIS Act to identify opportunities to make NDIS processes more straight-forward and remove legislative barriers to the positive participant and provider experiences with the NDIS.

The review was carried out by Mr David Tune AO PSM, as an independent expert. People with disability, family members, carers, advocates and providers from around Australia shared their experiences and ideas through community workshops, an online survey and by making submissions. The review report was submitted in December 2019.

## Review findings

While the NDIS is improving social and economic outcomes for many participants, the review found that delivery of the Scheme has not been smooth for everyone or in tune with many participants real-life needs.

Feedback showed that participants:

- found the transition confusing and frustrating and missed supports previously available under state and territory disability service systems, particularly active case management.



- were frustrated by delays and lack of transparency around NDIA decision making
- want more support to become informed and effective consumers
- feel the scheme is too complex and difficult to navigate
- feel they aren't properly recognised and experts in their disability
- feel that Agency officials do not understand disability or appreciated the challenges people with disability face in everyday life.

The review did acknowledge the work of the National Disability Insurance Agency (NDIA) and other Government bodies to improve participants and supporter experience to enhance existing systems, services and decision-making processes.

The review also found that:

- as this work continues, improvements to the legislation and operation of the NDIS could strengthen its focus on participants and participant experience and ensure that the scheme is fit for purpose.
- outstanding policy issues between different tiers of government need addressing
- clearer information in a wider range of accessible formats should be made available for participants to understand better why particular decisions are made.

### Read the review

The full Tune Review or 2019 Review of the National Disability Insurance Scheme Act 2013 report can be found online via the Department of Social Services (DSS).

The review makes 29 recommendations to improve NDIS participant experiences. The recommendations include new standards and processes to support the rollout of the Participant Service Guarantee.

If you need a copy or need help accessing the review, including Easy Read versions you can call the IDEAS Disability Info Line on 1800 029 904 or visit the link below.

### DOWNLOAD TUNE REVIEW

 [bit.ly/Tune\\_Review](https://bit.ly/Tune_Review)

*Information sourced from the Australian Government Department of Social Services (DSS)*

## Disability Royal Commission Update

February saw the Disability Royal Commission continuing into 2020. In early February, community engagement activities took place in Ipswich, Logan and Brisbane. The Commission heard from First Nations people, organisations and communities in Brisbane and again mid-February in the Northern Territory.

From February 18 to 28 the Commission held a public hearing at Sydney Olympic Park in Western Sydney on Health. The Hearing is the start of the Royal Commission's examination of issues relating to the provision of health care to people with disability.

The Hearing explored barriers faced by people with cognitive disability when accessing and receiving health care and services, including barriers to communication and health professionals' attitudes, values and assumptions. It further discussed the training and education of health professionals concerning patients with cognitive disability and delayed diagnoses and misdiagnoses of people with a cognitive disability. The Commission also heard evidence regarding specific issues for First Nations people or Indigenous Australians with cognitive disability concerning health care and services.

The Disability Royal Commission continues in March and April. For details on making a submission or participating in community engagement forums or public hearings contact the Disability Royal Commission or visit their website.

### March

**March 5 - 6:** Engagement with First Nations people, organisations and communities – Queensland

**March 17 - 19:** Community engagement activities – Launceston & Burnie, Tasmania

**March 24 - 27:** Public hearing – Education, Brisbane

### April

**April 1 - 3:** Community engagement activities – regional Victoria

**April 21 - 22:** Community engagement activities – Western Sydney

**April 27 - 1 May:** Public hearing – Justice, Brisbane

### DISABILITY ROYAL COMMISSION CONTACT DETAILS



1800 517 199



[www.disability.royalcommission.gov.au](http://www.disability.royalcommission.gov.au)



[DRcenquiries@royalcommission.gov.au](mailto:DRcenquiries@royalcommission.gov.au)



IDEAS ID: 95338

*Information sourced from Disability Royal Commission website.*



## Aged Care Royal Commission Update




In 2020, the Royal Commission into Aged Care Quality and Safety will run a series of hearings. Conducted as a workshop, the first hearing's focus was on the redesign of the aged care system. It was held in Adelaide on Monday 10 and Tuesday 11 February 2020.

As arrangements are made and finalised, the dates and locations of future workshops will be announced and published on the Aged Care Royal Commission website (see contact details at bottom of page).

Used to gather evidence from witnesses, the hearings are run as workshops to provide a less formal setting than what was felt with the public hearings in 2019. They won't be held in hearing rooms or court-like settings to dispel the sense of formality, which can sometimes alarm and distress people. Counsels Assisting, with the Commissioners moderating proceedings, will facilitate the discussions amongst workshop participants. Experience and expertise will determine who is selected for the workshops, as will submissions to the Royal Commission. Participation in the workshops is by invitation only, with a list of names published on the website before each workshop.

These workshops will assist in testing the statements and assertions that will be used to develop and finalise the recommendations made by the Commissioners in their final report due in November 2020.

### AGED CARE ROYAL COMMISSION CONTACT DETAILS

 1800 960 711

 [agedcare.royalcommission.gov.au](https://agedcare.royalcommission.gov.au)

 IDEAS ID: 95383

*Information sourced from Aged Care Royal Commission website.*

# CHANGES

## Stepping into Early Intervention (aged under 7)

The National Disability Insurance Scheme (NDIS) supports children aged under 7 who have a developmental delay or disability and their families and or carers by implementing the Early Childhood Early Intervention (ECEI) approach. According to the NDIS, the ECEI approach supports families to help children develop the skills they need to take part in daily activities and achieve the best possible outcomes throughout their life.


The National Disability Insurance Agency (NDIA) has appointed Early Childhood Partners to assist families in accessing the scheme and guiding them to appropriate supports and offer independent advice on services. Early Childhood Partners are experienced in providing early childhood intervention.

As of 30 December 2019, 51,000 children were receiving support through the NDIS Early Childhood Early Intervention (ECEI) approach.

In NSW and the ACT, the Early Childhood partners are:

- **Lifestart (1800 953 390)** in the Central Coast, Illawarra Shoalhaven, South Eastern Sydney, Sydney, and Nepean Blue Mountains Service Areas.
- **Northcott (1800 818 286)** in the Hunter New England, Mid North Coast, Northern NSW, and Western Sydney Service Areas.
- **Mission Australia (1800 757 343)** in the Far West and Western NSW Service Areas.
- **EACH (1800 003 224)** in Canberra (ACT), South Western Sydney, and Southern NSW Service Areas.
- **Intereach (1300 488 226)** in the Murrumbidgee Service Area.
- **Cerebral Palsy Alliance (1300 888 378)** in the Northern Sydney Service Area.

### NDIS CONTACT DETAILS

 1800 800 110

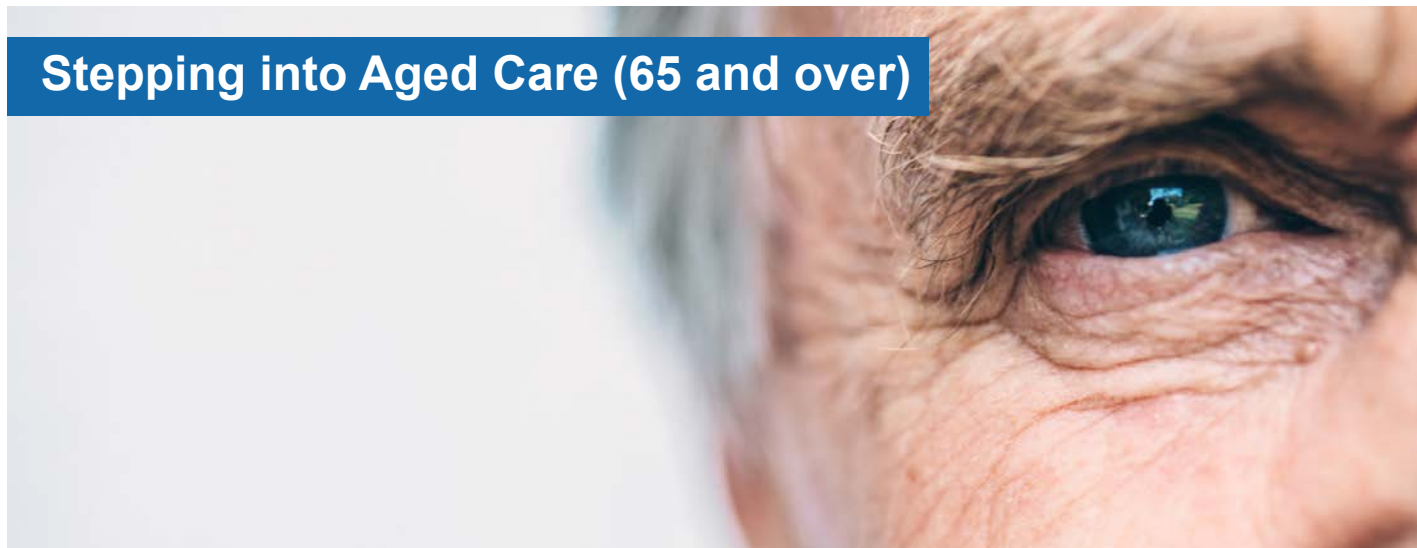
 [www.ndis.gov.au/understanding/ndis-rollout](http://www.ndis.gov.au/understanding/ndis-rollout)

 **IDEAS ID: 71366**

*Information sourced from National Disability Insurance Agency.*



## Stepping into Aged Care (65 and over)






Turning 65 is a milestone for many people, for others, it may mean changes to their source of income and supports. You might be retiring or moving into a new phase in your life. You might need to change your disability services and supports or start getting help around the home. You might need to apply for the aged pension or, as you age, you might need to think about residential care options.

- When a person turns 65, and they are an NDIS participant, they can choose to continue receiving disability supports from the NDIS, or they can change to receive supports through My Aged Care.
- If you decide to continue receiving support from the NDIS, then nothing will change. If you choose to switch from the NDIS to My Aged Care, you will need to contact My Aged Care and ask for an aged care assessment.
- If you are aged 65 years and over and are not an NDIS participant, you are not eligible to access the NDIS. You may still receive supports through My Aged Care.




Call My Aged Care or visit their website for more information or to begin the process of an Aged Care Assessment, whether you are a current NDIS participant or not.

### NDIS CONTACT DETAILS

 1800 800 110  
 [www.ndis.gov.au](http://www.ndis.gov.au)  
 IDEAS ID: 71366

*Information sourced from My Aged Care and the NDIS.*

### MY AGED CARE CONTACT DETAILS

 1800 200 422  
 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)  
 IDEAS ID: 68930



# CHANGES

## Changing Service Providers

Searching for and signing up to a service provider is stressful, so to then discover it isn't really the right fit can cause added anxiety. If you are unhappy with the support and services you are receiving, your goals have changed or you move away, there are a number of steps to consider to maintain a sense of calm and dignity for all parties concerned.

As with most situations needing attention, talking is a good start. Meet with your service provider and discuss the aspect of service in question. It could be something like less of a clean in one area to allow for a deeper clean in another or matching expectations of the cleaning done. Issues such as numbers of hours may be more difficult to negotiate without also increasing costs. If the situation becomes untenable then the next step is to end your service agreement and switch to a different service provider.



The following is a checklist to assist in making the change to another provider.




- If talking to your service provider makes you nervous or distressed then it might be a good idea to have a trusted friend or independent advocate accompany you to the meeting. If the issue can't be worked out, speak to your ECEI Coordinator, LAC, Support Coordinator or the NDIA.



- If you're still dissatisfied and ending your agreement is the only option then putting it in writing is strongly recommended. Handwritten, typed up or emailed, either way provides a written record that the request exists. A clear explanation, including the date should suffice and request an acknowledgement of your request in writing. This 'paper trail' may be necessary in the future. Any service agreement will have terms and conditions stating if termination is immediate or after the date of notification eg. two weeks. If you are agency managed then the current service provider must end their service booking on the MyPlace portal. Doing so will cease the service 14 days minimum after the date that the provider makes a request and so giving them time to make claims for any outstanding services. Don't delay in doing this step.
- In some situations, you may need to contact the NDIA and request an end to the service booking. This is where a written record of your original request can be helpful.
- If you haven't already now would be a good time to reassess your life situation and the reasons for a change. The decisions you make now could have far-reaching benefits. Think about how you want your services delivered, day of the week, time of the day, frequency, length of time for each service. Such factors will help to make it clear what you want when you meet potential new service providers.
- Depending upon the change in circumstance a notification to the NDIA may be required. Changes include, to your support needs, your informal care arrangements, any application for compensation for injury or a move of residence. Such changes may affect your access request, your status as a participant in the NDIS or your plan.




Our Information Line is available Monday to Friday 8am – 8pm (AEST) so if you have a query please call our Information Officers who are here to answer your questions. We can help you find service providers in your area.

#### NDIS CONTACT DETAILS

 1800 800 110  
 [www.ndis.gov.au](http://www.ndis.gov.au)  
 IDEAS ID: 71366

*Information sourced from CareAbout.*

#### CAREABOUT CONTACT DETAILS

 1300 036 028  
 [www.careabout.com.au](http://www.careabout.com.au)  
 IDEAS ID: 80921



# CHANGES

## Getting a Job

Getting a job can be a big change! You may go straight from school or further study into a job, traineeship or apprenticeship or you may have been looking for work for a while. Either way, it can be quite a big gear shift when starting out in a new or even your first job.



Changes to routines, learning new commutes, on the job training and learning new systems and meeting new people can be hard but it is also an exciting time. Depending on where you work, your employer may have an Employee Assistance Program which you can access to talk to someone if you are feeling overwhelmed. Otherwise talk to your GP about seeing someone through Medicare or call **Beyond Blue on 1300 224 636** or **Lifeline on 13 11 14**.

## Finding a job

If you have a hard time finding a job, you should get in touch with your local Disability Employment Services (DES) provider.

DES providers are funded by the Australian Government to help job seekers who have a permanent disability to get a job and provide occasional support in the workplace to help people keep their jobs.





DES can help you to pursue meaningful and rewarding work in an area that interests you. They may provide training; help you write a résumé or curriculum vitae (CV) and can help you prepare and practice for an interview.

Visit **[www.jobaccess.gov.au](http://www.jobaccess.gov.au)** to find your local DES provider or call **1800 464 800**.

### Getting to work

People with disability may encounter barriers when trying to commute to and from work. They may be transport disadvantaged or navigating public transport and finding their way may take extra time. It is a good idea to plan and practice your commute to and from work before you show up for your first day or shift.

People who are blind or have low vision may make use of assistive technology, including stop announcers and trip planners when finding their way on public transport. These apps may also be useful and reassuring for people with intellectual disability or people with mental health issues, especially anxiety. Other important information, like whether the bus, train, light rail or ferry you need to use is wheelchair accessible is also available. Go to **[transportnsw.info/apps](http://transportnsw.info/apps)** for a list of apps.

If you don't have access to public transport, work out how you are going to get to work. Will you drive? Catch a cab? If you have a disability, you may be eligible for the Taxi Transport Subsidy Scheme. Visit **[bit.ly/taxi-subsidy](http://bit.ly/taxi-subsidy)** or contact Service NSW on **13 77 88** for more information.


If you are an NDIS participant you may be able to use some of your core support to claim service provider costs related to transport. **See page 27** for more information.

Is your work close enough to walk or ride a bike? How long will this take? Planning and making sure you leave plenty of time to get to and from work will help take the stress and anxiety out of starting a new job.

#### JOB ACCESS CONTACT DETAILS

 1800 464 800

 [www.jobaccess.gov.au](http://www.jobaccess.gov.au)

 **IDEAS ID: 62455**

*Information sourced from Job Access.*

# CHANGES

## Options for Moving out of Home

When the time comes to move out of home, people with disability need to find a situation that is right for them. Below are some options which may suit depending on your wants and needs.

### Group Homes

Also known as community homes, this type of living arrangement lets people with disability live together in a home environment that is social and comfortable while having trained staff available 24 hours a day. Residents are able to develop their independence while still being supported with a variety of programs and activities. There are innovative designs being built that accommodate disability needs with accessibility being a priority. Generally, people living in group homes have access to:

- Day programs and community access
- Medical and health support services
- Comfortable living and outdoor spaces
- 24-hour live-in or on-site support from qualified staff

### OMEGA SUPPORT GROUP CONTACT DETAILS



1300 160 131



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



IDEAS ID: 81243




### Independent Living also known as Supported Independent Living

When people with disability choose to stay either in their own home or in a shared house, assistance can be provided to develop skills to live as independently as possible. Depending upon the facility, day-to-day life skills taught could be:

- Shopping, cooking, meal preparation and cleaning up
- Personal care, like showering and dressing
- Personal banking and budgeting
- Letter-writing and mailing
- Arranging and attending medical appointments
- Managing medication



### **ORANA AUSTRALIA LTD CONTACT DETAILS**




 08 8375 2000  
 [www.oranaonline.com.au](http://www.oranaonline.com.au)  
 **IDEAS ID: 40413**

### **Home Sharing**

Various organisations link people with a disability with people who are looking for somewhere to live. This could be the next step to independence for someone who has been living in a group home or at home with their family. Contractual arrangements could be a set number of hours assisting the person with a disability and sharing meals in exchange for living rent free, or a discounted rent for various responsibilities.

This type of living arrangement can empower a person with a disability, as they are able to make decisions that can give them a greater sense of independence. If they are with the NDIS, carers will come several times a week to help with cooking and shopping. There might be no need for overnight carers.




### **COMMUNITY CONNECTIONS AUSTRALIA CONTACT DETAILS**

 1300 364 688  
 [www.ccoz.org.au](http://www.ccoz.org.au)  
 **IDEAS ID: 70**

### **Home Care Packages**

Providing up to \$50,000 in support services, a Home Care Package is a Government subsidised program through My Aged Care and is designed to help a person live at home. Their needs are assessed to determine what level of support is required; this ranges from basic home care needs, to moderate home care needs, through to high level and very high level home care needs.

### **CARE CONNECT LTD NSW CONTACT DETAILS**

 1800 692 464  
 [www.careconnect.org.au](http://www.careconnect.org.au)  
 **IDEAS ID: 31922**



## Travel to a Bushfire Affected Area



It was a summer of devastation along the South Coast of NSW with the fires that affected so many communities. It has been a tough time but now things are starting to bounce back with our support, and the best way we can do this is by visiting these areas.

There is no better time than now to go on your 'delayed' summer holidays to the South Coast of NSW or any other fire affected areas. Visiting caravan parks, eating out, buying something new at a local store, this will all go to helping rebuild and keep these beautiful communities alive.

Some of the many places you could visit are: Blue Mountains, St Georges Basin, Sussex Inlet, Lake Conjola, Mogo, Cobargo, Snowy Mountains and Mallacoota in Victoria. Basically anywhere along the South Coast, as the fires have affected this entire area. The one area with lots of accessibility and things to do, is the Batemans Bay Region.

### **Accessible Holiday – Batemans Bay, NSW**

Batemans Bay is a beautiful town on the South Coast that is home to 17,000 people and is a great holiday destination, with plenty of accessible options available. We are going to look at some of the places to stay, things to do and places you can eat.

### **Things to Do**

**Beach Wheelchairs** – One chair is available at Batemans Bay SLSC - Clubhouse George Bass Drive, Malua Bay. Phone 02 4471 2416 for more information. In Batehaven there is one adult and one child chair are available for hire at Clyde View Holiday Park opposite the shopping centre at Batehaven. The chairs are also next to Corrigan's Reserve where the accessible playground is located. Phone 02 44724224 for more information.

**Batemans Bay Wharf** – easily accessible wharf for fishing or just to get out and look over the water. Accessible and close by car park. There are no handrails on this wharf. 21 Clyde St, Batemans Bay NSW 2536.

**Sailability Batemans Bay** – Learn and experience the joys of sailing on the Clyde River in purpose-built boats for people with a disability. Visit their website for more information and dates available for sailing: [www.sailabilitybatemansbay.com](http://www.sailabilitybatemansbay.com)

**Corrigans Beach Reserve, Accessible Playground** – An all inclusive playground with level ground carpark, Changing Places toilet facilities, accessible walking paths, fenced playground, Liberty swing, BBQ area and picnic shelters. More information available: [bit.ly/Corrigans\\_Beach](http://bit.ly/Corrigans_Beach)



**Mogo Zoo** – The zoo has been closed over the summer due to the bushfires but has now been reopened. The zoo is wheelchair accessible with easy access. For more information visit [www.mogozoo.com.au](http://www.mogozoo.com.au)

## Places to Stay

Here are a few of the top accessible places to stay in the Batemans Bay region:

**Beach Drive Motel** – 1 accessible room with no step. Contact 02 4472 4805 or [beachdrivemotel.com.au](http://beachdrivemotel.com.au)

**Araluen Motor Lodge** – 6 rooms accessible by ramp. Contact 02 4472 6266 or [www.araluenmotorlodge.com.au](http://www.araluenmotorlodge.com.au)

**Best Western Sunseeker Motor Inn** – accessible rooms, small 1 inch lip into room, portable ramp available. Contact 02 4472 5888 or [www.sunseeker.bestwestern.com.au](http://www.sunseeker.bestwestern.com.au)

**Lincoln Downs Resort** – 1 easy access unit available. Contact: 02 4478 9200 or [www.lincolndowns.com.au](http://www.lincolndowns.com.au)



**Bridge Motel** – 1 accessible room, 800mm wide doorway. Contact 02 4472 6344 or [www.bridgemotel.com](http://www.bridgemotel.com)

**Batemans Bay Beach Resort** – The Easy Access Cabin available for people with disabilities. Contact 1800 217 533 or [www.beachresort.com.au](http://www.beachresort.com.au)

There are many more accessible accommodation options on our website. You can search the directory for all the listings here as well as more information on the accessible accommodation options listed above: [bit.ly/IDEAS\\_Travel](https://bit.ly/IDEAS_Travel)

## Eating Out

**Batemans Bay Soldiers Club** – great accessibility in the venue with automatic sliding doors, accessible toilets, lift, ramps and a sound loop hearing system.  
Contact 02 4472 4117

## Accessible Beaches Australia

If you're looking to travel to a beach in Australia, it's worth looking at the National Beach Directory for options on accessible beaches and booking options for equipment. Visit the website at [accessiblebeaches.com](http://accessiblebeaches.com) or call 1300 721 328.



*Information sourced from Destination NSW, South Coast Travel Guide and IDEAS Travel Database.*



## Changes to Transport Funding with the NDIS



On Monday February 3 2020, Minister for the National Disability Insurance Scheme (NDIS), Stuart Robert announced there would be more flexibility and increased choice for NDIS participants accessing transport funding in their plans.

From 1 March 2020, NDIS participants will be able to have extended flexibility with their plan's core support funding to claim service provider costs associated with the transport of participants to and from NDIS funded community-based activities. Providers will be able to claim some of their vehicle running costs when offering transport to a participant in conjunction with the community activities identified in their NDIS plan. Assisting participants to access the community and to maintain or increase their independence has always been a key component of transport funding the Minister said. 'This change will give participants more autonomy in their plans, and greater choice and control over the services and supports they need,' Mr Robert said.

A fairer and more consistent process to cover their transport costs with providers would be available to participants. The core objectives of choice and control for participants will continue as they make considered changes that ensure the sustainability of the scheme. In October 2019, an approach to improve the provision of transport supports under the NDIS was endorsed by the COAG Disability Reform Council. This included interim measures to increase transport funding for NDIS participants who are significant users of (the) taxi subsidy scheme, and a commitment by the Commonwealth to fully reimburse states and territories for their taxi subsidy schemes for NDIS participants from 1 January 2020 until 31 October 2021.

### DOWNLOAD MEDIA RELEASE

 [bit.ly/Transport\\_Media\\_Release](https://bit.ly/Transport_Media_Release)

*Information sourced from Media release from the Minister for the NDIS, Stuart Robert*

## Onehandplate



The team from Frau Kettner have utilised the crowd-funding platform Kickstarter to develop an innovative product for people with physical and mobility disabilities.

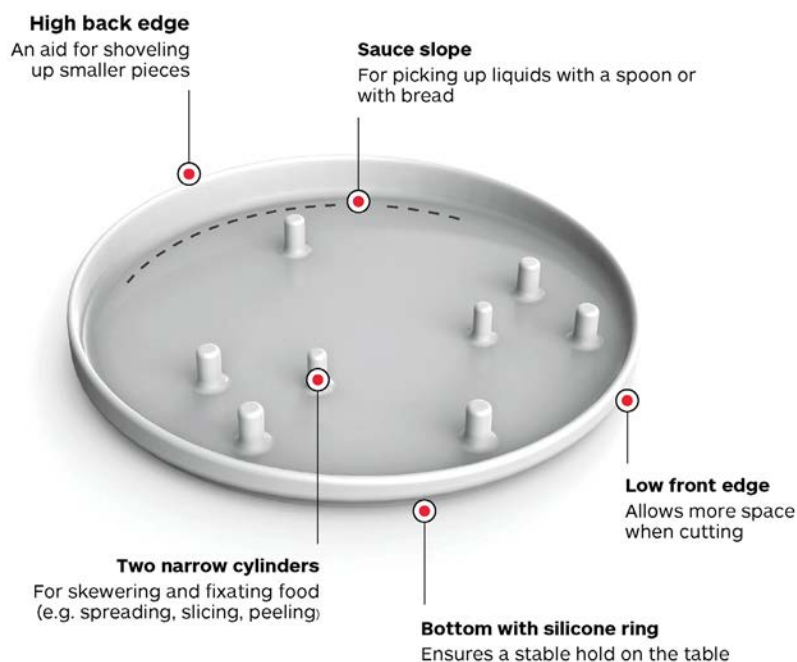
The “Onehandplate” enables people with limited mobility for varying reasons, to eat independently with only one hand. Amputees, people with Cerebral Palsy, Erb’s Palsy, and Motor Neuron Disease (MND), Multiple Sclerosis (MS), Parkinson’s disease and people affected by stroke, as well as many other conditions, could benefit from this new and innovative product.

The dishwasher and food safe BPA-free melamine plate has clever adaptive features, including a sloped surface and high edge to help collect and channel small pieces of food (like peas and corn kernels) and sauces, as well as a series of cylindrical pegs strategically placed to allow users to cut all types of food, from protein, fruit and vegetables to bread and other baked goods.

A 25-year-old industrial designer Marie Ruddeck and her cofounder, Marcel Dittrich from Berlin Germany, tested and released prototypes of their innovative product and placed their vision into the hands of grassroots internet investors last year. The team surpassed their 25,000-euro Kickstarter funding goal in December last year and were able to begin full production of the daily living aid with expected availability from this month (March 2020).

“Onehandplate” will empower people with disability by allowing them to cut and eat and their food independently. The Frau Kettner team are further developing a “Onehandcuttingboard” to enable preparation of any meal and to increase independence for people with varying disabilities.

To find out more about production, distribution and ordering, visit the website on the following page.



## FRAU KETTNER CONTACT DETAILS

✉ info@frau-kettner.de

🌐 frau-kettner.de/en

📄 IDEAS ID: 95784

*Information sourced from Frau Kettner website.*

## 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)**



## Auto Stirrer

A relatively new gadget in the kitchen is the auto stirrer (also known as a pot stirrer, gourmet stirrer, saucepan stirrer, and hands-free stirrer). Some people have, for whatever reason, use of only one hand. Everyday tasks, such as holding a saucepan handle and stirring the contents such as a sauce, can be a challenge.

With so many gadgets, there are many features to consider. The following are some to keep in mind when choosing an auto stirrer.



- Clamp-on exterior or mobile interior model.
- Stainless steel, rubber-coated and thick plastic all make for sturdy models.
- Storage options may be a consideration with folding versions or ones with removable components.
- Rechargeable batteries are convenient yet costly although disposable ones, over time could be more expensive.
- Consider the types of cooking you will be doing to choose whether you can manage with a smaller model that runs for less time, or whether a larger model is required.
- What pot is most often used and match a pot stirrer to it.
- Ease of cleaning up is a major factor to keep in mind. Is it dishwasher-safe, or should it be hand washed?
- A range of paddle sizes provides the versatility to use them in different sized pots.
- A selection of stirring speeds will expand the range of dishes able to be cooked.
- Depending upon the model, non-clamping ones are generally less expensive than models offering extras such as multiple paddle sizes.

### AUTO STIRRER REVIEWS CONTACT DETAILS

 [bit.ly/auto-stirrer-review](https://bit.ly/auto-stirrer-review)

*Information sourced from Home Addons website.*

## What's On: March - April

### **6 March - Film Night - Dulwich Hill**

470 New Canterbury Rd, Dulwich Hill, 2203

**Contact:** call Jan on 0416 122 634 or email [jan@relationshipsandprivatestuff.com](mailto:jan@relationshipsandprivatestuff.com)

### **14 March - One day Key Word Sign Workshop - Hamilton**

Hamilton SDS, 15 Kerr St, Hamilton, VIC, 3300

**Contact:** [www.keywordsignvictoria.org](http://www.keywordsignvictoria.org) or email [admin@keywordsignvictoria.org](mailto:admin@keywordsignvictoria.org)

### **19 March - Multicultural Care Harmony Week Festival**

16 Macmahon Street, Hurstville, NSW, 2220

**Contact:** [bit.ly/multicultural\\_care](http://bit.ly/multicultural_care)

### **1 April - Puberty, Sexuality & Relationships Workshops Family Planning NSW Venue TBA in Coffs Harbour, NSW 2450**

**Contact:** call Erin Donnelly 02 8752 4312 or email [erind@fpnsw.org.au](mailto:erind@fpnsw.org.au)

### **1 April - Working with People with Disability**

3 Columbia Ct, Ground Floor C Building East, Baulkham Hills, NSW 2153

**Contact:** call 02 9843 0555

### **3-4 April - Hunter Disability Expo - Newcastle Racecourse**

The Glasshouse, Darling Street, Broadmeadow, NSW, 2292

**Contact:** [www.hunterdisabilityexpo.com.au](http://www.hunterdisabilityexpo.com.au)

### **4-5 April - Source Kids Disability Expo - Melbourne**

Melbourne Convention and Exhibition Centre, Melbourne

**Contact:** [www.sourcekids.com.au/expo/expo-melbourne-2020/](http://www.sourcekids.com.au/expo/expo-melbourne-2020/)

### **Come and Try Golf**

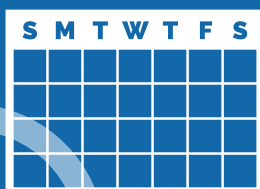
By Empower Golf Australia. \$24.19 two hour clinics include the use of adaptive equipment, ball and club hire and tuition.

**Wednesdays in March 18, 25**

**Wednesdays in April 8, 15, 22, 29**

Long Reef Golf Club, Anzac Avenue, Collaroy, NSW, 2097

**Contact:** [james.gribble@empowergolf.com.au](mailto:james.gribble@empowergolf.com.au)



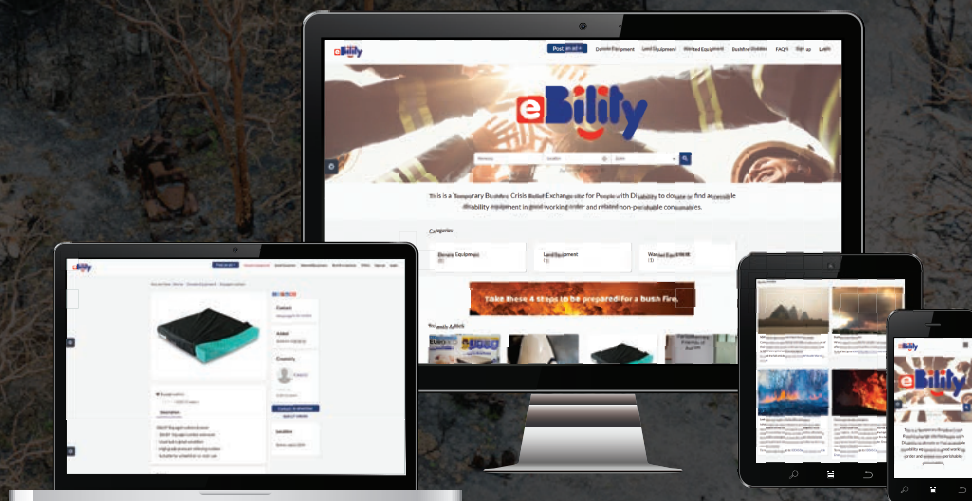
To find more events in your area, visit the IDEAS Website and browse the **Events Calendar**

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





## eBility Crisis Relief



**Temporary Crisis Relief Exchange site for People with Disability to donate or find accessible disability equipment in good working order and related non-perishable consumables.**

**[ebility-crisis-help.ideas.org.au](http://ebility-crisis-help.ideas.org.au)**

**Disability Infoline  
1800 029 904**

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