

Newsletter of IDEAS



SEP | OCT 2020



**TOP  
TIPS**

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)



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

**I'M FREE**  
Take Me!



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

---

### Welcome to this edition!

As I write this editorial we are in the depths of cold wind and rain, with snow just up the road from us here in Tumut, NSW. But we know that spring is just around the corner. Let us hope the change in season brings new growth and new beginnings that roll into the summer and the new year.

As you may be aware, IDEAS has been manning the COVID Disability Information Helpline on behalf of the Australian Government since early April. During this time, IDEAS has delivered information to over 2,500 people via our Contact Centre. What people have needed information about over this time has varied greatly – we have had enquiries about isolation, NDIS, practical help, Health and Money, to name a few. Some themes we've found in the calls show that people with disability have found it hard to find accessible COVID testing locations or access to home based testing, have had their usual access to essential supplies disrupted; accessible information hard to find or only available on the internet, and have been unable to have their questions answered by mainstream service or helplines.

We have also found the lag time between information being announced in the media and official information being published and/or published in an accessible format and/or with disability specific details has caused confusion and angst. We continue to liaise with various government agencies to try to improve the dissemination of information, and as always are available via our toll free numbers to listen to and find solutions for the issues people with disability are facing.

IDEAS has been advocating for a national disability information service for many years and in early August a tender was released for the operator of the Disability Gateway. In addition, the Australian Government Department of Social Services released a pilot website, which is a component of the proposed Gateway, and are seeking feedback about the site. I encourage those with access to the internet to critically review the site and its contents and provide your feedback to the Government to make sure it can be the best it can be. The website can be found at **[disabilitygateway.gov.au](https://disabilitygateway.gov.au)**; you'll find a link at the top and bottom of the home page where you can provide feedback.

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

***Regards,  
Diana***

## What's inside

### Latest Ideas.

- 4** The Aider Program
- 5-6** Podcasts for Positivity
- 7** Online Safety Tips
- 8-9** Audio Descriptions on SBS & ABC



4

### News.

- 10-11** Royal Commission Hearing on COVID-19
- 12-13** Learnings of Systemic Issues in Running COVID-19 Info Line



12

### Feature: Top Tips

- 14-15** Power Blog: Jayne McClure
- 16-17** Top Tips for Choosing a Service Provider
- 18-19** How to Find a Social/Online Group
- 20-21** Choosing an NDIS Plan Management Style



18

### Travel and Transport.

- 22-24** Covid Safe Travel Tips
- 25-26** Art Gallery NSW 'Together in Art'



20

### Equipment and Technology.

- 27-28** Choosing the Right Walking Frame
- 29-30** DIYmodify: Home Modifications App



25

### Coming Events

- 31** What's On: September - October



27



## The Aider Program



It's that time of year again where we need to start planning for the bushfire season. The AIDER Program (Assistance for Infirm, Disabled and Elderly Residents) is offered by the NSW Rural Fire Service and is a one-off free service to reduce bush fire hazards. It is recommended that you organise this service early in the fire season.

Aged and people with disability in the community may be at higher risk during a bush fire. The NSW Rural Fire Service recommends that you have a Bush Fire Survival Plan ready.

The AIDER program is designed to support residents to live safely and confidently in areas prone to bush fires, meaning an area of land that can support a bush fire or is likely to be subject to a bush fire attack.

### This program may include:

- Thinning vegetation
- Removing leaves, sticks and fallen branches
- Trimming branches from around and overhanging the home
- Mowing or slashing long grass
- Cleaning gutters

### BUSH FIRE INFORMATION LINE CONTACT DETAILS

 1800 679 737

### FOR MORE INFORMATION, VISIT:

 <https://bit.ly/aider-program>

*Information sourced from NSW Rural Fire Service website*



Here are 12 podcasts to give you some pleasant listening. Fishing, dogs, travel, happiness and health are some of the topics covered in the following podcasts.

### **Conversation Hour**

The daily ABC talk hour hosted by Richelle Hunt and Warwick Long. Earlier episodes are hosted by Richard Fidler, Sarah Kanowski, Virginia Trioli and Ali Moore.

### **Short & Curly**

Short & Curly is a podcast aimed at kids and their parents looking at the curly questions around animals, technology, school, pop culture and the future. Each episode is around 20 to 30 minutes.

### **Hook, Line and Sinker – The Back to Basics Fishing Podcast**

This is a step by step guide to everything that's needed to know about starting out in fishing.

### **The Calmer You**

This podcast is hosted by Chloe Brotheridge, a hypnotherapist, anxiety expert and author. She offers handy advice on managing anxiety, dealing with modern life and taking time out. Episodes range in length from 20 minutes to almost an hour.

### **Australian Book Review (ABR)**

With the first episode airing in January this year, the podcast is released every Wednesday and features reviews, poetry, fiction, interviews and commentary. There is no consistent length of each episode.

## **You Can**

Hosted by Emily Skye, a fitness influencer and new mum, this podcast provides advice on training, motivation, mental health and building a career. Plenty of laughs are included.

## **Sunny Side Up**

Life is really quite strange just now and in this podcast Ash London is chatting with someone from around the world who has had a positive experience in their community. Very short episodes 'a hit of happiness in less than 7 minutes'.

## **Health Hacker**

In this podcast Adam McDougall looks at the difference between pleasure and happiness and in doing so presents his top eight hacks to happiness. Episodes range in length from 17 minutes to nearly an hour.

## **The Moment (Incredible Sporting Stories)**

A sporting podcast presented by Mark Howard giving a snapshot of a team, an individual or an event in time. Mick Fanning, Jason McCarthy and the Socceroos are examples of those featured.

## **Dognitive Therapy**

Dog Behaviourist Laura Vissaritis talks to dog experts and dog lovers about the connection between humans and dogs with a focus on how understanding our own behaviour helps us to understand theirs. With heart-warming stories and practical tips, this podcast may appeal to those people who have become new dog owners in this pandemic. Each episode runs for approximately 30 minutes.

## **A Plate to Call Home**

Gary Mehigan talks to a range of people who have a deep connection to food. They focus on the sourcing of ingredients, the creating of recipes and the sharing of a common love for all things culinary. Episodes run from between 30 minutes to almost an hour.

## **The Thoughtful Travel Podcast**

At a time when travel is restricted, Amanda Kendle presents travel stories covering such issues as what to do when your passport goes missing, meeting the locals, getting lost and using foreign languages. Each episode runs for approximately 30 minutes.

To access these podcasts, use your podcast app on your Android or Apple device or search for them online.



## Online Safety Tips

While we are all at home more because of COVID-19, people are beginning to make more of their purchases online. Some people are not confident when making purchases online, and some are overly confident. Making a digital transaction can be scary, and you need to be careful. Here are some ways to stay safe and smart when shopping online.

### 1. Only use secure sites

Make sure you are making your purchases through a secure website. Secure websites have **https://** in the address bar rather than **http://**



If you can see https in the address bar and a locked padlock symbol, then you know the site you are using is secure. If the padlock is unlocked, then any data you send will not be encrypted and may be intercepted by a third party. Sticking to brands or businesses you know, have experience with, and trust is also a good idea, especially if you are new to making online transactions.

### 2. Use a secure payment system

Secure online payment systems like PayPal can protect your banking details when making an online transaction. PayPal can also help you in a situation where an item does not arrive, isn't as it was described, or is faulty via their Resolution Centre.



### 3. Know your rights

Australian Consumer Law protects the rights of Australians when they buy things both in-store and online. The Australian Competition and Consumer Commission (ACCC) has resources and information on Online Shopping and may help you when your rights have been breached.



Visit the link below for more information from the Australian Government on shopping safely online.



<https://bit.ly/shopping-or-buying-online>

## Audio Descriptions on SBS & ABC



SBS and the ABC now deliver audio description services on some of their broadcast television content. Advocates have fought long and hard to bring access and inclusion for people who are blind or have low vision to broadcast television for decades, and their efforts have finally made some real headway in this latest development.

The service, which started on June 28, describes out loud what is shown on the screen during natural gaps in dialogue or narration. Audio description makes audio-visual content accessible to people who are blind or have low vision. According to Vision Australia, “Audio Description (AD) is an additional narration that succinctly paints an image of transitions, movements, gestures, props, settings, costumes, and scenery woven between the dialogue in audio-visual content.”

It works in much the same way Closed captions do for people who are D/deaf or have a hearing impairment. It works best with certain content types like dramas, documentaries, and movies where there are sufficient gaps for the descriptions to fit. It does not work well in content types like news or current affairs programming.



This symbol (black capital letters A and D with or without three black arcs representing a sound wave) is listed on the television guide next to audio described content.



Both the ABC and SBS deliver about 14 hours each of shows every week with audio descriptions across their channels. These are across different programs and times so there may be two to three times a day when you may be able to access content which is audio described. This sounds like a lot but it will probably not all be of interest or relevant to you so it can be a bit hit and miss at this stage. Hopefully one day all broadcast television will include an audio description option.

Audio description is currently available on live broadcast television only. It is not available on catch up streaming services ABC iView and SBS On Demand yet, despite a previous trial of audio described content on ABC iView in 2015. Other streaming platforms like Netflix provide audio description to some of their online content. ABC has said that it is working on reintroducing audio description to the iView platform.

The CEO of Blind Citizens Australia (BCA), Emma Bennison, has welcomed the launch, saying:

“

*The introduction of audio description is a landmark step and life-changing milestone in making TV more accessible for people who are blind or vision-impaired.*

”

Minister for Communications, Cyber Safety and the Arts, the Hon Paul Fletcher MP, said:

“

*The Morrison Government's additional funding of \$4 million for the ABC and SBS to deliver this innovation provides blind and vision-impaired Australians with greater access to television content. I'm pleased our national broadcasters are embracing new ways to serve their audiences and broaden the variety of content available to blind and vision-impaired Australians.*

”

To find out more about how it works and what is on, go to the SBS or ABC websites listed below.

## SBS WEBSITE

 [sbs.com.au/audiodescription](https://sbs.com.au/audiodescription)

## ABC WEBSITE

 [abc.net.au/tv/audiodescription](https://abc.net.au/tv/audiodescription)

*Information sourced from SBS, ABC and Vision Australia.*

## Royal Commission Hearing on COVID-19



**The Disability Royal Commission** (Royal Commission into the Violence, Abuse, Neglect and Exploitation of People with Disability) live streamed public hearing 5 in Sydney from Tuesday 18 to Friday 21 August 2020. This hearing examined the experiences of people with disability throughout the ongoing COVID-19 Pandemic.

The scope and purpose of the public hearing was to inquire into:

- The impact on people with disability and the barriers and challenges they faced
- The response of the Commonwealth government and agencies to the COVID-19 Pandemic, as it related to people with disability.
- How some disability service providers responded to the COVID-19 Pandemic.
- The question of how the impact of COVID-19 on people with disability developed over the period from when the Pandemic began.
- What should be done in the near, medium and long term to better protect people with disability from violence, abuse neglect and exploitation, and promote the inclusion of people with disability during the COVID-19 Pandemic.

### Getting help

The Disability Royal Commission has set up support services for people with disability affected by or interacting with the Commission process. These supports are free to use and include counselling, advocacy, financial and legal help.

#### DISABILITY ROYAL COMMISSION CONTACT DETAILS



1800 517 199



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



IDEAS ID: 95338

**The Aged Care Royal Commission** (Royal Commission into Aged Care Quality and Safety) live streamed hearings 2 and 3 in Sydney on Monday 10 to Thursday 13 August and Thursday 13 to Friday 14 August 2020, respectively.

Hearing 2 inquired into the response to the COVID-19 pandemic in aged care, and looked at what was learned from this experience.

The inquiry focused on:

- The role and responsibilities of State, Territory and Federal governments in responding to such crises in aged care services.
- What should be done and by whom in the future to support the aged care sector to respond to pandemics or other emergencies.
- The balance between managing risks posed by a future pandemic or infectious disease outbreak and maintaining the overall health and wellbeing of aged care recipients, including their mental health and quality of life.
- The measures taken by the health and aged care sectors to respond to the pandemic including transporting infected residents to hospital.
- The impact of those measures on older Australians receiving aged care services, their families and their carers.
- Challenges faced by the aged care sector including those relating to management, workforce and access to personal protective equipment.

Hearing 3 focused on how the physical setting in which aged care is delivered and where a person receiving aged care lives, are inextricable elements of a person's experience of aged care.

The issues considered included:

- Appropriate building and design standards for aged care delivery.
- Physical design and models of residential aged care, including 'small home models' and dementia-friendly design.
- Access to secure housing for aged care delivery.
- Incentivising movement to alternative accommodation for the provision of aged care services.
- Innovative accommodation models for ageing in place and interaction with aged care supports.

#### AGED CARE ROYAL COMMISSION CONTACT DETAILS



1800 960 711

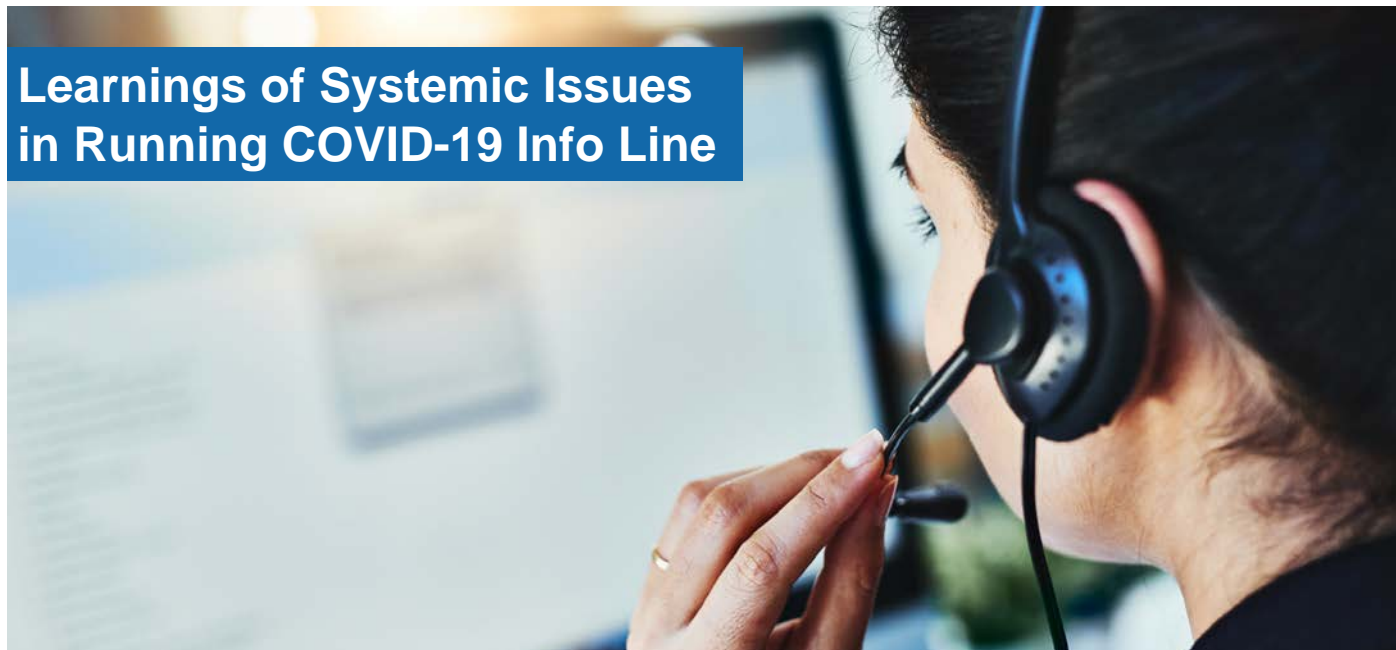


[www.agedcare.royalcommission.gov.au](http://www.agedcare.royalcommission.gov.au)



IDEAS ID: 95383

## Learnings of Systemic Issues in Running COVID-19 Info Line



### **Invisibility**

People with disability and their families, carers and supporters are still an invisible group to far too many of their fellow Australians. The detailed understanding of the particular barriers facing people with disability, their families and carers in being just like everyone else and contributing citizens doing the right thing as Australians in emergencies seems to be a blind spot in our inelastic systems. What is imperative is having people with disability available for consultation on how this would work, or what problems this process might inadvertently present.

An example that was common in the enquiries and affected people with disability immediately and during the COVID-19 emergency was the issue of the sustained supply, access and affordability of necessary medications. This continues at the time of writing.

### **Anxiety**

Anxiety is a costly state for people everywhere. What is often not understood is that people with disability are as anxious as the next person or even more so, and want to be doing the right thing. They have stressed to our information officers many times over, that “I am just ringing to double check on where I can go under the restrictions here, as it is not really clear to me and I don’t want to do the wrong thing.” Often their enquiry would then go on to important health matters, access to their usual GP or specialist supports, or access to telehealth if this was new to them. They needed proper information tailored to where they live to get on with life as necessary.

### **Access is more than ramps**

A timely lesson is that access is about getting information and being able to access things just like everyone else, with the supports that make it available.



Testing for COVID-19 for people with disability who cannot access testing outside their home is at the time of writing being addressed in Victoria, but is not available Australia-wide. It reinforces the invisibility of people with disability.

Consider the barriers for people with disability in accessing testing:

- Access to transport
- Fear of using public transport in a pandemic
- Inability to double check the true accessibility of some testing sites. For example, some testing sites are on grass with no matting for mobility devices.
- Absence of published phone access for people to alert testing units of specific requirements/behavioural or access needs, such as seizures, tremors, and the inability to control body movements, to undergo nasal swab testing, to get a GP to come to the home or to navigate private pathology clinic testing. Moreover, there are concerns about the dignity of the people undertaking the tests.

### **Access to information**

There needs to be accessible versions of the information, including Easy English and Auslan published at the same time as everything else. If a barrier to information is access to English, then the information needs to be in community languages without lengthy wait times for translation.

Support telephone lines need to be clear and their availability advertised on various social media platforms to reach people they have been set up to help.

### **Money Money Money**

Financial issues and concerns about sustained supports both immediately and for the future, were common concerns of people accessing information supports.

How am I going to pay?

- The rent
- The mortgage
- The electricity, gas and other utilities
- The data, now that everyone is at home
- The extra costs for home delivery of everything (it really adds up)

A more detailed article addressing these concerns will be published on the IDEAS website at [www.ideas.org.au](http://www.ideas.org.au)



## Power Blog: Jayne McClure

**This is an excerpt of the Power Blog written by Jayne McClure. The full piece will be available on the IDEAS website late September 2020.**

When I first started this project I had little idea of what was required of me, but somehow it has taken form into something that makes me feel proud.

Born in 1965, I studied Visual Arts at Meadowbank Tafe and City Art Institute. I then worked in theatre, producing and co-directing a performance art and dance piece inspired by the life and works of Frida Kahlo in the early 1990s, before I had any noticeable signs of MS. I also worked in children's entertainment in the 1980s, 1990s and early 2000s. I now live in Maroubra, Sydney.

I have painted and drawn throughout my life until MS rendered my hands too weak. I've been using a wheelchair for about ten years now and have found poetry as a creative avenue still available to me.

Jack Mannix, the late Artistic Director of Pact Theatre, was an important influence in my life. He was my mentor in all areas of my creative endeavours. He died in 1989.

The way that he created shows with young people was extraordinary. It was about getting young people to rise, and rise to the best of their ability.

“

Jack was caring and gentle and absolutely of the belief that culture should be accessible and people should be able to have the opportunity to participate in the making. He said it better: 'instrumentation of creativity.' He was also very inclusive; nobody was excluded; there were no auditions, no try-outs.

”

*- Jenny Nicholls, former PACT actor, director and board member.*

# TIPS



## My Power Story

I have secondary progressive MS and have recently changed my diet to include at least seven cups of fruit and vegetables daily with the inspiration of Dr Terry Wahls, who healed herself from the same form of MS with nutrition. This new diet has helped with my chronic restless legs enabling me to spend less time in bed.

I was formally a visual artist, and worked in dance and performance art.

Recently, inspired by a veggie juice and sunny weather, I wrote this poem about dealing with the worst things that time and disease have to offer and finding a way of coping. As my hands are weak and I can no longer paint or draw yet my mind is still creative, I am happy to have rediscovered poetry.

### ***Moonlight***

***When all you've defined yourself by  
Comes shattering apart like glass  
And avenues of creativity are culled  
When time and dis-ease have a profound effect  
And you're waiting for a miracle to manifest  
When it seems like the dice is loaded  
And the good guys are losing***

***Don't give up!  
Reach into the world of thoughts and dreams  
That stream of Collective Consciousness  
Where we all get our wings and fly  
And I'll dance with you in the moonlight  
Infallible and forever young***

**Disclaimer:** Some of the concepts offered in this article are unfounded health suggestions. IDEAS recommends that a professional health opinion be sought before embarking on any nutrition or dietary regime.



## Top Tips for Choosing a Service Provider

At IDEAS, we seek a world where people with disability live full, independent lives of their own choosing. Our Information Officers help people find new service providers every day. They research providers in your area that provide the services you are looking for; then contact and verify each provider has capacity and can provide the services you want or need before bringing back to you a list of options for you to choose from. We do the ringing around and fact checking for you, but at the end of the day, we do not recommend any service over another. We give you the information you need to make an informed choice. The choice is always yours to make.

But how do you choose the right service provider for you? We do get asked this question a lot, so we've put together some expert advice for you on choosing your service provider from our tribe of info-ninjas.

### 4 Steps to Choosing a Service Provider

1

Call IDEAS on 1800 029 904 first so we can do the ringing around and fact checking for you. You can also search our free online directory at [www.ideas.org.au](http://www.ideas.org.au)

2

Contact the service providers and see how you feel with the first point of contact, gauge which ones may be a suitable fit and make a short list.

3

Meet with the services on your short list in person or an alternate method (COVID-19 restrictions permitting) to confirm compatibility.

4

Now that you have met with the shortlisted services, you can make an informed choice from there and choose the right one for you.



# TIPS



## **See how you feel**

“You have to feel comfortable with your service provider and this is from first contact, that initial phone call or message. You have to feel that your concerns are being heard and actioned in a way you believe is suited to you. I may be wrong, but this is how my family chose a service provider.”

**KW - IDEAS Information Officer**

## **Talk to them**

“I think the best tell of character is to talk to the service provider about what you are looking for. If they are willing to help you out over the phone, and are easy to communicate with, then I am more likely to give them a go!”

**EE - IDEAS Information Officer**

## **Ask questions**

“My number one tip is to check capacity as many providers will not tell participants if they don't have capacity. It's a numbers game for many unfortunately; and unless you ask specifically, they will not say, and people can be left waiting for months. Also, find out how person centred the service provider is. How willing are they to individualise their program to suit you and your needs?”

**EM - IDEAS Information Officer**

“Test the service providers attitudes to disability. A good acid-test is to ask them “How do I make a complaint?”, and check what information is given, and if it is in Easy English or other accessible formats. This tells you that they are policy and systems ready for when things go wrong and shows how seriously they take the right of users to make a complaint. It is here too that you can get the contact details of people further up in the organisation that you may need/want to make aware of or escalate things to if you need it.”

**JB - IDEAS Marketing Manager**

## **Make sure there is a Service Agreement**

“Always get a Service Agreement. Many providers have hidden costs and sometimes NDIS participants can lose control of their funding because the service provider books the whole funding and that locks it.”

**EM - IDEAS Information Officer**



# TOP

## How to Find a Social/Online Group

Support and social groups can be a fun way to meet with people who have similar interests as you. So how do you find an online community?

You might want to join an online book club, sports-chat, or chess club. Or to try art, talk podcasts, share movies, make a craft, or share recipes. Is it time to learn a new skill, join a music group or help make the world a kinder, better place. We have some tips to help you find your space.

### Top Tips for Social Groups

1

Ask friends, family, carers or your service providers. Do they know of an online group that might interest you?

2

Check if your service providers set up online groups due to COVID-19.

3

Try an online search – ask an adult or person you trust to help.

4

Narrow your search by country or region, gender or age group if you prefer.

5

Try it out first and see if you like it. If you find the right group the first time, that's good news. If not, search again!

6

Be active in the group (but not overactive).

7

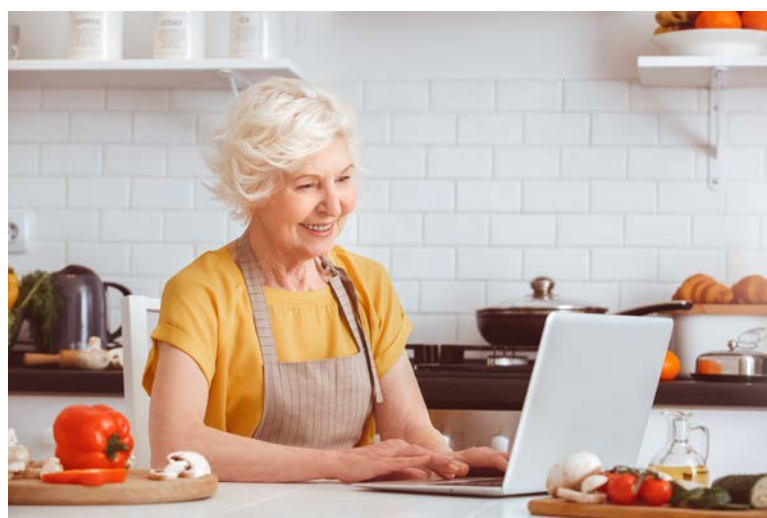
Report any bullying, hate speech or scams if you come across them.

8

Stay safe and don't share personal information.

9

Connect with IDEAS, and we can also search for you.



# TIPS



## Some groups to try

**Livewire** is a free online community where you can make friends, share stories, laugh, have a vent, and be yourself.

It is for teenagers aged 12-20 who:

- Live with a chronic health condition
- Or live with a serious illness
- Or live with disability
- And for their siblings

The moderated chat is live from 12 pm-12 am every day, plus live streaming, games, videos, comps and more! Find them at **[www.livewire.org.au](http://www.livewire.org.au)**

---

**Women With Disability Australia** provides a space to share ideas, questions and experiences about living in Australia with disability.

This group is for:

- Women with disability
- Girls aged 15 years and above with disability
- Feminine identifying people with disability
- Non-binary people with disability

Find them at **[www.facebook.com/groups/WWDACommunity](https://www.facebook.com/groups/WWDACommunity)**

---

**Strength for Life** is an exercise program run by Council On The Ageing NSW. Please note, fees apply. The program is progressive training designed to improve your strength, balance and mobility. They have qualified exercise professionals who determine a personal plan for you.

Find them at **[www.cotansw.com.au/programs-SFL-participant](http://www.cotansw.com.au/programs-SFL-participant)**

---

For more group ideas, call us on **1800 029 904** and we can help you find social groups that match your interests.



# TOP

## Choosing an NDIS Plan Management Style



There are three options available for managing NDIS funding:

1. Self-managed
2. Plan managed
3. NDIA managed

### Self-managed

Some of the benefits of self-managing include:

- Choosing what supports, who provides them and how they are delivered are decisions made by the person self-managing.
- Having sole control over the funding
- The person self-managing can directly employ or contract staff as they see fit.
- Being able to negotiate the costs of supports and services can result in more savings. These savings can then be used for more or better quality services.
- Being able to use any provider seen as the one best able to meet the goals of a plan which gives a large amount of flexibility to the person self-managing.

There are also more responsibilities that come with the self-managing option and this should be taken into consideration as it may not be suitable for everyone.



# TIPS



## Plan managed

Plan management allows you to:

- Have choice and control over the providers you use.
- Use NDIS registered providers
- Use non-registered providers (although your Plan Manager must be a registered provider)
- Negotiate pricing to pay less than the NDIS Price Guide and Support Catalogue.
- Make value for money decisions in line with your plan
- View your plan on the myplace portal to keep track of your budget
- Have your plan manager funded in your plan

Your Plan Manager will:

- Pay your providers for the supports you purchase
- Assist you to keep a track of your funds with monthly statements
- Deal with financial reporting for you
- Possibly help you to select your provider

## NDIA managed

Sometimes referred to as Agency-managed, the NDIA-managed option will have:

- You being able to choose from a range of NDIS registered providers
- Your providers claiming payments electronically from your funding
- You being able to access the myplace portal to check and track your budget
- The NDIA manage your book-keeping and records of funds spent
- You unable to use unregistered providers
- One option isn't needed to be chosen for the whole plan however there are some services that can only be Agency managed so be sure to enquire about these when deciding on the final management arrangement.



For more information about the different NDIS plan management options available to you, contact IDEAS on **1800 029 904**.

## Covid Safe Travel Tips



We all have the same priorities. We are all people doing our best to look after our families. We stay at home when we can. But, medical emergencies happen, life happens, and sometimes we still must travel. So, how can we travel safe?

### Check first

Is it still safe to travel?

- Australian States and territories can put in place their own restrictions. This includes the closure of their state borders and extra quarantine requirements.
- Some remote communities may have local restrictions about who can enter and leave.

Is there a quarantine or entry rule in place?

If you must stay in accommodation –

- Do they clean according to public health guidelines?
- Is there a vacancy period between guests?

If your travel includes flights, check airline policies on refunds and changes.

### Keep your journey simple

Basic is best in case of last-minute regulations or transport timetable changes. If you have a simple itinerary, it will be simpler to reschedule. If you are driving, plan to make as few stops as possible, but stop driving if you become drowsy. When you need to get petrol, use a disinfectant wipe on handles or buttons before you touch them. After refueling, use hand sanitiser. If you must use an ATM, use a disinfectant wipe on surfaces or buttons before you touch them.

## Packing

In both hand luggage and in a carry-on, or a handy spot in the car - pack face masks and hand sanitiser. Be prepared to wear the masks in airports, train stations, on transport and in public. If you plan to stay at a hotel, pack cleaning supplies like a disinfectant and disposable gloves. If you have access to a thermometer, pack one too. Zip lock bags are handy to store used masks and clean masks. Label clearly to avoid confusion.

## Pack some snacks and drinking water

You may have to queue at borders or delays might occur at any time. Have some healthy snacks on hand to fight the hunger.

## Eat-In

Avoid restaurants and self-service food wherever possible.

## Maintain social distancing

As much as possible, stay 1.5m from others and practice good hand hygiene. Avoid places like elevators and use the stairs if possible.

## Disinfect often

Disinfect items you often use like your phone.



## Exercise good hand hygiene at all times

Wash your hands with soap and water. Avoid touching your face. Always cough or sneeze into your arm, elbow or a tissue and put the tissue in the bin straight away. Wash your hands after coughing or sneezing. Avoid placing hands on high touch surfaces like railings.

## Stay at home if you are unwell

Help protect others. Know the symptoms. If you have any symptoms or have been in contact with someone with COVID-19, get tested.

### HELPFUL RESOURCES

Australian Government Department of Health COVID-19 advice for travellers:

 <https://bit.ly/advice-for-international-travellers>

State and Territory Health Departments Contact Details:

 <https://bit.ly/local-state-health-departments>



## 4th ANNUAL GENERAL MEETING OF IDEAS

**Save the Date: Wednesday 14th October**



For more information, please email [ea@ideas.org.au](mailto:ea@ideas.org.au)



## Art Gallery NSW 'Together in Art'



**Together in Art** is an initiative of the Art Gallery of NSW to use the power of art to connect people in unsettled times. Launched in April during the Art Gallery of NSW's temporary closure due to the COVID-19 pandemic, it is a social project which allows audiences and artists to connect in a new and COVID-safe way: online.

The Together in Art Project invites users to “join us on a road trip beyond Sydney to the studios and galleries of the regions.” It has compiled stories and artworks from across the state of NSW which illustrate how art connects people. There is a strong focus on regional, farming and Indigenous communities and artists in this innovative online collection.

Art Gallery of NSW director, Dr Michael Brand, said Together In Art shares stories of optimism through art, and, in the spirit of hope, unearths some of the fascinating and triumphant ways that art survived past times of crisis.

“

This is a heartfelt and uplifting project developed by our staff in collaboration with artists and our Gallery communities. Already we have worked with some amazing Australian artists and performers to create new art that speaks to our time.

”

**FOR MORE INFORMATION, VISIT:**

 [togetherinart.org/](https://togetherinart.org/)

## Together in Art Kids

Together In Art Kids is a collaboration between the Art Gallery of New South Wales and media partner, the ABC.

The project was the brainchild of ABC health expert and Coronacast podcast host Dr Norman Swan, who was inspired by kids, who unprompted, began sending him their artworks.

*“In a sense this idea came from the many kids who listen to Coronacast. The trigger was seeing a couple of amazing drawings they sent in spontaneously,”* Dr Swan said.

Continuing, he said that:

*“The stories that children will tell through their art will be incredibly moving as well as funny and we at the ABC are proud to be partnering on this project.”*

Art Gallery of NSW director, Dr Michael Brand, said the Gallery was excited to collaborate with the ABC and Dr Norman Swan to deliver the uplifting national project.

*“Together In Art Kids is a wonderful way for us to stay connected with our youngest audience in a fun and practical way at the time when they need us most,”* he said.

*“We know that artmaking can help children unlock their imaginations, process their feelings and overcome worry.”*

Together in Art Kids has a fantastic collection of diverse and creative artworks made by children while in COVID-19 lockdown. It also has a collection of video how-to and art-making guides which kids can use to do their art projects and creative processes.

**FOR MORE INFORMATION, VISIT:**

 [togetherinart.org/kids/](https://togetherinart.org/kids/)

*Information sourced from Art Gallery NSW and Together in Art websites.*





## Choosing the Right Walking Frame



For many people who are unsteady on their feet, the use of a walking frame can provide them with extra support and stability and the security to venture out of their home. For those with permanent disability or recovering from an injury or surgery and the elderly who are vulnerable to falls, walking frames are ideal for maintaining a sense of independence. While they are good for walking short to medium distances, anything further may require a wheelchair or mobility scooter. Depending upon the model, walking frames can have additional accessories such as a basket for shopping or a seat to meet the user's requirements.

### Points to consider

#### *Purpose*

A walking frame takes the excess weight off the legs and distributes the user's body weight into the arms. This may help to minimise any pain or discomfort caused by the weight of the body. The user may then be able to walk for longer periods without tiredness or fatigue.

#### *Choosing a walking frame*

It is important to consider the height of the user and choose a walking frame that best supports them. An incorrect height, causing the user to bend or stretch excessively would be uncomfortable and make the user reluctant to actually use the frame. The recommendation is for the height to be taken in the same way as for using a walking stick; take the measurement from the ground to the wrist bone with the arms at the side.

#### *Types of Walking Frames*

Four-wheeled, three-wheeled, two-wheeled and immobile/pick-up frames, there are numerous types to consider. The user's walking and balance requirements will determine the suitability of the type chosen. The advice of a physiotherapist who is aware of the user's requirements is recommended to assist in the decision.

## Here are some points to think about:

- Will the walking frame be used indoors, outdoors, on smooth surfaces such as in a shopping centre, where there are stairs or uneven areas such as a nature track or path?
- Are there times when the walker will need to be transported either in a car or on public transport? Think about the weight of the frame and its ease to be folded up and lifted by a family member, carer or bus driver.
- Be certain of the comfort of the user concerning the correct height of the handles. Suggest having a trial run before settling on a particular frame. Some people may be so excited at the prospect of this new-found independence or like to avoid too much fuss and say yes just to get the process of choosing a walking frame over with quickly. Enquire about a trial period for the return or exchange of a unit.
- Have a dedicated spot for parking so it is accessible and storage to maintain the walking frame in good condition. If it is being parked on a deck or near a door consider having a cover to protect it from the weather.

## New, second-hand, hired?

If you're considering purchasing a second-hand unit, perhaps from an elderly neighbour, relative or off a buy swap and sell site such as **eBility**, this could be a good option to save some money. For short-term use, hiring or the loan of a frame might be the go. The advice is to have it thoroughly checked to avoid getting a substandard and quite possibly dangerous one that will then need to be repaired or replaced prematurely. The intention of such equipment is to enhance the mobility of the user, not to increase their sense of anxiety or fear each time they use it.

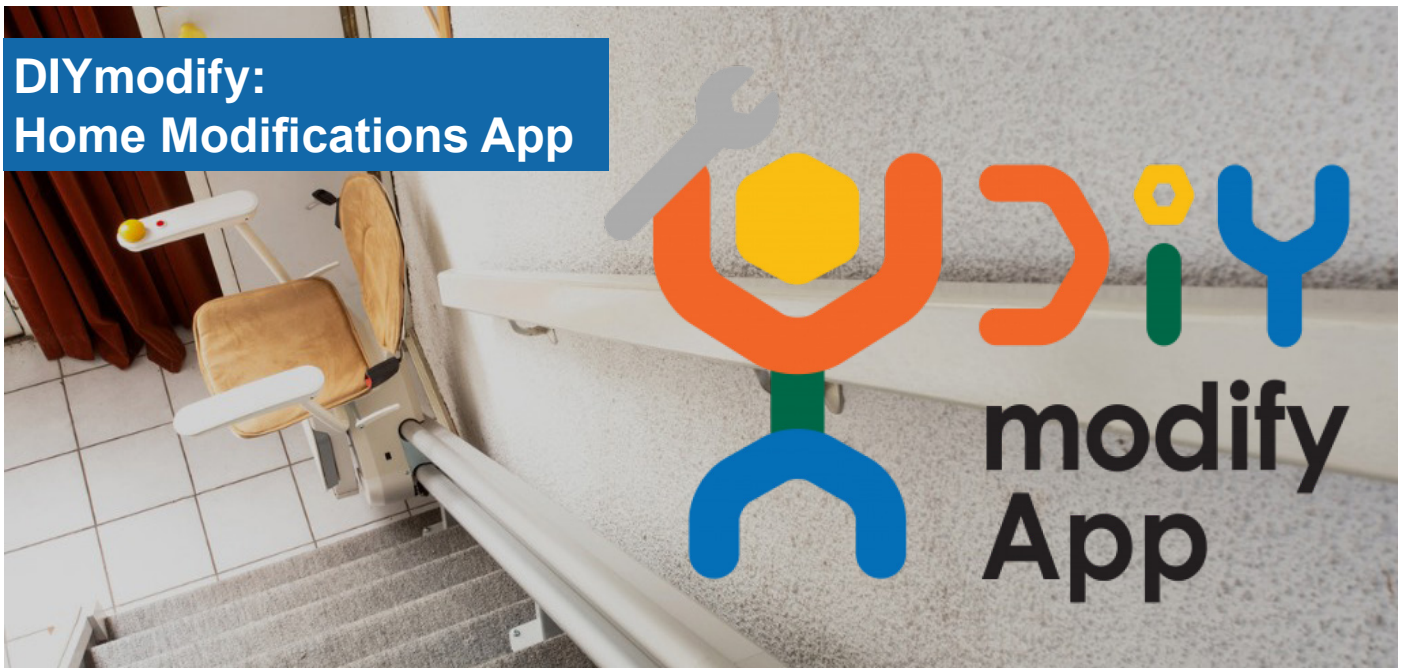
## It's mine!

The use and ownership of such a personal piece of equipment is very individual and it has been nice to notice how people really show their gratitude for the sense of security it provides them. Some decorate their frame with colourful stickers, tape or ribbons. It is in a way, when correctly measured, a true extension of themselves. Asking around in your circle of friends or relatives to see what they use or recommend, and visiting mobility aids suppliers are good first steps to start the process for getting a walking frame.

## We are Here to Help

If you need help finding suppliers of walking frames, free call IDEAS on **1800 029 904** and speak with one of our information officers. If you are looking for a second-hand walking frame, visit **[www.ebility.com](http://www.ebility.com)** or call the above IDEAS phone number and ask for the eBility team.

### DIYmodify: Home Modifications App



This **DIYmodify** app provides information and support for moving ahead with home modifications.

The five most popular home modification items identified were:

- Handheld showers
- Grab rails
- Handrails
- Threshold ramps
- Level shower access

This app has been designed in collaboration with a team of people that have experience in doing their own home modifications.

It has been funded by the NSW Government through Family and Community Services, Ageing Disability and Home Care in conjunction with the Home Modification Information Clearinghouse (HMinfo).

### Who is it for?

People with disability, seniors and their carers would find this app useful in the process of Home Modifications. It includes accessibility features such as an easy to read font, colour intensity with maximised contrast and clarity of structure.

### What advice is provided?

This app provides advice on what to do if you are renting your house or if your house (or unit or apartment) is under Strata Title. Seeking quotes from outside contractors is also covered in this section.



## Using the app

It is available for both Apple iPhones/iPads and Android devices and is an easy to use app.

## Factsheets

These can be downloaded free from the HM Info website:

- Accessibility settings for DIYmodify app
- Home Modifications in rental and strata title properties
- Home Modification quotes

There are also factsheets on each of the top five most common types of Home Modifications:

- Handheld showers
- Grab rails
- Handrails
- Threshold ramps
- Level shower access

## Videos

In this section, there are video stories of people who have done their own DIY home modifications.



*For more information on this app*

**See our online article at:** <http://bit.ly/diy-home-mods>

**Or call us to receive a hard copy posted to you.**

## HM INFO CONTACT DETAILS



1800 305 486



[www.homemods.info](http://www.homemods.info)



**IDEAS ID: 104419**

*Information sourced from HM Info website*

## What's On: Key Events in September - October

### **31 Aug to 3 Sep & 14 to 22 Sep - Aged Care Royal Commission Hearings**

Two separate live streamed public hearings

**Website:** [www.agedcare.royalcommission.gov.au](http://www.agedcare.royalcommission.gov.au)

### **4-5 Sep - Virtual Disability Expo**

Online event

**Website:** [www.virtualdisabilityexpo.com.au](http://www.virtualdisabilityexpo.com.au)

### **9 Sep - Future Choices Virtual Transition Expo for Students with Disability**

Online event

**Website:** [www.futurechoices.vfairs.com/en/](http://www.futurechoices.vfairs.com/en/)

### **11-12 Sep - Care Expo Brisbane**

Brisbane Exhibition & Convention Centre, Hall 1, Glenelg St, South Brisbane, 4101

**Website:** [www.careexpo.com.au](http://www.careexpo.com.au)

### **21 to 25 Sep & 12 to 16 Oct - Disability Royal Commission Public Hearings**

Two separate live streamed public hearings

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

### **14 Oct - The 4th Annual General Meeting of IDEAS**

Online event

**Contact:** [ea@ideas.org.au](mailto:ea@ideas.org.au)

### **23-24 Oct - Hunter Disability Expo**

Newcastle Racecourse, Broadmeadow, NSW

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

***As the COVID-19 situation continues to evolve, events may be subject to change or cancellation. Please refer to the relevant website or contact details to confirm if an event is still proceeding before planning to attend.***



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

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



**Leave us a  
Google review**

<https://bit.ly/review-ideas>



**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 Australian Government Department of Social Services, and the New South Wales Government Department of Communities and Justice.