

Newsletter of IDEAS



# NEW//BEGINNINGS



**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**

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### Welcome to this edition!

Best wishes to all for the New Year, I hope 2020 will bring you all your wishes. New beginnings always come with planning and goal setting. For IDEAS 2020 will be a year of major change. As you know we are calling for action to implement the federal election promise made last year for a National Disability Information Gateway.

IDEAS has been advocating for this in the federal space for a number of years and want to ensure that it is provided and delivered using best practise to support people with disability make informed decisions. Our push for the NDIG's implementation will peak in the early part of 2020 as we will need to ensure that our organisation is taking responsibility for our actions and looking after our obligations (most importantly our staff) by the middle of this year.

IDEAS is an organisation with a proud history of providing information that allows people with disability make informed decisions about their daily living and we hope to continue delivering as the industry lead for many years to come. Our goal for this year is to gain secure income for the coming 3 years.

As we go to print we await the outcome of the NSW Advocacy Review completed by the NSW Ageing and Disability Commissioner. For the residents of NSW it is important that there is a long term commitment to specialist disability advocacy, information and representative organisations to support people with disability to take their place in community. We look forward to the release of the report, so we can consider the most appropriate response.

Our Information Line is available Monday to Friday 8am – 8pm (AEST) so, if you have any query, please call our Information Officers who are there to answer your questions. Our website is also available for you to search: [www.ideas.org.au](http://www.ideas.org.au)

I hope you enjoy this edition.

**Regards,**  
**Diana**

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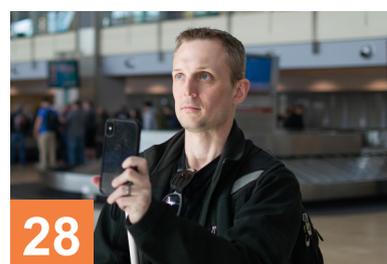
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## Active and Creative Kids Vouchers

The Active Kids program provided by the NSW Government is continuing. Beginning in 2018 it is set to run for four years. From July 1, 2019 parents, guardians and carers were able to apply for the second \$100 Active Kids voucher. This voucher expired on December 31, 2019. The next voucher is available for application from January 1, 2020 with a second one from July 1, 2020.

The main aim of the program is to keep children healthy and active, while helping parents, guardians and carers save on costs associated with sport, fitness and active recreation activities. The vouchers can be used for registration or membership fees with an approved provider who has registered with the Active Kids program. The vouchers can be applied for any time throughout the year but the general consensus is to get in early and save the details for later use. Put it on the list for back to school must-dos.

The equally popular Creative Kids Voucher program began in January 2019 and will run for four years. It can be used for registration, participation and tuition costs for performing arts, visual arts, coding, languages, literary, music and other eligible creative and cultural activities. Every child (4.5 - 18 years old) who has a current Medicare card and is enrolled in school from Kindergarten to Year 12 is eligible for each program. This includes those who are home-schooled or enrolled in secondary school education at TAFE NSW.

### SERVICE NSW CONTACT DETAILS

13 77 88

[www.service.nsw.gov.au](http://www.service.nsw.gov.au)

[www.ideas.org.au/95658](http://www.ideas.org.au/95658)

[www.ideas.org.au/95659](http://www.ideas.org.au/95659)

*Information sourced from Service NSW website.*

## Additional Support for your Child



### What does a Learning Support teacher do?

Learning Support teachers provide supplementary support to students who need extra help. This can be either on a one-to-one basis or in a group, in the classroom or in a separate room where there is a greater choice of resources. Students with disability and additional learning and support needs who attend public schools have every right to participate in education just like their peers at every stage of their life.

On this journey, many people play important roles including parents and carers, teachers and support staff, allied professionals, the community and the students themselves.

Special learning needs refers to learning difficulties, a behaviour disorder and/or a disability. Children with these needs have diverse abilities and learning needs. The term disability includes children with an intellectual disability, physical disability, vision impairment, hearing impairment, language disorder, mental health conditions or autism.

If you think your child may require additional assistance, make an appointment to discuss your concerns firstly with the school Principal, your child's teacher or the school counsellor as soon as possible when the school term begins.

### DISABILITY, LEARNING AND SUPPORT STATE OFFICE CONTACT DETAILS

 (02) 9244 5085 or (02) 7814 3879

 [bit.ly/disability\\_support](https://bit.ly/disability_support)

 [www.ideas.org.au/79972](http://www.ideas.org.au/79972)

*Information sourced from [education.nsw.gov.au](http://education.nsw.gov.au)*



On Tuesday, December 3, on the International Day of People with Disability (IDPwD) IDEAS held its 3rd Annual General Meeting (AGM). The meeting commenced with a live viewing of the Disability Leadership Institute’s **National Awards for Disability Leadership**.

**Keynote Address**

Rick Morton presented the keynote address. Rick is a Senior Reporter for **The Saturday Paper** and an award-winning social affairs journalist formerly with **The Australian** newspaper. He is the author of **One Hundred Years of Dirt** MUP (Melbourne University Publishing) 2018. Part family memoir, part book of essays about growing up on the outside in Australia, Rick’s book explores intergenerational trauma, poverty, addiction and mental health. It was shortlisted for the 2019 Victorian Premier’s Literary Awards, longlisted for the 2018 Walkley Book of the Year, and longlisted for both Biography Book of the Year and the Matt Richell Award for New Writer of the Year at the 2019 Australian Book Industry Awards.

In his keynote address, Rick said “in a world where people are beholden to enormous schemes or government bureaucracies, the trade of information is your most powerful friend... it matters... Let the information be free!”

It’s been a massive year for IDEAS, doubling the number of connections we’ve made with people, meeting 1000’s of people at events, increasing our information database by 10,000 records and upgrading our website.

**IDEAS CONTACT DETAILS**

☎ 1800 029 904

🌐 [www.ideas.org.au/annual-reports](http://www.ideas.org.au/annual-reports)

## Pilates for Play



Pilates is low impact and suitable for all ages. It can help improve flexibility, muscle strength and tone, improve posture, stress management and relaxation. Pilates styles vary, from mat-based, where exercises are mainly done on the floor and you use your own body weight and gravity to work on the muscles, to equipment based Pilates – where special equipment is spring loaded or weighted, or has resistance to work the muscles. There are even Parents and Baby classes. Pilates is also useful in training for sports or rehabilitation.

Pilates can be tailored to deliver a gentle strength and stability program, or customised to be a challenging workout for an athlete.

Before starting it is recommended to check with your family doctor/GP, if you:

- Recently had surgery
- Are pregnant
- Have a pre-existing medical condition
- Haven't exercised for some time

An instructor should have their certificate of qualification on hand at the studio. You can also check the list of instructors on industry body websites, such as the Pilates Alliance of Australasia (PAA). IDEAS information officers can help you to find a Pilates class or NDIS registered studio near you.

### PILATES ALLIANCE AUSTRALASIA CONTACT DETAILS

 02 4024 2632

 [www.website](http://www.website)

 [www.ideas.org.au/95634](http://www.ideas.org.au/95634)

*Information Sourced from Pilates Alliance Australasia.*

## Sensory Concerts



It's the beginning of a new year. Often at this time of year we are looking for something new to do. A sensory concert might just be the ticket. By their very nature, concerts have crowds, are noisy and have lights of varying intensity and description. There could even be strange and unfamiliar smells from the food vans. These factors may turn someone off attending such an event.

Grace Kim is the designer of Sensory Concerts. She has two young children, one of whom has Asperger's syndrome. She knows the importance of music in the development of young brains, and her mission is to make it as accessible as possible. Sensory Concert performances cater for people and especially children with sensory or special needs. Sensory Concerts offer classical music to small audiences in a relaxed atmosphere where various seating options, retreat spaces, and on-site therapist support all make it easy for self-regulation.

Grace said, "We don't mind if people need to move around, lie on a crash mat or take time out from everyone else for a while. I program the music especially with this in mind so that everyone can engage and benefit without feeling overwhelmed or restricted."

The first concert for 2020 is on March 7 at Glenbrook at the Lower Mountains Anglican Parish, 1 Wascoe St, Glenbrook NSW.

### GRACE KIM CONTACT DETAILS

✉ [info@gracekim.com.au](mailto:info@gracekim.com.au)

🌐 [www.gracekim.com.au](http://www.gracekim.com.au)

📍 [www.ideas.org.au/95683](http://www.ideas.org.au/95683)

*Information sourced from [gracekim.com.au](http://gracekim.com.au)*

## Aged Care Royal Commission

In October last year, the Aged Care Royal Commission published its Interim Report. The interim report was clear in outlining the urgent need for action in the aged care sector. Throughout 2019 and now into 2020, the Royal Commission into Aged Care Quality and Safety has heard of shocking cases of abuse, neglect and mistreatment of residents in aged care and older Australians living at home, as well as insufficient access to care and supports for thousands of people on seemingly endless waiting lists for care packages.

In response, the Morrison Government has pledged to deliver \$537 million of extra funding and reforms to the Aged Care system, including:

- \$496.3 million in 10 000 additional Home Care packages
- \$25.5 million to improve medication management programs (aimed at reducing the prevalence of chemical or prescription medical restraints used on aged care residents and those living at home)
- \$10 million for additional dementia training and support for aged care workers and providers
- \$4.7 million to get younger people with disabilities out of residential aged care.

**To read the Prime Ministers full response to the Interim Report, visit:**  
[bit.ly/pm\\_interim\\_report](https://bit.ly/pm_interim_report)

**To read the Interim Report, visit:** [bit.ly/rc\\_interim\\_report](https://bit.ly/rc_interim_report)

### AGED CARE ROYAL COMMISSION CONTACT DETAILS

 1800 951 822

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

 [www.ideas.org.au/95383](http://www.ideas.org.au/95383)

*Information sourced from Aged Care Royal Commission and PM Media Release.*

## Disability Royal Commission



The Australian Government is funding free and independent counselling, as well as advocacy, legal and financial supports for people engaging with or affected by the ***Disability Royal Commission***.

The Royal Commission held its first public hearing in Townsville from Monday 4 November to Thursday 7 November 2019. The subject of the hearing was education, which included the following topics:

- Inclusiveness in education as it relates to students with disability; and
- The implementation of existing policies and procedures relating to inclusive education of students with a disability, with a focus on the Queensland government education system.

The second hearing was held in Melbourne from December 2nd to December 6th. The second hearing examined the experiences of people with disabilities living in group homes, a form of supported accommodation for up to six people. The Commission heard testimony from victims of sexual abuse, violence and neglect.

The ***Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability*** (Disability Royal Commission) will run for three years, or until 2022. Even if you are not interacting directly with the Royal Commission inquiry, there will be much focus on the public hearings and other processes of the inquiry in the media and political sphere and this may have an impact on people with disability living with trauma or other conditions associated with violence, abuse or neglect. People with disability, their families and carers who are affected by the machinations of the Royal Commission, including those making submissions to the Royal Commission, are entitled to access counselling, advocacy, legal advice and financial assistance services.

## National Counselling and Referral Service

Blue Knot Foundation provides free counselling services for people with disability, their families and carers, and anyone affected by the Disability Royal Commission. This service can offer support for your emotional wellbeing, support for making choices about telling your story (especially to make a submission to the Royal Commission), as well as information or other practical supports available.

This service is available between 9 am and 6 pm Monday to Friday or 9 am and 5 pm on Saturday and Sunday. Times quoted are in Australian Eastern Daylight Time (AEDT).

If you are currently experiencing any form of violence or abuse, or are concerned for your safety, call emergency services on 000.

### NATIONAL COUNSELLING AND REFERRAL SERVICE CONTACT DETAILS

 1800 421 468 or 02 6146 1468

 [www.ideas.org.au/95612](http://www.ideas.org.au/95612)

## National Disability Advocacy Program (NDAP)

The Australian Government has extended the National Disability Advocacy Program (NDAP) to include individual advocacy services for people who need additional support to engage with the Disability Royal Commission.

Advocacy support is for people with disability (or family members or carers acting on their behalf) who may have difficulty in communicating or understanding how to engage with the Commission.

An advocate will be able to help people with disability to understand how to tell their story to the Disability Royal Commission, how to work out problems or avoid discriminatory issues, find communication supports such as interpreters, and access other supports such as legal or financial services.

To find an advocate in your area, you can use the Disability Advocacy Finder tool on the Department of Social Services website.

### NATIONAL DISABILITY ADVOCACY PROGRAM (NDAP) CONTACT DETAILS

 [disabilityadvocacyfinder.dss.gov.au](http://disabilityadvocacyfinder.dss.gov.au)

 [www.ideas.org.au/95613](http://www.ideas.org.au/95613)

## Financial Assistance

The Australian Government is also funding legal financial assistance to individuals and organisations to assist with meeting the costs of legal representation and disbursements associated with engaging with the Royal Commission. This scheme is available from the Australian Government Attorney-General's Department. Legal financial assistance will be provided for an individual and may be provided to a business or organisation, for their reasonable legal representation and disbursement costs resulting from:

- being called, or granted leave to appear, as a witness at a hearing of the Royal Commission, or
- being requested to attend, an interview of the Royal Commission, or
- complying with a notice to give information or a statement in writing that will be used as evidence in the Royal Commission, and/or
- complying with a notice to produce issued by the Royal Commission, and
- where the entity, excluding an individual, would not be able to meet these costs without incurring serious financial hardship.

The Attorney General Department's Financial Assistance Section is available on the telephone number or email address below (between 8.30 am and 5 pm, Monday to Friday), and application forms can be downloaded from the Department's website.

### FINANCIAL ASSISTANCE SECTION CONTACT DETAILS

 **Download Application Form:** [bit.ly/ag\\_appform](https://bit.ly/ag_appform)

 1800 177 955

 [finass@ag.gov.au](mailto:finass@ag.gov.au)

 [www.ideas.org.au/95614](http://www.ideas.org.au/95614)

## National Legal Advisory Service

National Legal Aid (NLA) and the Aboriginal and Torres Strait Islander Legal Service (ATSILS) will provide free and independent legal advice to people with disability, and their families, carers, supporters and advocates and will be able to explain your legal rights and the options available to engage with the Royal Commission, including by making a submission, participating in a community forum, providing evidence at a hearing and sharing information about your experiences.

This service will also be able to make referrals to counselling and other support services where appropriate. The full service is currently in development. In the meantime, NLA has established a telephone helpline to provide procedural

information on how to engage with the Royal Commission, including how to make a voluntary submission. Through the telephone helpline, NLA is also registering the details of people interested in accessing legal advice about engaging with the Royal Commission, so that they can be contacted as soon as the full legal advisory service is available.

The helpline can be called for free between 9.15 am and 5.15 pm (AEDT).

### NATIONAL LEGAL ADVISORY SERVICE CONTACT DETAILS

☎ 1800 771 800

🌐 [www.ideas.org.au/95614](http://www.ideas.org.au/95614)



For more info on upcoming community forums and public hearings, please refer to the Disability Royal Commission or call us.

### DISABILITY ROYAL COMMISSION CONTACT DETAILS

☎ 1800 517199

🌐 [www.disabilityroyalcommission.gov.au](http://www.disabilityroyalcommission.gov.au)

🌐 [www.ideas.org.au/95338](http://www.ideas.org.au/95338)

*Information sourced from DSS and Disability Royal Commission.*

# NEW BEGINNINGS

## A New Year, A New You

After the busyness of December with end of school activities coupled with Christmas, New Year and holidays, some people just want to retreat and relax before the New Year begins. Others are motivated to try new things. Slow and steady is the recommendation so that there isn't the disappointment of burn out or giving up after the first month.

Here are a number of tips to ensure the success of your new venture, be it, a bigger bank balance, a more toned body, or the thrill of a new course of study:



**Clearly define.** Be specific about your goals by making an outline of what you want to do. It could be completing a short circuit of exercises following your morning walk, building up to a more intense and longer routine after a month. If it's finances you're targeting, decide how much you can put aside each week or month. This may mean forgoing the afternoon coffee in favour of a homemade one or walking to the shops for a few groceries rather than jumping in the car or calling a taxi.

**Realistic goals.** To make your goals more achievable start small and with the view to building momentum as you see results. Feeling energised and fresh following a daily walk can build the foundation for a new habit, and that 'can't miss a day' self-talk to stick with it.

**Let others know.** When you have decided on your new ‘thing’ share your decision to change with friends and family who can hold you accountable when you waiver and say ‘it’s too cold, I’m too tired” etc. It is a known fact that public commitments are more successful than private decisions.

**Keep a record.** A brand spanking new calendar or diary can be a good way to track your progress and provide a visual reminder of achievements. The probability of keeping a resolution increases with self-monitoring and it is fun to look back on where you’ve come from.

**Be kind to yourself.** Unless you are incredibly strong and determined, there is a very high chance of you falling short of your goals. Perhaps a week of late nights or a bout of sickness has had you missing your morning walk and a little voice says ‘never mind, sleep in, you’re tired’. Get the positive self-talk happening and dig deep to start again. No one is perfect, and rather than beating yourself up, take some deep breaths, small steps and resume your activity.



# NEW BEGINNINGS

## The New School Year

The NSW Department of Education has a nine page booklet titled **“Getting ready for Primary School”**, which provides a range of tips and information. As a teacher and a parent, I really like this piece of advice “Write your child’s name on all their school things and involve your child in organising them.” Depending on your own family’s routine and the age of your children the following tips may help smooth the process of getting ready for school.

The night before:

- Lay out school uniforms including shoes, socks and a hat.
- Make crunch and sip (or similar fruit/vegetable snack), morning tea and lunch and put in the fridge ready for the morning.
- If need be, help to pack your child’s school bag.



The morning of school:

- To avoid feeling rushed, wake children with plenty of time for them to get dressed, have a good breakfast and be in a good frame of mind for school.
- Stay calm and tackle each task in an orderly manner. Some tasks such as filling out a permission note can be done the night before. Try to remind your

children about notes when they bring their lunchboxes to the sink for washing. Hopefully over time this will just become second nature. Many schools now have Apps where a variety of school related information such as notes and newsletters is available and accessible to parents before they see their children at the end of the day.

- Weekly schedules such as a calendar showing library days, the school banking day, sports days, and show and tell/news for the infants kids help to remind children of what is needed on a particular day. Locate it on the fridge or on a noticeboard near the front door to help the checking process.
- Activities such as having baths or showers, and doing homework the night before can save precious morning time and lessen the stress of getting ready.
- Give clear, calm instructions about what is required for the morning. Getting dressed, having breakfast, brushing teeth, doing hair, packing lunch box in their school bag.
- Limit or discourage the use of screens such as TV, tablets and phones.
- If there is an extended period of reluctance to get ready and go to school, it is advisable to contact your child's teacher or year adviser for further information.

Some schools hold a welcoming barbecue or similar event a few weeks into the new school year so that new teachers and new families can meet others in the school community. An information afternoon or evening is another way where parents and carers can meet the school staff in an informal setting. Such events are advertised in the school newsletter or bulletin, or on the school App. This is also something to ask your child's teacher about.

Tips from our parents here at IDEAS when asked,  
**“What was their best trick for getting their children ready for school?”**

**“Lunch boxes ready the night before.”** *Jennifer*

**“Have their school clothes out and ready (including underwear and shoes) the night before.”** *Teesha*



## Podcast: One in Five

Looking for something new to listen to? In December, the Melbourne Disability Institute launched a new podcast about disability research.

Did you know one in five people in Australia have a disability? One in Five explores some of the most complex issues facing people with disability today.

The podcast gives voice to people with disability and asks about their experiences with employment, housing, the law, supporting families and early intervention. A range of guests including people with lived experience of disability, researchers and people working in the sector talk about what we can do to improve the lives of people with disability.

The Melbourne Disability Institute (MDI) is an interdisciplinary research institute that was established by the University of Melbourne in 2018. It aims to build a collaborative, interdisciplinary and translational research program to improve the lives of people with disability.

Topics covered include how disability relates to Employment, Housing and the Law and what we can do at a national, state and grassroots level to build a more inclusive and accessible society.

You can listen to the podcast through Apple Podcasts, Google Podcasts or your favourite podcast app. Subscribe to One in Five through iTunes, Spotify, Stitcher, Pocketcasts or RSS feed.

**Apple Podcasts:** [bit.ly/one-in-five-apple](https://bit.ly/one-in-five-apple)



**1 in 5 people**  
live with disability.

### MELBOURNE DISABILITY INSTITUTE CONTACT DETAILS

 [www.disability.unimelb.edu.au/media/one-in-five](http://www.disability.unimelb.edu.au/media/one-in-five)

 [www.ideas.org.au/95685](http://www.ideas.org.au/95685)

*Information sourced from Melbourne Disability Institute.*

## Get Moving

Exercise is important for everyone, including people with disability not only from a physical point of view but also mentally. It can play a massive role in removing barriers for people and helping them to reach their goals. If you are feeling stressed or have a lack of energy, exercise can put you in a better mood and boost your overall self-esteem. Here are some ideas for different types of exercise you can fit into your weekly routine this summer:

**Swimming** – is a great cardiovascular exercise, just like running or cycling and is a great alternative for those with a physical disability. The water is great support for body weight and low stress. Even if you are a wheelchair user, many indoor and outdoor pool facilities have accessibility to the pool deck and pool, with lifts, hoists making swimming possible and ramp access for people with mobility issues.

**Weights** – this will build up strength in the upper body and is perfect for those with limited mobility in their legs. On the other hand, lower body weight training is suited to those with arm or shoulder injuries.

**Getting Outdoors** – a simple form of exercise that is often overlooked is just getting out and playing with friends. Formal exercise plans might be difficult to commit to, especially for people with intellectual or cognitive disability, but hanging out with friends isn't! Active games like Hide and Seek, kicking the footy or throwing a frisbee is as good as exercise gets!

### Getting Started

Start by seeing your doctor to get advice on the activity you are planning to start. Here are some questions you can ask:

- What types of exercise should I do?
- How long should I exercise for?
- Does exercise affect how I take my medication?

### EXERCISE & SPORTS SCIENCE AUSTRALIA (ESSA) CONTACT DETAILS

 (07) 3171 3335

 [bit.ly/essa\\_exercise](https://bit.ly/essa_exercise)

*Information sourced from ESSA and HelpGuide websites.*

## Learning Something New - Computer Courses for Seniors

### Tech Savvy Seniors Program

This program is delivered by community colleges and libraries throughout various locations in NSW. Tech Savvy Seniors delivers low cost digital literacy training to seniors so they can develop the skills and confidence to access information and services online. The program provides training in computers, tablets and smart phones to help seniors stay connected with their families, friends and communities.

This program is an initiative of the NSW Ageing Strategy and is funded through a partnership between the NSW Government and Telstra. *Please refer to the list of participating Community Colleges on the website at the bottom of page 21.*

This program will assist people who are over 60, who have limited or no previous experience in using technology to learn new skills for the future. The training is free. You can also access the training modules online through short “self teach” videos on Telstra’s website.

### Auslan Resources

Auslan resources are available to support The Tech Savvy Seniors Program. The NSW Department of Family and Community Services through the NSW Department of Industry has provided The Deaf Society of New South Wales with funding to develop Auslan resources about tablets, the Internet, and ways to use them. The videos cover three important topics:

- 1** Introduction to the Internet
- 2** Introduction to Social Media
- 3** Introduction to Tablets



## Course Overview

Digital literacy skills are essential for anyone who wants to actively engage with family and friends across the country and the world. Join one of the small, friendly training group sessions supported by college staff where you can learn new skills to help you get connected and take the first step to becoming tech savvy.

The training is designed to make it easy for you to safely and confidently get connected and learn at your own pace.

Learn skills in: Computers, Email, Internet, iPads and much more! The course is delivered over 8 weeks. Students can enrol in all workshops or select ones. Workshops available include:

- Introduction to Computers
- Introduction to iPad's
- Introduction to Internet Part 1
- Introduction to Email Part 1 and Part 2
- Introduction to Smart Phones
- Introduction to Cyber Safety
- Sharing Photos and other attachments online

The Tech Savvy for seniors program is a partnership between the NSW Government and Telstra. TAFE Courses run in NSW starting 3 February 2020.

Online courses: [telstra.com.au/tech-savvy-seniors](http://telstra.com.au/tech-savvy-seniors)

### NSW GOVERNMENT TRAINING SERVICES CONTACT DETAILS

 13 28 11

 [www.training.nsw.gov.au/ace/tech\\_savvy\\_seniors.html](http://www.training.nsw.gov.au/ace/tech_savvy_seniors.html)

 [www.ideas.org.au/76128](http://www.ideas.org.au/76128)

*Information sourced from TAFE NSW and Telstra.*

## Canberra's Light Rail



Canberra's first Light Rail route is now open. The service travels from Gungahlin Place to Alinga Street via Exhibition Park in Canberra (EPIC) and Dickson Interchange.

You can use a MyWay Ticket or a paper ticket. MyWay is a smartcard ticket that you “tap on and tap off” to pay the fare. MyWay cards can be registered online so that you can check up and recharge your balances, as well as protect your balance if your card is lost or stolen. Transport Canberra's ticket vending machines are available at Gungahlin, Woden, City and Tuggeranong major bus stations, all light rail stops and the Canberra Airport. Passengers are able to conveniently top up their MyWay card instantly for bus, and light rail, as well as check their MyWay balance or purchase a single or daily adult or concession ticket using these machines.

The machine allows passengers to select from four languages: English, Arabic, Chinese and Italian. Whilst you cannot purchase a MyWay card from these machines, passengers are advised they are still able to purchase a MyWay card as well as top up their MyWay card from MyWay recharge agents. There are currently 34 MyWay recharge agents across the city. A map is available on the Transport Canberra Website, and contact details are listed at the end of this article.

Ticket vending machines are touch screen and user-friendly, allowing a simple and fast transaction where you can purchase more than one single or daily ticket per transaction or top-up your MyWay card instantly. The machines allow payment using cash or PayWave (MasterCard and Visa only, with a limit of up to \$90 in one transaction).

The ticketing is fully integrated with the bus ticketing system. Average wait times are 15-minute intervals for light rail. During peak times, the service will run between 6 – 10 minutes.

The light rail network, including stops and vehicles, is fully accessible and complies with the Disability Standards for Accessible Public Transport 2002.

There are dedicated areas at stops and on board for mobility aid users, and red priority seating for people with mobility needs. The Light Rail Vehicles (LRVs) include 12 priority seats and 2 wheelchair spaces. Handrails and grabrails and a 100% low floor are part of the accessible features.

CMET (Canberra Metro Operations) Customer Service Officers are available to assist. See details below for more information on the Canberra Light Rail.

## TRANSPORT CANBERRA CONTACT DETAILS

 13 17 10 (02 6207 7611 if you are outside the ACT)

 [bit.ly/canberra\\_lightrail](http://bit.ly/canberra_lightrail)

*Information sourced from Transport ACT*



 [www.e-bility.com](http://www.e-bility.com)

**Your Platform to Buy and Sell**  
Accessible Classifieds Website



**Cars**



**Equipment**



**Property**



**Wheelchairs  
and more...**



Phone: 1800 029 904



Email: [sales@e-bility.com](mailto:sales@e-bility.com)



Sydney has a new Light Rail Network which launched on 14th of December. This line runs from the Central Business District (CBD) out to the South East of Sydney with 12km of line, featuring 19 stops including; Circular Quay along George Street to Central Station, through Surry Hills to Moore Park, then to Kensington and Kingsford via Anzac Parade and Randwick via Alison Road and High Street. Both lines also stop at the University of New South Wales (UNSW). The second branch that runs to Kensington and Kingsford, in the city's eastern suburbs, will open in March.

## Accessibility

The Light Rail caters for people with disability with many stops having ramps and lifts for getting to and from the platform as well as accessible toilets. Staff are also available to assist you getting on and off the light rail. If you're planning on travelling on the light rail you can check your stops to make sure they are accessible and have the facilities that you require by searching

**Transport NSW Stop Search:** [transportnsw.info/stops#/](https://transportnsw.info/stops#/)

Transport NSW also have a list of tips and resources to help you plan an accessible trip. Two of these resources are the Trip Planner and recommendations of some Transport Accessibility Apps which can help you navigate the city.

**Trip planner:** [transportnsw.info/trip#/](https://transportnsw.info/trip#/)

**Transport Accessibility Apps:** [transportnsw.info/apps](https://transportnsw.info/apps)

## TRANSPORT NSW CONTACT DETAILS

- 131 500
- [transportnsw.info](https://transportnsw.info)
- [www.ideas.org.au/37760](https://www.ideas.org.au/37760)

*Information sourced from Transport NSW.*

A man with a white cast on his left wrist is standing on a red clay tennis court. He is wearing a white polo shirt with a blue and grey pattern and blue shorts. He is holding a tennis racket in his right hand and a yellow tennis ball in his left hand. In the background, there is a green fence and some trees.

## Try Tennis this Summer

Tennis is a sport for everyone and you can begin at any age. As well as being a social way to meet people and spend time with friends it is a non-impact sport and has many health benefits. Tennis can be as casual as a game with friends and family, or you can join a social club, even have coaching and play in regular games. If you are serious about your sport, there are tournaments to be involved in too.

ANZ Tennis Hot Shots is for children aged 10 and under – with smaller racquets and courts. The balls also bounce slower and lower, which makes them easier to hit. There is even Cardio Tennis. This is a tennis workout program catering to all fitness levels. It brings together a variety of cardio workouts, a range of fun tennis drills, all to a high-energy soundtrack. The program is focused on a healthy, fun and active lifestyle.

Tennis Australia's Inclusion and Diversity information includes resources about players who are wheelchair users, D/deaf or hard of hearing, have an intellectual disability, vision impairment or come from Indigenous or multicultural background.

Tennis Australia have a wheelchair loan program, so both children and adults can have the opportunity to use a tennis specific sports chair for 3- 6 months. Applications are available through Tennis Australia. *Paralympian Dylan Alcott, five-time Australian Open champion says "being" disabled is not a death sentence.*

### TENNIS AUSTRALIA CONTACT DETAILS

 03 9914 4000

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

 [www.ideas.org.au/34381](http://www.ideas.org.au/34381)

*Information sourced from Tennis Australia.*

## Travel Destination - Uluru



Uluru is a living cultural landscape sacred to the Pitjantjatjara Anangu Peoples and a UNESCO World Heritage site. One of Australia's most recognised landmarks, Uluru can appear to change colour at different times of the day and year. From October 26th 2019 the climb to the top of Uluru has been permanently closed, in respect of the wishes of the traditional Anangu owners. Below is a list of walks that are accessible for wheelchairs in the national park, as provided to IDEAS by Parks Australia.

### At Uluru:

**Mala Walk:** Grade 1 – All-access, 2 km return, 1.5 hours.

**Kuniya Walk:** Grade 1 – All-access, 1 km return, 30-45 mins.

### At Talinguru Nyakunytjaku:

**Minymaku Walk:** Women's walk - Grade 1 – All-access, 1km return, 30 – 45 mins.

**Watiku Walk:** Men's walk - Grade 1 – All-access, 1.5 km return, 1 hour.

Talinguru Nyakunytjaku is the main area for viewing Uluru at sunrise.

### At Kata Tjuta:

**Kata Tjuta Dune Viewing:** Grade 2 (Easy) – 600 metres return, 30 minutes.

Assisted wheelchair access (inclined boardwalk) leading to a spectacular view.

**Sunset Viewing:** Grade 1 – All-access, a short walk from the car park.

**Please note:** The terrain at Kata Tjuta is rugged and uneven making the Walpa Gorge and Valley of the Winds walks (Grade 3 – 4) inaccessible for wheelchairs.

### Cultural Centre

Located 13 kilometres into the park, near the base of Uluru, you will find the Cultural Centre. The Cultural Centre is all access and facilities include all-access toilets, picnic area, gas barbecues and retail outlets for local artwork, souvenirs and snacks.

## Uluru visitor guide App

Make most out of your time in Uluru-Kata Tjuta with audio tours, maps, itineraries, walks, wildlife information, opening hours and more. The app contains information you will need for a park visit and is available in the App Store and on Google Play. See Uluru Visitor Guide to access the app.

## Accommodation Options

Ayers Rock Resort provided general information to IDEAS on their accessible accommodations, as below:

- **Ayers Rock Campground** +61 8 8957 7001
- **Desert Gardens Hotel** +61 8 8957 7714 some accessible rooms. Desert Deluxe Room and Garden View room. Light switches lowered, bathroom with under sink access, grab rails, handheld adjustable shower spray, fold-down seat. Please contact directly to discuss needs.
- **Emu Walk Apartments** +61 8 8957 7799
- **Longitude 131** (61) 08 8957 7131
- **Outback Pioneer Hotel and Lodge** +61 8 8957 7605 limited accessible rooms, please contact directly to discuss needs.
- **Sails in the Desert** +61 8 8957 7888 some accessible rooms, please contact directly to discuss needs.
- **The Lost Camel Hotel** +61 2 8296 8010

To see more information on other iconic Aussie destinations, check out the full blog on our **blog**: [bit.ly/top-5](https://bit.ly/top-5)

### PARKS AUSTRALIA CONTACT DETAILS

 (08) 8956 1128

 [parksaustralia.gov.au/uluru/](https://parksaustralia.gov.au/uluru/)

### ULURU VISITOR GUIDE CONTACT DETAILS

 [parksaustralia.gov.au/uluru/plan/apps/](https://parksaustralia.gov.au/uluru/plan/apps/)

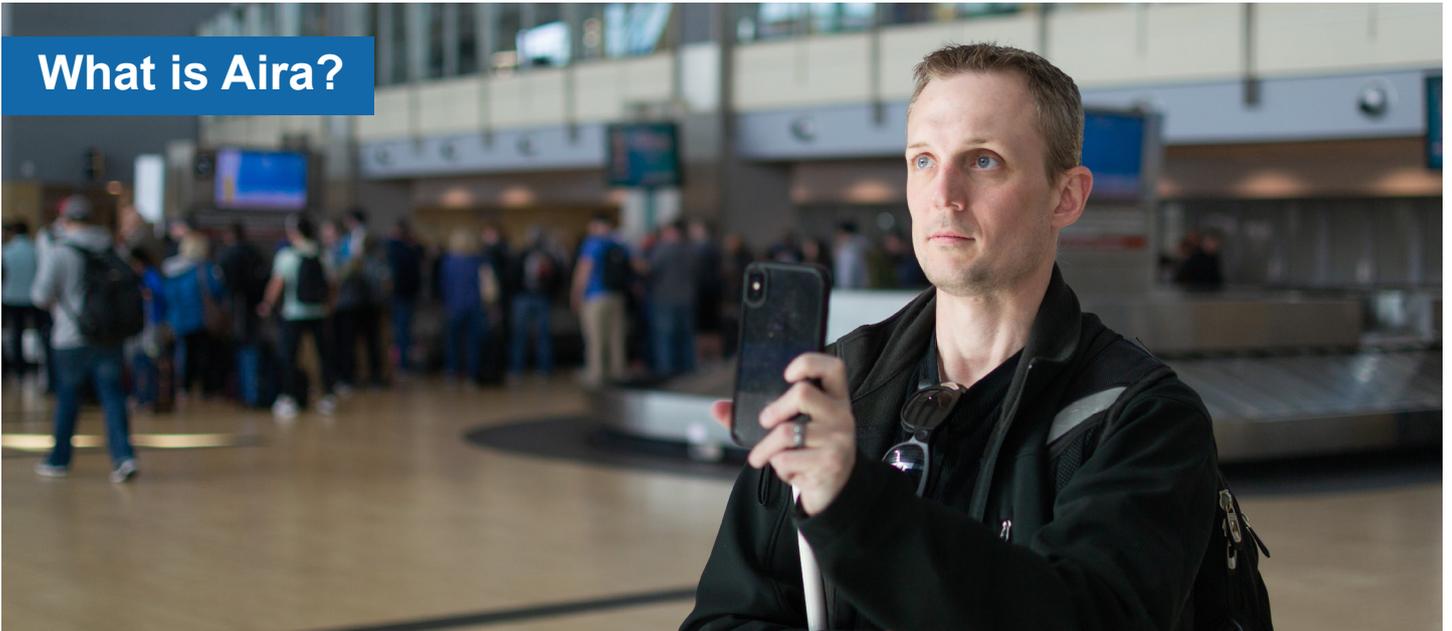
### AYERS ROCK RESORT CONTACT DETAILS

 (02) 8296 8010

 [www.ayersrockresort.com.au](https://www.ayersrockresort.com.au)

*Information sourced from Parks Australia, Uluru Visitor Guide & Ayers Rock Resort.*

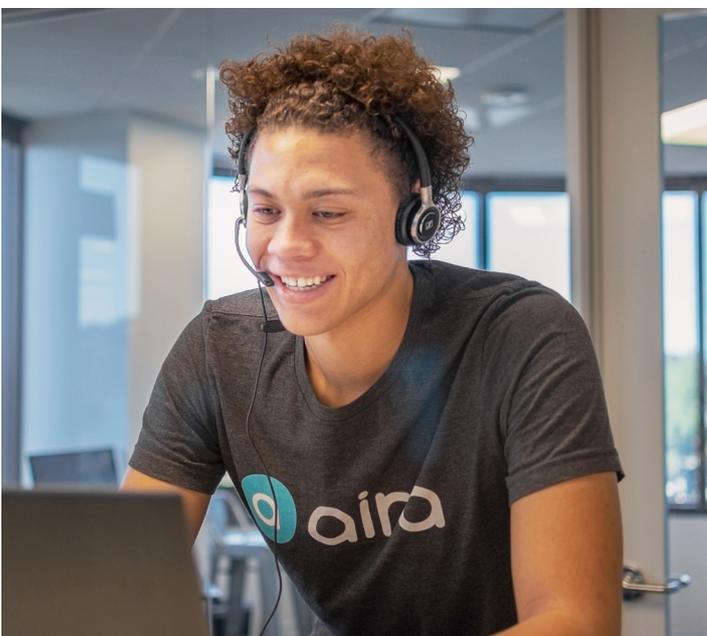
## What is Aira?



Aira connects people who are blind or have low vision to specially trained agents to help them in their day to day lives by using assistive technology to describe obstacles, scenes and situations in the immediate vicinity to the caller. You can use your smartphone or the patented Aira wearable glasses to connect to an agent.

Calls to help with short and simple tasks, i.e. calls that are less than 5 minutes in duration, are free. Paid subscription options give you access to a quota of minutes per month, ranging between 30 and 300 minutes. These minutes would be required to get help with more complex or longer tasks.

Aira agents can help you identify and locate items on your local supermarket shelf, or tell you how much something costs. They can help you navigate to a free table in a busy coffee shop, or guide you to your bus stop. The possible applications for this hybrid assistive technology and support service are endless, especially in Education, Employment and Daily Living.



Aira Tech Corp is a technology company dedicated to making lives simpler, easier, and more fun. Based in San Diego, California, it uses the latest technologies to connect people who are blind or have low vision with real, highly-trained professionals who provide visual information on demand. Aira is supported in the US, Canada, Australia and New Zealand.

Aira can connect its users to real people instantly to simplify their everyday lives. You can download the Aira app on both Android and iOS devices through the App Store or Play Store.

Download the app today and connect with Aira agent to try out the service for free as a guest.

## AIRA CONTACT DETAILS

- 1800 765 096
- [www.aira.io/asutrialia](http://www.aira.io/asutrialia)
- [www.ideas.org.au/80418](http://www.ideas.org.au/80418)

*Information sourced from Aira.*

## 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)**

## The Big Competition for Inventive Little Kids



Do you know what plastic banknotes, wi-fi and the bionic ear (cochlear implants) all have in common? They're all Australian inventions! Meanwhile, trampolines, icy-poles and braille were all invented by kids.

The Origin Energy Little Big Ideas Competition taps into kid's creative and intuitive energy. Primary school aged kids with big ideas can enter and be in the running to win \$1000 or a trip to the USA, including NASA and Disneyland. Two winners from last year are:

### Rein Angel

Colt Croser from Cobargo NSW was leading his horse Bubbles when she was spooked and took off on him. His hand was caught in the lead rope and three of his fingers were severed above the knuckle. During his time in hospital, the idea of the Rein Angel was hatched as he thought of a way to prevent such an incident occurring, either to himself again or to other people. After a number of months of testing prototypes the Rein Angel evolved. Its design sees the rein snapping and letting the horse get away so protecting the rider's hands.

### Hero Helmet

This helmet was designed by Samuel Myers in Queensland to stop people riding their bikes, scooters or skateboards without a helmet. It features an embedded remote that controls a lock on the wheels, which unlocks when the rider wears the helmet. The idea was inspired by Samuel's own survey findings on the helmet wearing habits of kids, and his interest in preventing injuries.

### LITTLE BIG IDEA CONTACT DETAILS

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

*Information sourced from Little Big Idea website and ABC.*

## What's On: Jan - Feb

### Service NSW Mobile Service Centre & IDEAS

IDEAS will be travelling with Service NSW Mobile vans to remote and regional towns over the coming months. IDEAS staff will be making people aware of IDEAS and providing outreach, answering enquiries around all things disability, along with promoting the services of Service NSW.

**14 Jan - Jindabyne**, 10:00am - 3:00pm

Banjo Car Park, Kosciuszko Road, Jindabyne, 2627

**15 Jan - Nimmitabel**, 9:30am - 2:30pm

Lake Williams, Snowy Mountain Highway, Nimmitabel, 2631

**16 Jan - Bermagui**, 9:00am - 4:00pm

Dickinson Park, Lamont St, Bermagui, 2546

**21-22 Jan - Bundanoon**, 10:00am - 3:00pm

Railway Ave, Railway Ave, Bundanoon, 2578

**22 Jan - Braidwood**, 9:30am - 3:00pm

Ryrie Park, Wilson St, Braidwood, 2622

**23 Jan - Sussex Inlet**, 9:00am - 3:00pm

RSL Carpark, 200 Jacobs St, Sussex Inlet, 2540

**28 Jan - Boorowa**, 9:00am - 12:00pm

8 Market St, Boorowa, 2586

**28 Jan - Harden-Murrumburrah**, 1:00pm - 5:00pm

Kruger Medical Centre, East St, Harden, 2587

**29 Jan - Gundagai**, 10:00am - 2:00pm

Gundagai Library, 245 Sheridan St, Gundagai, 2722

**30 Jan - Batlow**, 10:00am - 3:00pm

RSL Carpark, Pioneer St, Batlow, 2730

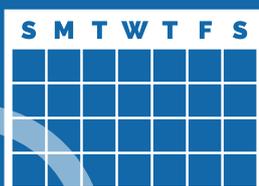
**4 Feb - Coolamon**, 9:30am - 3:30pm

Cowrabbie St Road Reserve, Cowrabbie St Road Reserve, Coolamon, 2701

**5 Feb - Henty**, 10:30am - 3:00pm

Henty Library, Sladen St, Henty, 2658

**Contact:** for more details please contact us on 1800 029 904 or [www.ideas.org.au](http://www.ideas.org.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)



“Have a whiteboard with the days of the week and what’s on eg - Monday sports day, Tuesday library book day etc.” *Jess*



“Have your coffee first... and absolutley NO morning TV.” *Kath*

“Try to make sure food is interesting for both breakfast and lunch.” *Andrew*

“Last thing as they leave home, ask them to check if they have their smiles with them, and who were they going to go out of their way to be kind to that day.” *Jenelle*

“Music of their choice in the morning wakes them up with a good mood for me” *Ramya*



“Prepare the school bag and make lunches the night before.” *Kazz*



“Ask my kids for 'any' school notes in the evening instead of being hit with notes in the mornings.” *Helen*



**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).