

NWDS CARER'S NEWS

October/ November 2010

“The French Marshall Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow growing and would not reach maturity for 100 years.

The Marshall replied, “In that case, there is no time to lose; plant it this afternoon.”

- J.F. Kennedy -

There can be many events and challenges in our lives that at times can seem so slow and hopeless to change, but, just like small water drops onto stone, making holes where they have been over the years, we have the power to make change – it starts with the first step.

“In that case, there is no time to lose; take the first step this afternoon”

-Frances Ferrugia-

DATES FOR YOUR ATTENTION

Here is a copy of the planning dates for 2010. For easy reference you will find a copy of this is placed in the front of each Service User's communication diary:

Thursday 25/11/10 – Staff Development Day - NO SERVICE USERS

Thursday 09/12/10 – Service User Christmas Party

Thursday 23/12/10 – Service User last Day for 2010

Saturday 25/12/10 – XMAS Day – Public Holiday

Monday 27/12/10 – Boxing Day – Public Holiday

Monday 17/1/11 - Management and LF return from XMAS Break

Tuesday 18/1/11 - Summer Program commences after break

Disability Discos New for 2010



***Castle Hill RSL** and North West Disability Services are hosting discos specifically for adults with a disability. These are held on the 2nd Wednesday of each month in the Phoenix Room on Level 2 at Castle Hill RSL from 6.30pm to 9.30pm. **The next disco is Wednesday, 10 November 2010.** Cost is \$10.00 per person for the disco and the carer is free. Note bookings are essential and a carer is required to attend. No meals are provided but these can be purchased from the facilities at Castle Hill RSL.

Disco Dates: 10th November; 8th Dec.

***HADPAC Conie Avenue Friday Night Disco** is still running 6.00pm – 9.00pm Entry \$10 includes a small snack and drink. These disco evenings are themed, so remember to come dressed to impress.

Disco Dates: 29th Oct - Halloween; 26th Nov – The Races; 17th Dec - Xmas

Bookings are essential for both discos. Contact Conie Avenue Office 9686 4155

SERVICE UPDATES

Correct Footwear at N.W.D.S



Please ensure that your family member/client wears correct footwear every day to NWDS. Footwear must be enclosed and secured. This ensures a safe happy environment for all.

Health care

All carers please be aware that illness can spread quickly in our service areas. We have a number of Service Users whose health can be easily compromised through exposure to viruses. This can result in hospitalisation for them. In an effort to keep everyone as healthy as possible please keep your family member at home if they have been quite unwell the night or evening before.

News From Hadpac

Interested in Hadpac Programs?

Below is some information about the Hadpac programs and the eligibility criteria.

Hadpac Respite Service – Eligibility Criteria

North West Disability Services assesses all applicants on a non-discriminatory basis utilising the following criteria;

1. Individual lives at home with carer(s) and family in a crisis situation
2. Individual lives at home with care(s) and respite is required to assist family in maintaining support levels
3. Individual lives at home with carer and receives limited other service
4. Individual lives at home with carer and accesses other services and requires social and recreational outlets
5. Fall within the level of support and resources of NWDS.

What is hadpac respite service?

It is a project of North West Disability Services Inc. The Service is funded by Department of Ageing, Disability and Home Care (ADHC) through the Disability Services Programs (DSP). The Service provides weekday, evening and weekend activities to individuals with a disability and thus respite to their carers. Activities have a focus on developing social networks through recreational activities within the community.

How did the service begin?

The Service was formed in 1981 as a response to the needs of individuals with disabilities identified in a survey produced by Baulkham Hills Shire Council. In December 1996 HADPAC Respite Services moved to a purpose built facility located in Baulkham Hills.

Who is the hadpac service for?

The Service provides social and recreational opportunities to adults living in the Northern and Western regions of Sydney. The Service is designed to meet the needs of individuals living at home with carers and receiving little or no support.

Location:

Entrance - Conie Avenue,
(off Seven Hills Rd)
Baulkham Hills

Correspondence:

P.O. Box 947
Baulkham Hills NSW 1755

Phone:(02) 9686 4155

Fax:(02) 9686 4144

Email: ceo@nwds.org.au

Hadpac Day Programs

Wednesday Group - runs from 9.30am to 4.30pm. The group caters for individuals who have a physical disability and/or an intellectual disability. Some activities include going to parks, movies, sport, craft and museums.

Thursday And Friday Groups - run from 9.30am to 4.30pm. The Groups cater for individuals who have a physical disability and/or an intellectual disability. Some activities include going to RSL clubs, bowling and visiting markets.

Thursday Night Group - runs from 6.30pm to 9pm. The group caters for individuals with an intellectual disability with low to moderate support needs. Some activities include BBQ's, Movies, Putt-Putt Golf, and going to restaurants.

Saturday And Sunday Groups - run from 9.30am to 4.30pm. The Groups cater for individuals who have a physical disability and/or an intellectual disability. Some activities include going to RSL clubs, bowling and visiting markets.

What is expected from you? Individuals accessing the Service are expected to attend their chosen group regularly (70% attendance). Attendance fees and travel costs are invoiced for each program

period. Activities costs and meals are not invoiced and are paid by each service user at the start of each program activity.

Activities are selected prior to the commencement of each new program. Individuals are encouraged to participate in this process by contributing ideas that reflect their interest. Individuals are expected to respect the rights of others who attend the Service, and observe common courtesies. All individuals are actively encouraged to give the staff feedback about the service they receive and encouraged to make informed choices about what they participate in.

News from Gemhill Cottage

What does Gemhill offer?

- Accommodation for people with an acquired brain injury for up to 8 weeks a year on a pre booked basis.
- 24 hour / 7 day a week support.
- Fully trained and professional staff to provide individuals with the highest standard of care.
- Crisis accommodation can also be provided to regular respite service users if needed.
- Short stays can also be arranged if pre booked.

Two (2) staff members are available 24 hours a day.

Eligibility:

Gemhill Cottage is designed for individuals who:

- Live in N.S.W. aged between 18 – 65
- Are living at home with an unpaid carer;
- Live independently in the community with some family support;
- Have an acquired brain injury.

Gemhill Cottage provides support to people for up to 8 weeks a year. This then provides respite to the carers of these individuals.

How much will a stay at Gemhill cost?

Gemhill Cottage has very reasonable pricing. A stay costs \$80 a day – which is inclusive of three meals, laundry and staffing costs.

This cost is reduced to \$25 a day if the individual has a Disability Pension Card. This information needs to be passed onto NWDS at time of booking into Gemhill.

Cancellation Policy:

Whilst not encouraged a cancellation of a respite booking 14 days or more from the commencement of the stay, enables the Coordinator time to offer the respite to other individuals and families so that the respite is fully utilised. There is **no** cancellation fee.

If there is notification of the cancellation of between 8 and 14 days a **\$25** cancellation fee will be charged

If there is notification of the cancellation of between 1 and 7 days a **\$50** cancellation fee will be charged

If there are three instances of cancellations in the 14 days prior to a respite booking within a 12 month period, pre- payment will need to be arranged prior to the stay being confirmed.

In instances of illness causing the cancellation, a medical certificate can be supplied to obtain a cancellation fee reduction or waiver, at the discretion of the CEO and Board of Directors of NWDS.

If there are other extenuating circumstances resulting in the need to cancel their proposed respite stay at short notice, a request for a reduction or an exemption from the cancellation fees can be made in writing to the CEO and Board of Directors of NWDS.

An application package will need to be completed and returned before any service user stays at Gemhill Cottage.

Gemhill Respite Services

Locations: 28 Carrington Rd, Castle Hill. NSW. 2154.

Postal Address: PO Box 947, Baulkham Hills NSW 1755

Phone number: 02 9634 7531 or **Fax number:** 02 9899 8954

Email: Coordinator@gemhill@nwds.org.au

FOR YOUR INFORMATION

Free Tax Help for Low Income Earners with their Tax Return and Baby Bonus Claim from 1 July to 31 October, community volunteers provide free confidential help to complete tax returns for people on low incomes at convenient community locations. The straightforward tax returns include income received through Centrelink payments and benefits, salary and wages, dividends, managed funds, interest.

See www.ato.gov.au/individuals/content.asp?doc=/content/9172.htm.

Some people on low incomes do not need to lodge tax returns so volunteers can indicate this and help to fill out a Non-lodgment advice if necessary. They also assist with claims for family tax benefit, refund of imputation credits and baby bonus. Tax Help volunteers cannot assist clients with business tax returns, partnership and trust matters, capital gains tax (CGT), rental property.

If you want to make an appointment with the local Tax Help program, phone 13 28 61 (press 2, then 3). Have your tax file number ready. For queries to the Tax Office, you can email

www.ato.gov.au/individuals/content.asp?doc=/content/4892.htm. Anyone can download e-tax at www.ato.gov.au/etax to prepare and lodge

Source: Warringah Disability Newsletter- 236

Parramatta City Council Free Bus

Leave the car and take the Loop Bus. The Loop is Parramatta's environmentally friendly and accessible free city bus, connecting tourists, residents and commuters to the commercial, retail and recreational landmarks of the City Centre. This is a free bus service that operates every 10 minutes from 7am-6.30pm, Monday to Friday and from 8am -4pm on Saturday. For a map and further details log on to Parramatta's web site.

Source: Parramatta Council

Physical Disability Council of NSW

Workshop Emergency Readiness and Response for People with a Physical Disability

PDCN is holding a free workshop at the Medina Hotel 2 Lee Street Haymarket .

Identify your needs in a disaster/emergency situation. Find out how you can be proactive and plan to ensure that your needs are met. Learn how to formulate an individual emergency action plan with your family, friends and neighbours. December 14th from 1pm to 5 pm

RSVP: Ben Williams on 1800 688 831 or (02) 9552 1606

benw@pdcnsw.org.au or Admin@pdcnsw.org.au

Source: Warringah Disability Newsletter- 236

HEALTH FOCUS

Remember to be sun safe this Summer



Slip on a t-shirt.

Slop on the sunscreen.

Slap on a hat - wide-brimmed is the best so that your ears are protected too.

Wrap on the sunnies to protect your eyes.

RESOURCES

Art Work Shop

Angela at Lavender Cottage requires the following for one of the art programs; cardboard and plastic ice-cream containers, metal washers, colourful plastic shopping bags, empty large soft drink bottles, large brown paper shopping bags, dried seeds such as sunflower, beans and lentils, cardboard tubes(not toilet rolls). Donations can be left at any of the NWDS premises, but please ensure that donations are marked "for Angela at Lavender Cottage". Thank you.

'Gendering the National Disability Care and Support Scheme'

In August, Women With Disabilities Australia (WWDA) completed its initial Submission to Stage One of the Productivity Commission Inquiry. Its submission focuses on the critical requirement to ensure that any Disability Care & Support Scheme (DCSS) is consistent with Australia's international obligations to eliminate all forms of discrimination against women with disabilities; to ensure equality between men with disabilities and women with disabilities; and to respect, protect and fulfill the human rights of women with disabilities. The submission examines the international and domestic legislative and policy contexts for the promotion of gender equality. Download it from www.wwda.org.au/subs2006.htm in PDF format (1.4 MB) or Word format (300 KB). If you want a copy emailed to you directly, email WWDA at wwda@wwda.org.au

Source: Warringah Disability Newsletter No 237 – 10 September 2010

Upgrade your Reading Machine to the Latest Technology

SmartView Synergy electronic magnifier has colour for photos and magazines, sharp auto focus for crisper images, and improved design to make reading easier. Offer valid until 30 November.

\$500 voucher (not in conjunction with any other offer), free delivery / set up / training. Conditions apply for areas outside the Brisbane, Sydney and Melbourne metropolitan areas

For a complimentary demonstration, email au.sales@humanware.com with your contact details or phone 9686 2600 to speak with a HumanWare Low Vision Consultant.

HumanWare Australia Pty Ltd is at Suite 2, 7-11 Railway Street, Baulkham Hills NSW 2153. Phone 9686 2600. See www.humanware.com

Source: Warringah Disability Newsletter- 236

OUT AND ABOUT

A Musical Variety Show

A performance for adults living with disabilities and their carers

Thursday 18 November, 11am – 12pm at the Powerhouse Museum, Ultimo.

Included with Museum admission: \$6 concession, \$10 adult, \$5 child, \$25 family, free for Powerhouse members and Companion card holders

BOOK ONLINE or call 02 9217 0222.

Read details on disability access to the Museum. If you will require additional assistance with group/parking or mobility within the Museum, please contact Helen Nicholson on helenn@phm.gov.au

Source: Warringah Disability Newsletter- 236

Big Aussie Swap Shop

Have you been to a Swap Shop yet?

The Waste Team host Big Aussie Swap Shops throughout the year. Residents can participate by bringing along good quality items no longer wanted or needed. Browse what others have brought on the day and if there is something that you like, you can have it - for FREE.

Some of the item categories for swapping include children's toys, books, CDs, DVDs, men's, women's, children's and teen's clothing and bric a brac.

Date: Saturday 13/11/10 (during National Recycling Week)

Time: Drop off from 9.30am with swapping to commence at 10.30am till 11.30am.

Location: Wrights Road Community Centre, cnr Wrights Rd & Harrington Ave.

Source: Hills Shire Webpage

Free Sculpture by the Sea Tactile Tours

Accessible Arts and Sculpture by the Sea are providing tours for people with vision impairment and people with intellectual disability. The audio described Tactile Tours will be delivered by Carolyn Bethwaite and Wendy Payne, while Sophie Clausen, Accessible Arts Access Coordinator, will provide the Easy English commentary.

- Audio Described - Wednesday 3 Nov (5.30pm - 7pm) and Saturday 6 Nov (10.30am - 12pm).
- Easy English - Wednesday 10 Nov (5.30pm – 7pm) and Saturday 6 Nov (1pm - 2.30pm)


Mark's Park, entrance Fletcher Street & Mark's Lane, Tamarama. See accessible parking at

www.waverley.nsw.gov.au/data/assets/pdf_file/0013/4180/DisabilityAccessParking.pdf.

Bookings are essential so email your requirements to education@sculpturebythesea.com or phone 8399 0233.

Source: Warringah Disability Newsletter No 239 – 8 October 2010

OUR ENVIRONMENTAL FOOTPRINT

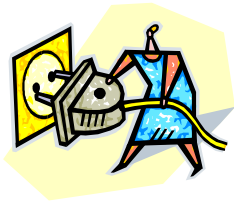
 Want to save money and help the environment?
Every time we turn on a light, have a shower, jump in the car, or even buy something we are leaving a carbon footprint.
The choices we make every day determine the size of our carbon footprint.

How big is your footprint? Want to find out?

You will need: *Recent electricity and gas bills *10 minutes on the internet
*Log on to www.1degree.com.au/carbon_calculator and complete the online calculator.

Set yourself a challenge to reduce the carbon you produce and save money on those increasing gas and electricity bills. Maybe take one less car trip a week, or ensure that lights are turned off when you leave the room and encourage the family to take a shorter shower.

Re-visit the web site and complete the online calculation when the next gas and electricity bills come in and see if you have made a difference and saved money.



Did you Know ?

Standby power can make up 7% of your power bill. Appliances' like chargers, microwave ovens and TV's still use power if left on at the power point, even if not in use.

GOOD NEWS

The N.W.D.S Awards Day 2010 was held 21st October 2010. It was a great success all Service Users, Volunteers, Carers and Staff had a wonderful time.

Below is a photo of our dedicated Volunteers receiving certificates of Appreciation at the Awards Day



