

GOODVIBES



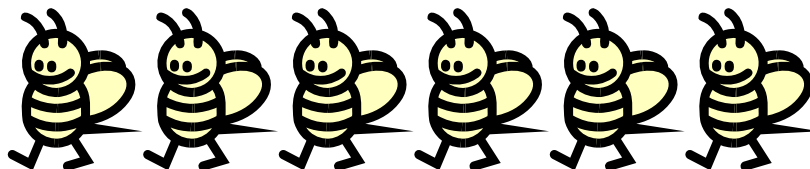
Issue 7– October 2006

The bumblebee cannot fly.

According to the theory of Aerodynamics, and as may be demonstrated through numerous laboratory tests and wind tunnel experiments, the bumblebee is unable to fly. This is because the size and shape of the body, in relation to the total wingspan that he has, makes flying impossible.

The bumblebee however, being ignorant of these profound truths, goes ahead and flies anyway, and manages to make honey everyday!

Author Unknown



SENSES FOUNDATION (Inc) CONTACT DETAILS

These contact details are current as of October 2006

Administration	9473 5400
FAX	9473 5499
TTY	9473 5488
Email	reception@senses.asn.au

Services for people who are deafblind or blind, with additional disabilities

Specialist Services Staff Timetable			
Sue-Ellen Buckley <i>Manager Specialist Services</i>	Monday – Friday 9am – 2:30pm	9473 5458	50 hours per fortnight
Sharon Barrey Grassick <i>Communication Specialist</i>	Tuesday – Wednesday 9am – 5pm	9473 5431	30 hours per fortnight
Wendy-Mae Rapson <i>Communication Specialist</i>	Monday – Friday 8:30 – 4:30pm	9473 5426	76 hours per fortnight
Robin Hamilton <i>Communication Specialist</i>	Tuesday – Wednesday 9:30am – 4pm	9473 5419	24 hours per fortnight
Nigel Bayton <i>Communication Facilitator</i>	Tuesday 9am – 5pm Wednesday 9am – 5pm Friday 9:30 am – 1pm	9473 5429 0411 128 810	19 hours per week
Karen Wickham <i>Social Worker</i>	Monday 9am – 2pm Wednesday – Thursday 9am – 4:30pm	9473 5462	38 hours per fortnight
Sophie Atkinson <i>Occupational Therapist</i>	Thursday 8:30am – 4pm Friday 8:30am – 3pm	9473 5419	26 hours per fortnight
Physiotherapist			22.8 hours per fortnight
Tara Khin <i>Communication Facilitator (NGCS grant)</i>	Wednesday 9am - 4pm Thursday 9am – 4pm	0423 316 580	28 hours per fortnight (until December 2006)
Jodie Teasdale <i>Communication Facilitator (NGCS grant)</i>	Monday 8:30am – 12:30pm Wednesday 8:30am – 12:30pm	0400 856 473	14 hours per fortnight (until December 2006)
Joanne Bethune <i>Communication Facilitator (NGC grant)</i>	Wednesday 9am – 12pm	0417 926 403	6 hours per fortnight (until December 2006)

Services for people who are deafblind or blind, with additional disabilities

Community Services Staff Timetable

Richard Long <i>Manager Community Services</i>	Monday – Friday 9am – 5pm	9473 5463	76 hours per fortnight
Nigel Bayton <i>Community Options Coordinator</i>	Monday 9am – 5pm Wednesday 8:30am – 12:30pm Thursday 9am – 5pm	9473 5429 0411 128 810	38 hours per fortnight
Karen Kerr <i>Respite Coordinator</i>	Monday 9:30am – 2:30pm Tuesday 9:30am – 2:30pm	9473 5443	20 hours per fortnight
Clare Long <i>Respite Coordinator</i>	Wednesday 9:30am – 2:30pm Thursday 9:30am – 2:30pm	9473 5443	20 hours per fortnight
Pauline McGeown <i>DACS Coordinator</i>	Monday, Tuesday, Thursday, Friday 8:30am – 4:30pm	9473 5461 0411 648 977	76 hours per fortnight
Mike House <i>Project Officer</i> ➤ <i>Circles of Support</i> ➤ <i>Walking Project</i>	Monday – Tuesday 8:30 – 5pm Wednesday (alternate) 8:30 – 5pm	9473 5451 0423 193 196	38 hours per fortnight

WE ARE MOVING!!



You will probably be aware Senses Foundation has sold its property in Maylands and have purchased a building, in Burswood - **11 Kitchener Ave Burswood** to be exact.

Lotterywest has approved a grant to assist in the “fit out” of our new head quarters and that is currently underway. We hope to move to our new home in Burswood by Christmas 2006 – or at least in early 2007!

Hello everyone and welcome to our 7th issue of the Goodvibes newsletter.

The Specialist Services team have had a productive and eventful time these past several months, including implementation of projects, participation at conferences and new staff to the program.

I take this opportunity to introduce Wendy-Mae Rapson. Wendy-Mae is our new full-time Communication Specialist who comes to us with considerable experience and knowledge in the fields of Speech Pathology, vision impairment, communication and aged care. We are delighted to have her on board the team.

With successful grant applications received earlier in the year, the team have been productive utilising funding for outlined projects. A project in Family Leadership and Initiatives has been possible with funding from Carers WA and Telethon Channel 7, providing support for carers of children with disabilities.

Our Social Worker, Karen Wickham has been instrumental in organising several events with this funding for carers, including a Parents Respite Weekend held at the Rendezvous Observation City Hotel 19-20 August. This weekend provided parents with a valuable break from their caring role, in an environment free from stress, whilst encouraging relaxation, fun, education and sharing with other carers. Workshops were run over the weekend to address needs and coping strategies of carers and the weekend was a resounding success. Another respite weekend is planned for early 2007.

Feedback from this weekend highlighted parents desire to continue to meet with other carers, to further develop the relationships formed. A mothers' 'Parisian Rose morning tea' has been planned for 20/10/06 and a fathers' Lawn Bowls afternoon 29/10/06 (read on in the newsletter for further details). This invitation is open to any parent or carer of a child with a disability and we would simply love to see you there!

A Sibling Support project is in its elementary stages of planning and the project committee have arranged a Family Picnic in Kings Park to take place 11/11/06. The picnic will include lots of exciting activities and wonderful food – so if you have siblings of a child with a disability, you must come!

Further, using funding within this project grant, a questionnaire has been forwarded to the older sibling population to gather their feedback and address their needs and concerns.

We are all delighted to have Robin Hamilton return to the team and she has taken on two major projects – coordination of the development of a Deafblind DVD Training Package to educate people involved with individuals who are deafblind, and another project co-ordinating the development of an Usher Syndrome Support Group.

Services for people who are deafblind or blind, with additional disabilities

An Usher Syndrome Support Group will enable individuals with Usher Syndrome, their families, carers and friends to meet and gain vital information and education and aims to promote support networks with individuals with similar needs and concerns. The focus will be on providing education, support and counselling, imparted through presentations by experts in this specialist field and support networks/agencies within the community.

The Australasian CHARGE Conference, theme title 'Families in CHARGE', was held September 29 – October 1 in Queensland. Sharon Barrey Grassick and Karen Wickham attended the conference and plan to hold a presentation for staff and interested members of the public, 1/11/06 at 9:30am – 12:00pm at Senses Foundation. Please come and learn the latest findings and research on CHARGE Syndrome, which is now the leading cause of congenital deafblindness in the western world.

Whilst providing ongoing client services and implementing existing projects, the team will continue to apply for suitable grants to further enable vital projects to take place, to address the many needs of our clients and their families. Along with this, the next few months will also involve us preparing for the big shift to our new location in Burswood.

If you have any comments or would like to talk with any of the staff within the team, please do not hesitate to contact us. Below is an outline of the staff timetable and contact numbers. We love to hear from you.

PS: Don't forget this time next year Senses Foundation will have just hosted the 14th Deafblind International World Conference. How exciting! If you want to be involved – please read on!

Regards,
Sue-Ellen Buckley

PS. A reminder to our Mums who care for their child who has a disability. The invitations have been sent out for a sumptuous 'Parisian Rose Morning Tea.' It is scheduled for Friday, 20th October 2006; 10.30am to 12.30pm.

Following the success of the Retreat Weekend, we would like to give you the opportunity to get together and further develop friendships and bonds, whilst enjoying a relaxing Morning Tea. On offer will be a selection of teas, delicious cakes and savouries at;

The Leaf Tea Merchants,
60 Walcott Street
Mount Lawley.

The Morning Tea will be generously funded by Channel 7 Telethon Trust & Carers W.A

We really hope you are able to come along! Please contact Karen Wickham, Social Worker on (08) 9473 5462.

Important Contact Numbers

Association for the Blind of Western Australia: (08) 9311 8202 Freecall:
1800 658 388 <http://www.abwa.asn.au/>

Australian Deafblind Council (ADBC) (08) 9493 2570 <http://internex.net.au/~dba/>
Peak body representing people who are deafblind; contact point and information for Deafblindness for Australians and overseas.

Carers Counselling Line: 1800 007 332 – Operates 24 hours a day through Carers WA.

Carers WA: (08) 9444 5922 www.carerswa.asn.au
Information addressing carers individual needs, specific information about community and government services, comprehensive range of resources and written information, including a free carer support kit and emotional support provided by professional counsellors



Centrelink Customer relations line: 1800 050 004

Continence Aids Assistance Scheme (CAAS): (08) 9346 7521 Funded by Lotterywest and administered by The Spina Bifida Association of WA (Inc).

Commonwealth Carelink Centre: 1800 052 222 Information regarding local and community care services

Commonwealth Care Respite Centre: 1800 059 059 Operates 24 hours per day to arrange respite services to meet emergency or short-term carer needs.

Community Aids and Equipment Program CAEP: (08) 9426 9307
www.dec.wa.gov.au Funds the purchase of aids and equipment for eligible clients with long term disability.

DB Link: www.tr.wou.edu/dblink The National US information clearing house on children who are deafblind.

Deafblind Education Services: (08) 9384 6344 Coordination of visiting teachers of Deafblind; provision of educational and communication support for children 0-18 years, includes an Early Intervention Program.

Deafblind info org: www.deafblindinfo.org On-line directory of worldwide resources for and about people who are deafblind.

Services for people who are deafblind or blind, with additional disabilities

Deafblind International: www.deafblindinternational.org Peak world body representing issues specific to Deafblindness; responsible for a major world conference every 4 years.

Disability First Stop: (08) 9386 7513 www.disabilityfirststop.asn.au Assisting people with disabilities and their families get the help they need when they need it.

i.d.entity.wa: (0)8 9474 3303 www.identitywa.com.au Providing accommodation, family counselling, pastoral care, recreation and respite to clients with intellectual disabilities and their families.

Independent Living Centre: 08 9381 0600 www.ilc.com.au Information and advice on equipment for people with disabilities and the elderly.

L.A.C. (Local Area Coordinator)/ Disability Services Commission:
(08) 9426 9200 Freecall 1800 998 214

PWD People with disabilities: (08) 9386 6477 www.pwdwa.org A consumer managed organisation representing and advocating for the rights and equity of all West Australians with a disability.

Silverchain: (08) 9242 0242 www.silverchain.org.au Offers a diverse range of quality services to support people with disabilities and life limiting illnesses, regardless of age and status.

WA Deaf Society: (08) 9441 2677 (voice); (08) 9441 2655 (TTY)
www.wadeaf.org.au/

New Resources at Senses Foundation

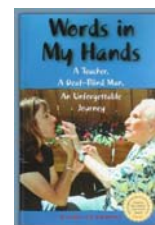
“Enhancing Self-Esteem” by Nick Hagiliassis.

This book is tailored especially to help adults with disabilities. The programme is suitable for people with mild intellectual disability and severe communication impairment and provides relevant, cognitively-suitable and age appropriate information and exercises.



“Words in my Hands” by Dianne Chambers.

Takes a penetrating look at an individual's experience of Deafblindness and the interpreter involved, when the condition has its onset in an adult with no previous exposure to language.



Services for people who are deafblind or blind, with additional disabilities

Contact Social Worker **Karen Wickham** on Tel: **(08) 9473-5462** if you are interested in accessing these resources.

Australian DeafBlind Council

(ADBC)

Who are they?

The purpose of ADBC is to be a National Council representing people who are deafblind, their support networks and organisations working in the field.

Membership is open to individuals who are deafblind, their families and other support people and organisations serving people who are deafblind and other interested people. ADBC is financed by subscriptions from members and government subsidy (if possible).

What are the benefits of Membership?

ADBC is a gateway to information and resources about Deafblindness. It is a source of Australian and International updates on what's happening in the deafblind community and also what isn't happening! ADBC produces the "Beacon" Newsletter, and also has plenty of useful links on the website.

Please contact Australian Deafblind Council if you would like more information about the Council's objectives or if you are interested in joining.

Address: PO Box 1213

Camberwell VIC 3124

Voice Phone: (03) 9439 2570

Fax: (03) 9486 2092

Email: jfinch2@vtown.com.au

Internet: <http://home.internex.net.au/~dba/>

Comment [d1]: This is direct copy of what is available on the ADBC Website./include information on membership etc.? check with Sue Ellen/mention about Beacon.(journal/newsletter that is produced by same organisation.

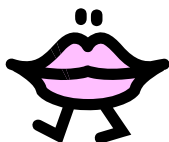
DO YOU HAVE ANYTHING TO SAY?

Senses Foundation recognises that feedback from staff; clients; their representatives and families; volunteers; visitors; supporters; sponsors and contractors improves the Foundation's ability to provide a high standard of care and service.

Suggestions, comments and complaints about all aspects of the service provided by Senses Foundation and the relationship between Senses Foundation and its employees is encouraged and will be dealt with in a fair, prompt and confidential manner, ensuring that there is no retribution for the comments made.

Please talk to a staff member by phone or in person, write a letter or contact the Services Manager, Senses Foundation (Inc.) on (08) 9473 5400.

Senses Foundation (Inc.) appreciates you taking time to tell us what you think.



Joy is the feeling of grinning inside
- Melba Colgrove

Safely Guiding a Person who is Deafblind

Guiding a person safely from one place to another is called **sighted-guide**.

Safely is the key word. Providing sighted-guide for a person who is deafblind uses the same basic techniques as sighted-guide for a person who is blind or vision impaired; however, there are some unique and important considerations, as follows:

- **General guidelines**
 - Safety is the key issue, so
 - Pay attention!
 - If in doubt about individual needs or preferences, ask the person.
 - Offer your hands under - do not take control of person's hands.
 - A hint: Keep your hands free – use a small back pack or bum bag instead of shoulder bags.
 - **ASSUME NOTHING** - a person may not know these basic sighted-guide techniques so you may need to help the person learn them as you go.
 - **If using tactile communication remember to STOP before communicating**

Services for people who are deafblind or blind, with additional disabilities

- **Approach**
 - Approach from the front at eye level.
 - Place your hand on the person's hand to let the person locate where you are, then introduce yourself using the person's preferred method of communication.
- **Offer**
 - Offer sighted-guide by placing the back of your hand against the back of the person's hand.
- **Grip**
 - If the person wants guiding s/he will run a hand up your forearm and grip your arm just above the elbow, with thumb on the outside of your arm and fingers on inside of arm forming a 'C' grip.
 - The grip needs to be firm, but not too tight.
 - The person may have better hearing or vision on one side than the other and therefore may show a preference as to which arm to grip.
- **Stance**
 - When the person being guided relaxes his/her arm at about a 90 degree angle, close to the side of the body and you keep your arm relaxed, this stance naturally places the person a safe half-pace behind.
- **Pace**
 - Establish the preferred walking pace, particularly as many people who are deafblind have balance issues.
- **Narrow Places**
 - Before going through doorways, aisles and other narrow spaces, move your guiding arm in a definite movement to the centre of your back and the person will straighten his/her arm and fall in directly behind you.
 - When through the space, return your arm to original position at your side; the person will respond by returning to the position half a pace behind.
- **Opening Doors**
 - Communicate that a door is ahead.
 - Person should be on hinge side of the door.
 - If not, change arms by placing your guiding arm behind your back then offering your other arm behind your back; person then changes to other side.
 - Open the door and ask person to hold door until you have both gone through, then person shuts the door behind.
 -
- **Curbs**
 - Communicate that a curb, step or slope is ahead, and if up or down.

Services for people who are deafblind or blind, with additional disabilities

- Approach at right angles – this is called ‘squaring off’.
- Stop briefly before stepping up or down.
- **Stairs**
 - Communicate that stairs are ahead, and if up or down; you may communicate how many steps or if there are ‘many’.
 - Approach at right angles.
 - Stop briefly before stepping up or down.
 - Using hand-under-hand, guide person’s hand to rail, again making contact with the rail before the person.
 - Remain one step ahead and proceed together.
 - Stop again at top or bottom before proceeding.
- **Getting into a Chair**
 - Make contact with the back of chair with your hand first, then move your hand slowly away as the person makes contact.
 - Person may move their hand down your arm to locate the chair, or you may offer your hand under his/her hand to direct, again with your hand making contact with the chair first.
- **Getting into a Car**
 - Same as above; you make contact with door handle first, then person can open the door.
 - When the door is open, offer your hand under the person’s free hand to guide to the roof of car, then to the back of car seat.
- **Communication**
 - Guiding must halt for any tactile communication.
 - Establish how much environmental information is required by the person.
 - Communicate environmental changes or hazards.
 - Agree on an emergency signal.
 - Communicate any interruptions.
- **Time**
 - Allow extra time as stopping to communicate environmental information by tactile methods will take longer.
 - Rushing or running to catch a bus or train is too dangerous, particularly if there are balance issues.
- **Hand under hand**
 - When guiding to a chair or to reach an object such as a cup, offer your hand under the person’s hand; make contact with the item first, then move your hand away as the person makes contact with it.

S B Grassick – Deafblind Communication Specialist SENSES Foundation

Services for people who are deafblind or blind, with additional disabilities

Senses Foundation (Inc.) is in the process of producing the following information in the form of a brochure, along with photographs, to complement a training package.

Comment [d2]: This is direct copy of what is available on the ADBC Website./include information on membership etc.? check with Sue Ellen/mention about Beacon.(journal/newsletter that is produced by same organisation.

E-tax 2006 for Individuals Who Have a Vision Impairment.

Taxpayers with screen reader software can use their computer to prepare their tax returns and baby bonus claims and then lodge online. The software required includes JAWS 4.0 (or later) or Window Eyes 4.5 (or later software versions)

More information: Vision Australia on Freecall 1800 644 885.

A friendly reminder

The Companion Card has recently been modified in order to make it more efficient and easier for people to fill out. As a recipient of any of the following services you are able to 'fast-track' your application:



- Disability Services Commission's funded or provided Accommodation Support.
- Disability Services Commission's Intensive Family Support package.
- Disability Services Commission's Alternatives to Employment program.
- Office of Mental Health's Funded Supported Accommodation Assistance Program.
- Australian Government's Funded Residential Aged Care Service.
- Australian Government's Funded Extended Aged Care at Home Package.
- Australian Government's Funded Community Aged Care Package.
- Australian Government Department of Veteran's Affairs Attendant Allowance.

NB: It is not necessary for you to fill out the "Health Professional Assessment" part of the application form if you receive any of these services.

As a client of Senses Foundation (Inc.), staff are available if you require any assistance with filling out the forms. We have forms available to make it that little bit easier! Contact any staff member on (08) 9473-5400.

Services for people who are deafblind or blind, with additional disabilities

For further information about the companion card visit the website at www.wa.companioncard.org.au/

Telephone: 1800 617 337

TTY: 9443 3107

The National Auslan Interpreter Booking and Payment Service (NABS).

Phone (V)	1800 24 69 45
Fax	1800 24 69 14
TTY	1800 24 69 48
Email	Bookings@nabs.org.au
Feedback	Feedback@nabs.org.au

NABS is now able to facilitate interpreting services for Orientation and Mobility (OM) training for people who are deafblind.

Please contact NABS for further details or to discuss your individual requirements.
NABS is open from 8am to 8pm Monday to Friday.

**Planning Ahead Workshop
Facilitated by Carer’s WA**

These workshops are designed with carer’s for people with a disability in mind, covering helpful information about planning for the future. There are two workshops being held in November. The details as follows:

WHEN	Tuesday 14 November 2006 9.30am to 1.00pm	Tuesday 21 November 2006 9.30am to 1.00pm
WHERE	Joondalup Library Cr lakeside Drive and Boas Ave Joondalup (Meeting Room 3)	Office of Shared Services 303 Sevenoaks St Cannington (Conference Room 3)

To register your interest in attending either of these workshops contact Bonita at Carer’s WA on (08) 9444 5922 or email bonita.emsley@carerswa.asn.au.

Alternatively you may register online at www.carerswa.asn.au

Services for people who are deafblind or blind, with additional disabilities

BANANA AND PRUNE YOGURT SMOOTHIE

- 1 ½ cups of skim milk
- ½ cup natural or low fat yogurt
- 1 ripe banana, sliced
- 4 pitted prunes



Place all ingredients together in a blender and blend until smooth. Pour into two tall chilled glasses and serve immediately.

Recipe courtesy of Dairy Foods Advisory Bureau and Diabetes Australia from the following publication; "Recipes for Good Health" (1997).

"Hey Dad" – How about a Go on the Green?

How would you like to try your hand at a game of lawn bowls?

Following the success of our recent respite Weekend at the Rendezvous Hotel, feedback indicated a desire for dads to further develop friendships and networks formed.



Senses Foundation invites you to join other Dad's in a game of Lawn Bowls the Mosman Park Lawn Bowls Club. This invitation is extended to Granddad's as well.

Thanks to the generosity of the Mosman Park Lawn Bowls club, the day will include a game of lawn bowls, instruction on how to play, hot roast rolls and a few drinks.

Where: Mosman Park Lawn Bowls Club
Bayview Terrace, Mosman Park

When: Sunday 29th October, 2006-09-26
Time: 12:30pm to approx 4:30pm
RSVP: Monday 17th October, 2006 to Karen Wickham

NOTE: No special clothing is required, just casual comfortable dress and bowling in bare feet is recommended. If shoes are desired, only smooth flat shoes are permitted.

If you have any queries or comments, please call Karen Wickham, Social Worker on (08) 9473-5462.

Services for people who are deafblind or blind, with additional disabilities



My Hands

Amanda Stine.

(<http://www.deafblind.com/myhands.html>)

My hands are . . .

My Ears, My Eyes, My Voice . . .
My Heart.

They express my desires, my needs
They are the light
that guides me through the darkness

They are free now
No longer bound
to a hearing-sighted world

They are free
They gently guide me
With my hands I sing
Sing loud enough for the deaf to hear
Sing bright enough for the blind to see

They are my freedom
from a dark silent world
They are my window to life

Through them I can truly see and hear
I can experience the sun
against the blue sky

The joy of music and laughter
The softness of a gentle rain
The roughness of a dog's tongue
They are my key to the world

My Ears, My Eyes, My voice...
My Heart

They are me



Services for people who are deafblind or blind, with additional disabilities



You are probably getting to know this bright little character on the left! As shared in a previous newsletter the Starfish is the logo for the 14th Deafblind International World Conference.

Volunteers will be needed in the lead up to the conference for tasks including packing the advertising materials to send throughout the world; and during the conference for jobs including walking assistance for animals, assisting people who deafblind in the conference venue, manning the information desk and lots of “gophering” tasks. Volunteers for the conference will receive extensive training.

HOW WOULD YOU LIKE TO BE INVOLVED?

- I would like information about registering for the conference.
- I would like to volunteer in the lead up to the conference. Please contact me and tell me more.
- I would like to volunteer during the conference. Please contact me and tell me more.

My Contact Details

Name _____

Address _____

_____ Postcode _____

Email _____

Phone _____

Fax _____

Please send your completed form to

Post: Conference Planning Committee
Senses Foundation
PO Box 14
MAYLANDS WA 6931
Or Fax: Attention Conference Planning Committee
9473 5499

Services for people who are deafblind or blind, with additional disabilities



Don't Forget Telethon Weekend 21-22 October Perth Convention Centre

For more information have a look on the website at the following
address: <http://telethon.7perth.com.au/>

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The Senses Foundation accepts no responsibility for the content of, or material available from texts websites or other sources suggested in this publication.

