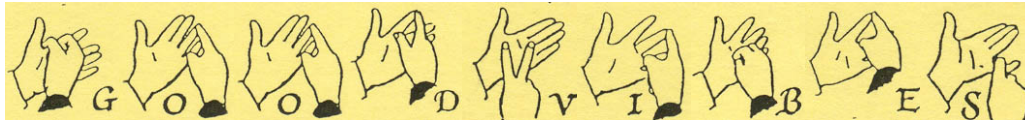
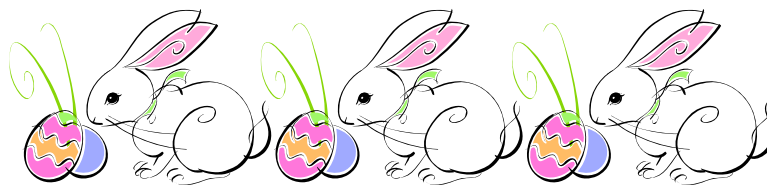


GOODVIBES



Issue 5 - March 2006

Welcome to the March/Easter Edition of GoodVibes Newsletter.
"Happy Easter" from everyone at Deafblind Specialist Services (DBSS) and Vision Impairment Plus (VIP).



SENSES FOUNDATION (Inc) CONTACT DETAILS

These contact details are current as of January 2006

| | |
|----------------|--|
| Administration | 9473 5400 |
| FAX | 9473 5499 |
| TTY | 9473 5488 |
| Email | admin@senses.asn.au |

**Deafblind Specialist Services &
Vision Impairment Plus Services**
Contact Details

| | | |
|--|---|----------------------------------|
| Sue-Ellen Buckley <i>(Head of Department DBSS & VIP)</i> | Monday – Friday 9am – 2:30pm | 9473 5458 |
| Sharon Barrey Grassick <i>(Communication Specialist)</i> | Tuesday – Wednesday 9am – 5pm | 9473 5431 |
| Karen Kerr <i>(Respite Co-ordinator)</i> | Monday – Wednesday 9am – 2.30pm | 9473 5443 |
| Michael House <i>(Recreation Co- ordinator)</i> | Monday – Tuesday, alternate Wednesday's 8:30am – 5pm | 9473 5451 |
| Catriona Hart <i>(Senior Physiotherapist)</i> | Tuesday – Wednesday 8am – 4pm | 9473 5429 0411 861153 |
| Nigel Bayton <i>(Communication Facilitator)</i> | Tuesday 9am - 4pm Wednesday 9am-12.30pm | 0411 128 810 |
| Karen Wickham <i>(Social Worker)</i> | Wednesday 9am-5pm Thursday 9am-5pm Friday 9am-12pm | 9473 5462 |
| Sophie Atkinson <i>(Occupational Therapist)</i> | Monday 8.30am-2.15pm Tuesday 8.30am-1.15pm Thursday 2pm-5pm <i>(Please note that these times will vary between 20th April to the end of July – please contact Sophie to clarify available times)</i> | 9473 6427 |

WELCOME

Welcome to our fifth edition of the GoodVibes newsletter. It has been an exciting start to the year with new developments and changes. As the program continues to grow in line with the Senses Foundation's Strategic Plan, new team members have come on board and changes of staff have also taken place within the organisation.

Elvira Edwards is our new Client Services Manager. Elvira has taken on this position from Bernie Charlton, who is now the Internal Standards Monitor for the organisation. Elvira has come to Senses Foundation with a wealth of knowledge.

In addition, Catriona Hart, 'Cat', is our new Physiotherapist, Karen Wickham, our new Social Worker and Sophie Atkinson, whose name may sound familiar, our new Occupational Therapist. (Sophie worked within the DBSS Early Intervention Program several years ago during its early developmental stages). These new team members have brought to this program valuable insight and experience in their specialist fields.

Furthermore, Nigel Bayton was appointed 'Communication Facilitator' within the Communication Program. Nigel works directly with clients and their families 'facilitating communication'. He abounds in passion and enthusiasm within this new role.

Robin Hamilton has been on leave and is planning to return as Communication Specialist within the Communication Program. We look forward to her return soon, along with her never-ending smile.

Along with the management of each individual program, the staff at Senses Foundation have been involved in the planning of major events including the 2007 Deafblind International Conference 25th to 30th September, 2007 and Deafblind Awareness Week, due to take place 24th June to 1st July, 2006. Our team have also been taking part in standards monitoring of various programs, grant submissions and organisation of successful funding applications.

As a team, we look forward to a productive year, working collaboratively with you, to ensure this program continues to grow to provide a service of 'excellence'! Please feel free to contact either myself or any of the team members with any queries or suggestions— your feedback is always greatly appreciated.

I hope you enjoy reading our GoodVibes newsletter. We also welcome any input you may have for future editions.

Regards

Sue-Ellen Buckley

HOD - Deafblind Specialist Services & Vision Impairment Plus Services

Physiotherapy - Catriona

I have had a very interesting first few months getting to know all the children in the Early Intervention Program (ECI) and their families. It is great to see such a wide range of abilities and such strong support from families and carers. It has been valuable to be able to support children in a variety of settings relevant to their everyday lives. This includes local public swimming pools for hydrotherapy sessions, soft play gym and outdoors. I have also been able to work with carers and go into a playgroup to support and enhance their roles in promoting the child's abilities and development. I am looking forward in the future to continue to provide different opportunities and experiences for physical development in varied environments within the ECI program.

Occupational Therapy now at DBSS - Sophie

Hello, my name is Sophie Atkinson and I am an occupational therapist working within various departments throughout the organisation including the Deafblind Specialist Services (DBSS) and Vision Impairment Plus Services (VIP) area. I wanted to take this opportunity to briefly introduce myself, and share my enthusiasm for this new position.

I was lucky enough to be working here a few years ago when DBSS first offered an Occupational Therapy (OT) service in 2002. A year or so later the travel bug got hold of me so I took off for some overseas adventures, and have spent the last few years working in London (so all this beautiful Perth sunshine is gladly received!).

The OT service is part time, and is provided in the home environment.

If you have any queries about this new service, please feel free to contact me by phone (08) 9473 6427 or email sophie.atkinson@senses.asn.au

Social Work – Karen Wickham

Hi All,

My name is Karen Wickham and I have been recently appointed as a Social Worker with the Senses Foundation Inc. In this role I will be providing clients and their families with counselling, psychotherapy and mediation on any related issues, along with assistance and guidance with obtaining social services and access to funding and grants. I really just wanted to introduce myself and let you know that I am available.

Deaf/Blind is a relatively new field to me but I have worked in Disabilities and Mental Health for a number of years and am very keen to establish myself and be of assistance. If you have any queries or questions, would like to schedule an appointment or would just like to chat feel free to contact me by phone # 9473 5462, email karen.wickham@senses.asn.au or TTY (08) 9473 5488.

I look forward to catching up with you soon.





Deafblind International Conference 2007

25th -30th September 2007

Senses Foundation (Inc.) will host the Deafblind International Conference at Burswood Resort, Perth, in 2007.

The latest findings and information in this specialist field of deafblindness will include and be presented by leading international guest speakers.

This will be an opportunity for individuals who are Deafblind, their families and professionals to share a wealth of information in our own backyard. So schedule in this very important event and we will keep you updated!

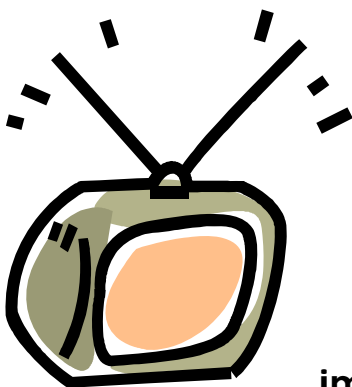


Deafblind Awareness Week 2006

24/06/06 – 01/07/06

The theme for Deafblind Awareness Week 2006 is
"Celebrating Local Achievement".

More information is to follow in the coming months about this event



CAPTIONING ON ACCESS 31

*The following article is from "disAbility Update"
Issue No. 27, page 32.*

"Captioning for people with hearing impairment is now in place at Western Australia's Perth-based community television station, ACCESS 31.

In conjunction with the Deafblindness Council of WA, ACCESS 31 has implemented captioning as part of a recent upgrade to facilities funded by the State Government and Lotterywest.

ACCESS 31 provides local programming, information and community service announcements to the community of Perth, in programs which are then retransmitted to Albany, Bunbury, and many remote sites in WA.

"The facilities and equipment now available to the community and the station will allow local groups and the station to produce a greater range of local programs," Dr Gallop said.

"These improvements will also provide for increases in the service the station provides, through its community service announcements, local information segments and its coverage of many local events.

ACCESS 31 has come a long way in its six and a half years of operation and has a long way to go to realise its full potential."



Welfare Reforms: What you need to know

The Australian Government has implemented legislative reforms that may have a direct impact on consumers. Some examples are:

- Lowering the work-test for disability support pension eligibility for new applicants from 30 to 15 hours a week;
- Placing some new applicants with disabilities on a Newstart Allowance rather than the pension, meaning lower rate of payment, different entitlements and possible mutual obligation requirements;
- Applying different levels of mobility allowance depending on whether or not the person receives Newstart or the pension.
- Changing the amount the person can earn while in employment (income tests) depending upon whether the person receives Newstart or a pension.

These Provisions apply to new applicants from 1 July 2006, and people who applied after 10 May 2005 will be reassessed under the new work test rules. To ensure that clients have the correct information for their individual circumstances, **it is best to approach Centrelink directly on 13 2717.**

Their web address is www.centrelink.gov.au



RESOURCES



A 'Positive' Publication!

Here is some information regarding a publication that may provide you, the carer, with inspiration and understanding that you are "not alone" in your experiences and thoughts. Details were found in the Kalparrin Carers Newsletter, December 2005 Issue

"Because I care..."

Carers in WA have been given a forum through which to voice their hopes and joy with this illustrated publication. Carers share anecdotes, poems and stories that reflect the positives of caring. Be inspired by their creativity. If you would like to purchase a copy please call 1800 242 636. Cost is \$10 (plus postage).



"FOLLOW YOUR INSTINCTS: PARENT INSIGHTS ON HAVING A CHILD WITH A DISABILITY."

This is a publication developed by the Spastic Centre in NSW and is the result of a series of interviews with parents of children who have a disability. As the title suggests the theme for parents, from other parents is to "*trust your instincts*".

The publication is available as one document, or chapters may be downloaded as separate PDF files. Chapters range from "The Birthing Experience", to "Dealing with service providers and professionals." There are also insights on everything in between!

This wisdom is available from:

http://www.thespasticcentre.org.au/about_cp/follow_your_instincts.htm

Whilst the publication is available free when downloaded; the cost to purchase a hard copy of the book is \$19. You can contact the centre on
(02) 99451 9022.



"You Gotta Get Up"

Kids 'n' Music presented by Leonie Cecich

Leonie hosts a music class during school terms, for children aged 4 and under. These sessions accommodate children with special needs. Sessions include moving, singing, percussion playing and laughter!



When: Fridays 9.30 – 10.30am

Where: Falls Farm – Cagney Way, Lesmurdie (Opposite 40 Cagney Way)

Cost: \$7 per family (younger siblings welcome!)

Please be aware that classes run to the school term and that an adult must accompany the child/ren at all times. You will find contact details below:

Kids 'n' Music
Ph/fax: (08) 9291 9959
PO Box 1015
Kalamunda WA 6926

Email: tlcecich@bigpond.net.au
www.kidsnmusic.com.au



"Everyone is talented, original and has something to say" Brenda Ueland (Author)

On that note, Senses Foundation Social Worker, Karen Wickham, has provided some information regarding the value of journaling as a tool for dealing with stressors.

Reference: Robert Naseef, Ph.D. "Journaling Your way through Stress: Finding Answers Within Yourself"



'Journaling can be an effective tool for discovering and reconnecting with our innermost thoughts and dealing with tension. Setting aside 10-15 minutes to put your thoughts into words may just help to reduce your stress or get physical symptoms under control.

Journaling is a natural process. There is no right or wrong way. Allow yourself to play, experiment, be humourous and have fun.

Writing about our inner turmoil, grief and anxieties can also be very therapeutic, helping us to organise and understand ourselves and what has happened in our lives.

On a practical note, don't let journaling become a stressor in itself. Writing as an emotional release and should be done when you feel the need. It can be done daily, weekly, monthly or just whenever you feel like it.

Feeling stuck? One Technique is to try writing in response to a question:

1. What has been really hard about being a mother or father today?
2. What have I learnt from this?
3. What moment gave me pleasure or satisfaction today?

Another approach is to complete a sentence:

1. The best thing about my child is...
2. A feeling or thought that I am embarrassed about is...
3. Something that made me proud lately happened when....
4. My child has taught me that....

Just let it flow, what comes out may surprise or enlighten you. The important thing is to look for meaning and growth. Focus on thought as well as emotion in order to tap into your inner healing power. Happy Journaling!!!!



“EASY ACCESS Perth” is a fleet of wheelchair hoist equipped vehicles, driven by drivers who have been comprehensively trained in special needs and service excellence.

They can be contacted on the following number

(08) 9422 2240



Support Group for people with a disability who are Gay

Having a disability and being gay/lesbian can put people in a position of double disadvantage. A support group now exists in Perth for people who identify as gay or lesbian, and who have disabilities. Based on the success of the *Feast' 05 Arts and Disability Forum* held in Adelaide last November, which sought to share the gay/lesbian e-disability experience through artistic media, plans are underway to link in with disability groups and organisations in Perth in 2006.

Perth's support group is called **InCluSiOn**.

Contact details are: David Tilbrook
Tel 9328 3340
Email tilbrookwhitton@hotmail.com



May Mothers Respite Camp 2006

The Stuff Dreams are made of.....

Date: 19, 20 & 21st May 2006
Registration Close: Monday 8th May 2006
Venue: Fairbridge Village, Pinjarra
Fee: \$100 members/ \$115 non-members of Kalparrin

For more information contact the Kalparrin Centre

Telephone: (08) 9340 8094, Monday – Friday, 8.30am – 4.00pm
Email: kalparrin@iinet.net.au

Or alternatively, speak to Karen Wickham, Senses Foundation (Inc.) Social Worker on (08) 9473 5462.



"DISABILITY FIRST STOP" Expo

When: Friday 31st March 2006

Where: Herb Graham Regional Recreation Centre,
Chesterfield Rd Mirrabooka



Registration from 9.45am The Honourable Margaret Quirk MLA, Minister for Disability Services, will open the Expo at 10.00am followed by a morning tea.

RSVP If you wish to attend the opening and morning tea please contact the Disability First Stop Office on **(08) 9386 7513** by **Friday 24th March** for catering purposes.



FROM THE DISABILITY SERVICES COMMISSION

<http://www.dsc.wa.gov.au/cproot/861/2/FactSheet13.pdf>

REFERENCE NETWORKS

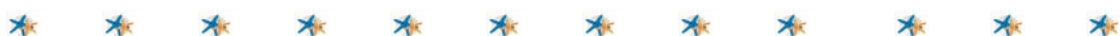
"The role of the reference networks is to increase the communication between the disability sector and the Board of the Disability Services Commission. It is a mechanism where consumers, key groups and service providers are able to raise matters for the Board's consideration and to also have input on matters currently being addressed by the Board that relate to service delivery and the Disability Services Commission.

The public meetings will be held in the metro, rural and regional areas at various times over the year. A standard agenda structure will be used and on occasion may include a current theme or topic.

For further information please contact Dee Tart at Disability Services Commission:

Telephone: (08) 9426 9776

Email: dee.tart@dsc.wa.gov.au



Ministerial Advisory Committee on Disability

Is inviting you to **"MOVING ON UP"**

**Are you aged between 15 and 30 and have a disability?
Are things changing in your life?**

Minister for Disability Services the Hon Margaret Quirk MlA is keen to understand the experiences of young people with disabilities in Western Australia.

This is your chance to tell the Minister's Advisory Council what is happening during the main transitional phases in your life, such as leaving school to go to work or to pursue further education and training, accessing community and recreational activities, or wanting to move out of home.

How: A "drop in day" is being held where people can speak one on one with council members,

When: **Friday 7th April 2006 10:00am to 7:00pm**
Appointments are not necessary.

Where: **Technology Park Function Centre**
2 Brodie Hall Drive, Bentley, (corner Hayman Rd and Brodie Hall Drive)



When a brother or sister has a disability or chronic illness

Reference: "Supporting Siblings" (2003).

Published by the Association for Children with a disability, p. 18, 38-39.

Principal Authors of Report:

Miranda Smith & Mary Lloyd, with editorial assistance from Fiona Gullifer.

- Siblings tend to adopt the attitudes of their parents. Positive attitudes convey hope and resilience.
- A good relationship between both parents and a cohesive family environment has a positive effect on a sibling's ability to cope.

- Siblings of the same gender are likely to experience heightened feelings of embarrassment and may encounter more difficulties in forming a separate identity.
- Families in which siblings have more than one brother or sister have the potential to provide each other with support.
- Birth order and age can influence sibling adjustment when considered in conjunction with factors such as the availability of resources and family size.
- Extended family networks can provide range of supports; emotional, financial, social and material support which assist families with coping.
- Siblings often have responsibilities not shared by their peers. This can reduce their ability to participate in social, recreational and learning activities. Setting boundaries around the tasks and responsibilities that their siblings take on will improve their opportunities to participate in activities outside the family home.



Strategies to think about:

- Give honest and simple explanations regarding the disability or illness. It is important to use language that is age appropriate. It is likely that these explanations will need to be repeated over time.
- Reassure young siblings that they did not cause their sibling's disability or illness, nor will they catch it.
- Explain the reasons for differential treatment and for the different rules and expectations that may be applied to the child with a disability.
- Encourage children and adolescents to participate in interests outside of the family. Praise them for their efforts.
- Acknowledge siblings for their efforts in being a "good" brother or sister. This is an important way in supporting the development of their identity and self esteem.
- Discuss your future plans for the care of the child with a disability to help allay any concerns siblings may have regarding their role in their sibling's future care needs.
- Provide siblings with an opportunity to explore and express their feelings, both positive and negative.
- Reassure siblings that their needs, experiences, feelings and concern's are valid.
- Give sibling's simple strategies to help them cope with difficult situations. eg teasing in the playground.

Other useful sources of information for siblings:

www.siblingsaustralia.org.au

www.identitywa.com.au

www.kalparrin.org.au

www.youngcarers.net.au



Carers Helpline (24 hours):

1800 007 332

Kid's Helpline (24 hours):

1800 551 880



I.d.entity.wa Sibs Fun Days

April 19th 2006

Sibs Fun Day for Sibs aged 9 - 12 years.

Commencing at Kensington for fun, games and activities then out for lunch and an afternoon fun outing.

Cost \$10 per person includes lunch and morning tea.

April 26th - 28th

Teenage Sibs Camp for Sibs aged 13 - 15 years

leaving from Kensington and travelling to Baldivis.

Cost \$60 per person, book early as only 12 places available.

July 12th 2006

Little Sibs Fun Day for Sibs aged 6 - 8 years.

Commencing at Kensington for fun, games and activities then out for lunch and an afternoon fun outing.

Cost \$10 per person includes lunch and morning tea.

For further details or bookings contact

Eileen Dielesen or Tony Harmon on 9474 3303



THE BEATITUDES
For Friends of Exceptional Children

Blessed are you who take time to listen to difficult speech:
For you help us to know that if we persevere,
We can be understood.

Blessed are you who walk with us in public places,
And ignore the stares of strangers,
For in your companionship,
We find havens of peace.

Blessed are you who never bid us to "hurry up",
And more blessed are you
Who do not snatch tasks from our hands to do them for us,
For often we need time rather than help.

Blessed are you who stand beside us
As we enter new and untried ventures,
For our failures will be outweighed
By the times we surprise ourselves and you.

Blessed are you who ask for our help,
For our greatest need is to be needed.

Blessed are you when you assure us,
That the one thing that makes us individuals
Is not in our peculiar muscles,
Nor in our wounded nervous systems,

Nor in our difficulties in learning,
Nor any exterior difference.
But is in our inner, personal, individual self
Which no infirmity can diminish or erase.

Author Unknown

Compliments of Motivating Moments LLC

<http://www.motivateus.com>



What's new?

In the Christmas 2005 edition of "GoodVibes" we introduced APHont. This is a font designed specifically for individuals with vision impairment. This issue of GOODVIBES has been produced with APHont. If you would like to access APHont for your own use follow the link. You will be required to fill out an online form.

<http://www.aph.org/products/aphont.html>



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