

NEWLETTER FOR OUR COMMUNITY

June - August 2017

A letter from our CEO

As you know Disability can affect anyone at anytime, and having the right support makes a big difference.

The National Disability Insurance Scheme (NDIS) is the new way of providing individualised support for people with disability, their families and carers. It represents an important change to how services for people with disability are funded and delivered across Australia.

The NDIS is an insurance scheme, providing eligible people with a flexible, whole-of-life approach to the support they need, so they can pursue their goals.

Although the NDIS has been happening in South Australia, and supported by Carers and Disability Link since July 2013, this has been focused on those under the age of 18 years. On the 1st of July 2017 the final stage of the National Disability Insurance Scheme (NDIS) will commence. From 1st of July this year those aged between 18 and 64 years of age will be able to move to or enter the NDIS in a timed roll out based on where you live. It will start in our regions of Barossa, Light and Lower North on the 1st of July, moving to include the Fleurieu and Yorke Peninsula's in January 2018, and the Adelaide Hills in April 2018.

At Carers and Disability Link we are trying to make the shift to the NDIS as easy as possible for everyone. We are bringing services together, sharing information and tips, and providing support in the pre-planning process and in the post-planning Coordination of Services.

Continued...

Carers & Disability Link has successfully achieved accreditation at Certificate Level of the Service Excellence Program

Barossa & Districts

15 Second St, Nuriootpa SA 5355

Phone: 08 8562 4000

Barossa@cadl.support

Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554

Phone: 08 8821 2444

Yorke@cadl.support

Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244

Phone: 08 8389 7383

Woodside@cadl.support

Fleurieu (Tues, Weds, Thurs)

7 Catherine St, Strathalbyn SA 5255

Phone: 08 8549 1299

Strath@cadl.support

WE'RE READY & ACCREDITED FOR THE NDIS



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Highlights in this edition...

NDIS & Carer Support Groups

Commonwealth Home Support Program

Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554

Phone: 08 8821 2444

Yorke@cadl.support

A letter from our CEO cont'd

**WE'RE READY & ACCREDITED
FOR THE NDIS**

The National Disability Insurance Agency (those tasked with delivering the NDIS) have advised that if you currently receive disability services and are eligible to enter the NDIS, you will be contacted before you transition. If you are currently not receiving support, you may still be able to access the NDIS and should visit their website to go through the NDIS Access Checklist and then call NDIA on 1800 800 110.

We strongly encourage you to attend any NDIS information sessions that are available, including our free information sessions running for the next 2 months. These will reassure you that with help, the planning process does not need to be difficult or daunting. However, without a well thought out plan that includes the evidence needed you may not get what you had been hoping for or expecting. So start learning and planning as soon as possible.

The NDIS planning process is designed for you to be in more control, independent and to offer you choices to take the steps forward to achieve goals you may have never thought possible. This may be the opportunity you have been waiting for or dreamt of - a future with choices.

Carers and Disability Link are here to support you as you create an exciting plan for your future. Our support workers at Carers and Disability Link have a sound knowledge of Disability and Carer issues. They want to help you gain the most benefit from your NDIS plan.

If you are a Carer of someone about to enter the NDIS please take advantage of the knowledge and resources we have available specifically for you.

Take Care



Vicki Williamson
CEO Carers and Disability Link

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Heidi
Manager



Layne
CHSP Coordinator



Amanda
Direct Care Services
Coordinator



Sue
Carer Support Worker



Kerri
Carer Support Worker



Cheree
Carer Support Worker



Mazz
Carer Support Worker



Nathan
Care Worker



Marlene
Care Worker



Rebecca
Care Worker



Tanya
Care Worker



Kylie
Office Administrator

OUR TEAM



Direct Care Services

Information you might not be aware of...

The below information can be found in the NDIS portal by following the following links:

1: Home - ndis.gov.au 2: About Us: www.ndis.gov.au/about-us.html

3: NDIS in South Australia: www.ndis.gov.au/about-us/our-sites/SA.html

How will the NDIS be rolled out in South Australia?



The NDIS is being introduced in stages, because it's a big change and it is important to get it right and make it sustainable. Existing service users and new participants will enter the scheme progressively. The NDIS is expected to cover all of South Australia and all age groups by July 2018, ultimately providing support to about 32,000 people with disability.

From 1 February 2016, children aged between 0 to 14 years of age across South Australia will continue to enter the NDIS.

From 1 January 2017, young people aged between 15 and 17 years of age across South Australia will begin to enter the NDIS.

From 1 July 2017, adults aged 18 to 64 years of age will begin to enter the NDIS based on where they live.

When the NDIS commences in a region, people currently receiving supports through South Australian Government specialist disability services will be moving first.

You may meet the access requirements up to six months prior to the NDIS rolling out in your area.

If you require additional information please call Amanda Waters at Carer's and Disability office on 88 212 444.



Yarns with Sue

Our **Dementia** Carers Support Group has steady numbers and are very supportive of each other. We were recently very fortunate to have Tim Gross from the Chemist come to one of our meetings and talk about medications and dementia. Everyone had a chance to ask questions and were very happy with what they learnt.

All agreed it had been a wonderful morning.

Our **Parkinson's** Support Groups welcome Guest Speaker Anne Heard in July in Kadina and in Yorketown, take the time to check out the included calendar for more information. Anne has a wealth of knowledge and it is great to get together and listen as well as making new friends.

Point Pearce Women's Group

Seven ladies from Moonta, Point Pearce and Port Victoria enjoyed a 3 day and 2 night retreat at Port Pirie in May.

Staying at Bentleys Cabin Park, we were all extremely well looked after. Enjoying meals out, visiting every op shop we could find, and having a wonderful time in K-mart and Millers.

On the second day we had a bbq at Solomontown Beach; the weather was perfect, and the food was great too, several ladies had visits from families who live locally.

On the way home we detoured through Crystal brook and had lunch at the Bakery, and just happened to park right outside of another Op Shop which had some great buys!

The ladies all agree that they had lots of rest, and enjoyed chatting together, and having a great time.

Port Broughton & Bute Carers are a group of Carers who have been enjoying lunch together for many years. We always welcome new faces and hope that if you live in the area, that you will come and join us for a lovely lunch and a chat.

Needles & Pins

Are you not a fan of Friday night Football? Do you like chatting, eating and crafting? Why not join us at Rose House, on the 3rd Friday of each month, 6pm til 9pm. We usually share some Chinese, talk and laugh and share our Carer stories, admire each others crafts and motivate each other to complete our UFO's and learn some new "skills".



Please call the office on 1300 783 785 if you are interested in attending any groups, and I will call you back.

Mazz's Memoirs

Our **SYP Carers** are working together as a group, making choices about where they would like to meet, and negotiating with venues for specials and great deals, so that Carers can all get together and share in an affordable and friendly atmosphere.

SYP Carers will meet on the last Friday of each month, with Venues advertised in the calendar accompanying your Newsletter.

While speaking to the Carers at the most recent SYP lunch, they said they all had a wonderful time. It was fantastic to see that the model we are working towards has begun to show in Southern Yorke Peninsula.

The **Yarns & Craft** group have been working on glass painting over the past 2 sessions, and we made cute chickens for the Easter session. Members of the group took patterns to continue making them at home.

During May we had a trip to Munno Para to visit Spotlight. This was such a successful trip, with 6 ladies joining the day out. While travelling there was a lot of chatter about the chance that many don't get to go places like this without the support of Carers and Disability Link as they don't drive and find it hard to get people to take them out.

The Yarns & Craft Group have decided to make art work to put up on the walls at Rose House. We are planning to purchase canvas local to complete these projects. One of our Carers is able to draw the pictures on the canvas and the group will complete the projects. Very exciting times ahead. Watch this space for our complete projects.

All Carers are welcome to attend Yarns & Crafts. Please bring along a project you are working on or join us on what ever is being made at the time. New ideas makes for exciting times. Come along and join us for a cuppa and chat. If you are not craft minded we can assist you with a wealth of knowledge from an experienced lady who is full of wonderful ideas.

Groups for Carers caring for people with Disabilities. These groups are always a great opportunity for parents to catch up and share ideas.

We have been getting a great attendance at the **Copper Coast Bounce Back Group** and it is lovely to see the continuation of gatherings. The June group will be held at Chesters Café in Kadina. We will be there from 12pm. Come along and meet new people and enjoy lunch or just a chat. No pressure. This group is usually held on the third Friday of each month.

We would love to see our **SYP Bounce Back Group** grow, it is held at our Yorketown office bimonthly on the first Wednesday of every second month, meeting next on 7th of June. It would be fantastic to see some new faces come along to share information or, just come for a cuppa and a chat.

Please feel free to contact Mazz at Carers and Disability Link YP on 1300 783 785 if you would like to attend any of these groups.

Young Carer News with Cheree

During the April School holidays I held two groups at Rose House for our lovely **Young Carers**. The first group was for the younger kids, as it was two days after Easter Monday we had loads of Easter craft activities to participate in. The kids had fun making bunny ears, painting chickens and carrots, they also made a chicken that was left in a secret hidden spot for Easter Bunny to kindly deliver some eggs, their chickens were made out of a plastic jar and to much excitement Easter bunny filled their chickens full of eggs. For lunch they had a healthy wrap which they made themselves from a table displayed with fresh salads and different meats to pick from. The Young Carers enjoyed making their own Easter creations and ending the day with games.



The Teenage Carers had a separate day where they enjoyed making banana pops, a frozen banana decorated in melted chocolate and coloured sprinkles to their desire. The Young Carers enjoyed other activities, one using marshmallows and spaghetti, they had to design a tower, this was a fun activity and got harder the higher they got. The marshmallows were fun to eat in between of course :-)

They had another fun challenge with building a tower of balloons with masking tape. They did very well they actually got it to reach the ceiling in a safe manor. Lunch time they made their own healthy wrap followed by their yummy banana pops.



My time with all the wonderful Young Carers has come to an end. I have enjoyed my time getting to know you all as well as your families. We had some fun and a lot of laughs. You all are lovely young people, be happy, have fun and keep smiling.

A **BIG THANK YOU** to my wonderful Volunteers Samantha and Julia, your help was greatly appreciated. Volunteers are so important and I wish you both success in all you do. 😊

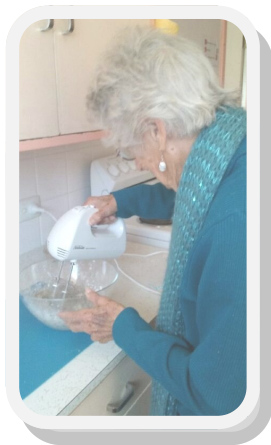
Kerri is back from maternity leave now. I look forward to seeing you all again, don't be a stranger!! And thanks again for all the fun times.

Take Care of your selves and Keep Smiling 😊

Together, we link **people with disabilities,**
carers and **the aged,** with care and support services
through flexible and inclusive choices within
our local community.

Commonwealth Home Support Program Yorke Peninsula

The **Northern Yorke Peninsula CHSP** groups have been very busy enjoying lots of different activities such as going on some mystery bus trips with Marlene that have the participants getting in to Kermit the green bus and going to a mystery destination for a picnic lunch and sight seeing in that mystery location, the participants recently went to the local Maitland markets where everyone had a ball! Our Ardrossan Wise Owls groups are so much fun, we have a lot of laughs, good food and lots of lovely music played by newcomer Raymond Kelly who plays his Accordion! Our Monday group "Forget Me Nots" is a lovely group held at our Rose House in Kadina which supports those living with dementia.

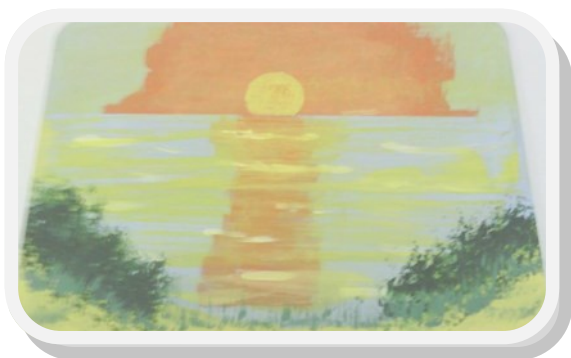


Pictured: Elma from our Forget Me Nots group helping mixing the cake mix.

The **Southern Yorke Peninsula Centre Based CHSP Groups** at Point Turton & Edithburgh have been enjoying many different activities in the past few months, with some delicious meals being prepared, and a guest speaker from Telstra who gave very useful information about the nbn and how it may affect people. We also had our tech guru Tanya helping our Clients learn to use their new mobile phones and technology.

Some of our activities include knitting days and indoor bowls and the regular crib group meets for their "grudge match" every time they get together.

Coming up we have a guest speaker from SA Police coming to give us a talk about basic home security and about how to deal with nuisance & strange phone calls.



Pictured: A sample of painting our group did with local artist Jenny Murdoch.