



**ROCKY BAY**  
*Discovering Abilities*

# Rocky Bay Connect

March 2011

## Welcome

Welcome to our first newsletter for the year. We are already into the third month of 2011 – wow how time flies!

## A Word From the CEO



It is an interesting time to be associated with the Community sector in WA. There are many political agendas both Federal and State with Disability fortunately now listed as a priority with policies highlighted for reform.

As a long established and respected organisation, Rocky Bay is included in these discussion and we (our staff and clients) are privileged to have a voice at such a crucial point in the history of the sector.

The two highest profile items currently being discussed are the National Disability Insurance Scheme (NDIS), currently under review with the Productivity Commission (detail at [www.pc.gov.au/projects/inquiry/disability-support/draft](http://www.pc.gov.au/projects/inquiry/disability-support/draft)) and the Economic Audit Committee (EAC) review into the Community Sector of WA; (updates are available at [www.dpc.wa.gov.au/Publications/EconomicAuditReport](http://www.dpc.wa.gov.au/Publications/EconomicAuditReport)).

## Why do we need a National Disability Insurance Scheme?

Most Australians assume that if people are born with a disability or acquire one later in life, that some system, somewhere, will take care of them. Unfortunately this is not always the case. In affluent, democratic Australia, people with a disability and their families are often left to struggle alone every day.

Over 2 million people with disabilities, their families, carers and disability organisations such as Rocky Bay, now expect fundamental reform to the system which is supposed to help them live their lives. An NDIS has the propensity to change the way services are funded and delivered. It is a social reform on the scale of Medicare and compulsory superannuation - two safety nets Australian voters now take for granted.

An NDIS based on a person-centred, whole-of-life approach will focus on investing in people to maximise independence and participation in economic and social life. It is the complete opposite of the current “begging bowl” welfare-focused, crisis-driven system. The NDIS will potentially eliminate the chaotic, ad-hoc, uncoordinated maze of disability systems which add more obstacles and significant stress to the lives of people with disabilities and their families.

## Disability statistics at a glance (from a recent government funded study)

- 1 in 5 people in Australia (3,958,300 or 20%) have a disability

- Approximately 1.245 million people (6.3%) reported a severe or profound disability
- About 1 in 12 children aged up to 14 years, had a disability (8.3 per cent of all children)
- Half of these (1 in 24) had a severe or profound limitation
- Now: 1.4 million people with serious disability
- 2030: 2.9 million people with serious disability
- People with disabilities have the same poor health and lifespan as indigenous Australians
- People with mental illness, intellectual or developmental disability or a previously acquired brain injury are over-represented in the criminal justice system

### Families forced to fill the gaps – disability system disables entire families

700,000 mothers, fathers, brothers and sisters act as unpaid primary carers.

They are unable to work or participate in everyday life because they provide 24/7 care to a family member with disability, sometimes from cradle to grave. They represent the poorest two-fifths of all households and have the lowest collective wellbeing of any group surveyed, with an average rating of moderate depression.

As the population ages, the number of people with a disability will increase. At the same time, the number of unpaid carers willing and able to provide support will likely decrease. *A 10% decrease in unpaid care equates to an estimated 40% increase in paid services.*

### How an NDIS will improve the current system

- Guaranteed, recurrent funding based on independent assessment of need, not pot-

luck receipt of funding based on location or reason for disability

- Smarter use of money by putting individuals at the centre of the process, not bureaucracies – because the majority of people with disabilities and their families know better than anyone what they need to participate in daily life and plan responsibly for their futures. People with decision-making impairment should be able to have those who know and love them best play the major role in deciding what meets their needs best
- Forward planning to prepare for key transition stages (childhood, school, post-school, adult life) will drive change from crisis-driven, begging bowl mentality to *investing in people* – knowing that different needs require different strategies/supports to achieve longer term goals, such as education, careers planning and independent living

### NDIS key concepts

**Universal:** Any Australian who is born with or acquires a significant level of disability is entitled to funding and services to enable them to receive services needed to support their inclusion in all aspects of ordinary Australian life.

**Eligibility:** Transparent, portable and nationally consistent assessment. If you are eligible in one state or territory of Australia, you are eligible everywhere else in Australia, without further assessment.

**Self-managed funding:** Where the person with the disability and/or their family can decide the best use of the money to meet their individual needs. This is the opposite of the current block-funded system, where federal money for specific disability purposes allocated to states filters down through administrative layers. Eventually some of it reaches the person with the disability; however illogical policies and rules

dictate how the money may be spent regardless of whether it meets needs.

**Funding source:** A Medicare-type levy was proposed by the Disability Investment Group (DIG). Not every Australian needs to use Medicare medical insurance. However in general if you need medical services in Australia you are entitled to them under the Medicare system. The opposite applies with disability. Not everyone may have a disability or acquire a disability, but if you do there is no legal entitlement to the disability services you may need.

### **Productivity Commission**

The NDIS is being assessed by the Productivity Commission, which has received 604 written submissions and more verbal submissions – *more than any other inquiry in its history*. It released its draft report in February 2011 for public discussion and further submissions in April 2011. The final report is due to be tabled before Federal Parliament in July 2011.

### **What is the EAC hoping to achieve?**

As part of a review of government efficiency, process and relationships an Economic Audit Committee was established. From the initial report a series of recommendations were made to the Premier. He subsequently invited the community sector to work with the State Government to make many of these recommendations reality. Over the past 12 months there have been a number of meetings, consultations and forums to facilitate this process and we will hear in the next few months as to how government will work with the sector in the future. During the process a number of positive statements indicating their likely future commitment have been made.

“This Government trusts the community sector and it is demonstrating that trust by building funding and contracting arrangements that recognise the valuable mission of the

community sector and allowing Community Sector Organisations to focus their resources on achieving better outcomes for Western Australians.”

“In many ways, not-for-profit organisations play an important role in the wellbeing of our State. They support those in need and often play a valuable role in advocating their interests. These organisations bring a strength of social mission and public purpose to their activities, and empathise with the interests of those they serve. Not only do organisations of this nature offer greater cost-efficiency and improved social quality, but freed from excessive controls and reporting, they have the proximity, will, and connection to their clients, and flexibility to drive social innovation in meeting citizens’ needs.”

In order to achieve better outcomes for Western Australians, the EAC is drafting a policy that government will need to adhere to and this will facilitate a genuine partnership between public sector agencies and not-for-profit organisations by:

- promoting flexibility, innovation and community responsiveness in the funding or contracting of services by public sector agencies, to better meet community needs;
- encouraging a more productive working relationship between public sector agencies and not-for-profit organisations based on trust, collaboration, accountability and effective and sustainable service delivery;
- clarifying when services are to be put out to open tender and when a more targeted non-market based approach is more appropriate;
- reducing “red tape”, complexities and inconsistencies, and standardising terminology to clarify the dialogue between the parties; and
- ensuring that public sector agencies contract with not-for-profit organisations in a manner that supports sustainable service delivery

and recognises the importance of ongoing organisational viability.

I, on behalf of Rocky Bay have been heavily involved in this agenda and I have been extremely pleased by the way in which the agencies and in particular the staff of Department of Premier and Cabinet and Department of Treasury and Finance have embraced the need for change, the need for additional funding and the need for a more appropriate form of collaboration into the future. Now the benefits need to be delivered and it is incumbent upon the sector to make them work for our clients and staff.

Other significant items on the agenda include the touted introduction of a Charities Commission or similar to both regulate and hopefully better facilitate the not-for-profit sector at a Federal level and also the work being conducted in the Federal arena around a national award and fair pay agreement.

All of these agendas have the propensity, for the optimists amongst us, to make significant and positive change for all involved in our sector and the real potential for sustained improvement to the lives of the clients we support.

With kind regards,  
Michael Tait, CEO

### Mal's Generous Spirit

The year so far has seen natural disasters of massive proportions, many unseen before in living memory. It is so encouraging to see that people with disabilities can also help out.

Mal Burgess, a residential client at Rocky Bay in Mosman Park, is an amazing person who is always willing to help raise awareness for Rocky Bay and other worthy causes.

On Valentine's Day 2011, Mal surprised us yet again with his community spirit, as he collected \$1287.40 for the Premier's Disaster fund, helping those who suffered losses in the recent floods and bushfires.

Earlier this year Mal went to the Mosman Park Shopping Centre and raised the spectacular sum of \$1592.95 for the flood relief appeals.

To date Mal has raised:

- \$1287.40 for the Premier's Disaster fund
- \$955.77 for the Carnarvon Flood appeal
- \$637.18 for the Queensland Flood appeal

It is also worth noting that in February 2009 Mal raised \$1770.00 for the Victorian Bush fire appeal.

This is an astonishing achievement for Mal and his community spirit is inspirational.

Rocky Bay is proud to acknowledge Mal and his achievements.

More information on Rocky Bay can be found at: [www.rockybay.org.au](http://www.rockybay.org.au)

**Below:** Mal with his collection tin; and Counting the donations for banking





### Good Luck & Best Wishes

Maddy is a beautiful 21 year old girl who has M.S. Support worker Caitlin Burgess has worked with Maddy for over two years now. As their friendship grows, Maddy continues to inspire. She never goes through a single day without a laugh or a smile. Maddy has incredible strength, and is an inspiration to us all. She is currently undertaking the stem cell transplant at Sir Charles Gardner Hospital. We wish Maddy all the best and send our thoughts and prayers to her.



*Maddy and her carer Caitlin*

### Vince and Jian go to the Velodrome.....

Vince, Jian and support workers Renee and Mel took the Rocky Bay trikes to the velodrome. The track is indoor and often has professional cyclists training alongside the social track.

The race began... who will win? Both Jian and Vince are very talented and very speedy! The unstoppable pair battled it out until the very end.



*Jian's big cheesy grin of approval*



*Vince gives cycling he thumbs up!*

### Surfing – 5th February 2011

Getabout recently attended a surfing day co-ordinated by the Disabled Surfers Association and Fremantle Lifesaving Club. The stars of the day were:

(Left to right), **Samantha, Nathan and Josh**



A day full of sun, sand, surf and a sausage sizzle. A very successful event and a great time. We just might have some up and coming surfers in our midst!

**BeFriend** is committed to the ongoing development and implementation of initiatives, which may be of interest, to address the issue of social isolation. Visit <http://befriend.org.au/> for more information.

### **Sarah's Speech**

Rocky Bay client, Sarah Tosi and her sister Annie, were invited to talk at the inaugural Freo Kids Gala Ball in February. Sarah spoke beautifully using her communication device set with eye gaze technology. Annie shared her insights into what it might feel like to be in her sister's shoes.

Clare Kelly, Sarah's Speech Pathologist, was on hand to answer any questions about the equipment on loan from the Independent Living Centre (ILC).

Clare reported that generous gala guests donated \$30,000 needed for Sarah to buy her own device.



*Annie and  
her sister  
Sarah*

### **Your School Age Therapy Service (SATS)**

#### **Who are we?**

Rocky Bay's therapy program for school age clients uses a collaborative, team based approach to support children with disabilities develop maximum independence in everyday activities.

### **What do we do?**

Using the strengths of the child, family and local community, we provide services based on a family centred model that is considered best practice. Teams consist of supervisor, occupational therapist, physiotherapist, speech pathologist and a therapy assistant.

For further information on the program, contact **Michael Johnson on 6399 4125.**

### **"Dear Dad" Diary Date**

Are you the father of a child with a disability? Would you like to meet other fathers and share your experiences?

Come and meet Rocky Bay's new Allied Health Supervisor, Mike Johnston, and share your life experiences about fathering a child with a disability. See a video about the experiences of other fathers, participate in a Q & A session and tell us ways in which we can help support your family.

**Where:** Patricia Kailis Centre,  
13 Baling Street, Cockburn Central

**When:** Tuesday 24th May 2011

**Time:** 5-6.30pm. (Refreshments provided).

**RSVP:** To Susan on 6399 4111 by 16<sup>th</sup> May

### **Help Us to Help You**

Do you have any ideas on how we can improve our services? We'd love to know. Phone us on 6399 4111 and ask for the SATS Supervisor or email [traceyd@rockybay.org.au](mailto:traceyd@rockybay.org.au).

**"Hanging Out" Social Skills Group** was held during the January school holidays.

Kristen Merritt, Rocky Bay Occupational Therapist, organised a wide variety of fun activities and interactive media used to support all learning styles.

Children were given opportunities to practice social skills in community settings.

Watch out for future groups being offered or ask your SATS therapists for more information.

**Posture Tech** has now moved into the Patricia Kailis Centre in Cockburn Central. Their contact details are 13 Baling Street or phone 6399 4111 or 6399 4191.

Thanks to all involved for your patience while we continue to get the workshop in order.

Posture Tech will continue to operate at Mosman Park twice a week conducting minor repairs and modifications. Appointments are necessary so please see your primary therapist for further details.

### **Therapy & Professional Services (TAPS)**

The TAPS program provides therapy services to children, (early childhood and school age) and adults with Muscular Dystrophy. The program has also expanded to include adults with other disabilities.

TAPS welcomes, new Manager, Liana Dolzadelli who replaced James Parish. After 8 years service with us, James has decided to move back east. Please contact Liana on 9383 5151 or [lianad@rockybay.org.au](mailto:lianad@rockybay.org.au) for further information on the TAPS program.

If you are on a waiting list for TAPS services, contact Liana Dolzadelli, Manager TAPS to indicate if you would like to remain on the waiting list for when a vacancy arises or when the next round of tender becomes available.

### **State Wide Consultancy Services**

Rocky Bay provides a state wide consultancy service via phone for any individual with

neuromuscular dystrophy, their carers or local service providers.

This service is offered via email, phone calls or interview in our offices if needed.

If you need support or just would like to make enquiries, please ring 9383 5111 to ask for:

**Nita Vorster** Senior Physiotherapist,  
**Naomi Akizuki** Senior Occupational Therapist  
**Sharon Ryder** Senior Speech Pathologist or  
**Jayne Major** Senior Social Worker.

You can also email your queries to [clinserv@rockybay.org.au](mailto:clinserv@rockybay.org.au).

The information we need is:

- Name of the person with MD
- Their date of birth and
- Suburb or Region or
- Name of the therapist or person making the enquiry.

### **Rocky Bay Resources**

Following on from two NGCS funded projects, we have two resources available to you on Rocky Bay's website (on the clinical services tab) or via your therapists. These are:

- Action Pack Augmentative Assistive Communication
- Tip sheets for parents on working with Therapists and Teachers

**Kalparrin** is offering a weekend of time-out and skills-based workshops for couples caring for a child or children with a disability. Two weekends will be offered in 2011 in March and September. Download a registration form from the Kalparrin website [www.kalparrin.org.au](http://www.kalparrin.org.au) or telephone (08) 9340 8094 for more details.

**Carers WA** - Enjoy a coffee and a chat with a series of *Care and Share Morning Teas*, hosted by Carers WA. The morning teas will be held March and June 2011, in **Willetton, Kingsley and Mt Helena**.

The discussions are facilitated by professional counsellors and aim to allow you to share your experiences with other carers in a safe, friendly and relaxed environment. For more information, or to register for these events, please call 1300 CARERS (1300 227 377).

Carers WA also offers free telephone counselling when you need to talk things over with someone not directly involved in your situation. The Counsellors at Carers WA are non-judgmental and respect that you know your circumstances best. They can assist you to develop new strategies for coping with carer-related difficulties through problem-solving, encouragement and insight. Phone 1800 007 332.

Another form of counselling offered is low-cost **face-to-face** counselling, in both regional and metropolitan locations, as well as free **email** counselling - [chat@carerswa.asn.au](mailto:chat@carerswa.asn.au) for those who prefer to put it in writing. Fees for face-to-face counselling can be waived, dependent on your financial situation.

**CAHDS** - Complex Attention and Hyperactive Disorder Service is a free service funded through the Department of Health.

As CAHDS is a time limited service a strong commitment is needed from both the referrer and the family to ensure the most gains are made while they are involved.

CAHDS see children aged 0-18 years who live south of the river or in WA's south west region and are taking (or being considered for) medication to assist with attention difficulties. They accept referrals from Paediatricians,

Neurologists, Psychiatrists and other authorised stimulant prescribers.

Referrals from GP's, primary care providers, child and adolescent mental health services, child development services and School Psychologists will need to be accompanied by a letter from an authorised prescriber who is willing to be involved in the care plan.

Find them at - CAHDS Murdoch  
4th Floor, West Entrance, IIID Building  
Discovery Way, Murdoch University  
Murdoch WA 6150. Phone: (08) 9360 1650 or  
Fax: (08) 9360 1682

**WA NILS** is the WA No Interest Loans Network Inc. They are a not-for-profit organisation who arranges interest free loans for essential household items. The service is available to individuals and families on low incomes throughout WA. WA NILS is a public benevolent institution and a registered charity.

Loans are available for essential household items such as fridges, freezers, washing machines, beds, air conditioners, lawn mowers, selected medical equipment, baby car seats, cots, electric scooters, gophers etc. There is a minimum loan amount of \$200 and a maximum of \$1500. Repayments are around \$3 per \$100 per fortnight. Once the loan is paid off – you can apply again.

The application criteria is:

- you are a low income earner (if not in receipt of a HCC, Centrelink guidelines will be used to determine your eligibility)
- you have lived at your current address for more than 3 months; and
- you are able to repay the loan

The advantage of this loan is there is no interest charged.

Anyone meeting the above criteria can apply, however, there is no guarantee all applications will be approved. Feedback is available for declined applications.

Phone 1300 365 301 or email [wanils@wanils.asn.au](mailto:wanils@wanils.asn.au) for further information.

### The Western Australian Autism Biological Registry

Researchers at the Telethon Institute for Child Health Research are collecting detailed information on children with autism in WA in order to find out more about the causes of the condition.

They are looking for children with diagnosed autism to be a part of the registry.

For further information please contact:  
Anna Hunt on 9489 7721 or [ahunt@ichr.uwa.edu.au](mailto:ahunt@ichr.uwa.edu.au)

New fact sheet on alcohol and other drugs and people with intellectual disability found in **Healthier Lives** fact sheets for families, advocates, disability workers and other professionals. You will find it on website at [www.nswcid.org.au](http://www.nswcid.org.au)



### Fundraiser Movie Night Friday 1st April

The Movie "NEVER LET ME GO"

Rated: M

Tickets \$16.00 each

Movie starts at 6.30pm at the Windsor Cinema, 98 Stirling Highway Nedlands

For tickets and further information, contact Gail Priest on 0439969221 or email on [cag2@westnet.com.au](mailto:cag2@westnet.com.au)



### Gibb River Road Mountain Bike Challenge



### The "Rocky Riders" Team Gisela, Rikus, Gail and Colin

This is a Kimberley mountain bike relay ride of 740km over 5 days from Derby to El Questro Station.

It is a charity event run by WA Police Legacy, raising funds for Police Legacy and Rocky Bay.

Police Legacy assists surviving partners and children of deceased police officers and Rocky Bay is a not for profit organisation optimising the quality of life for people living with disabilities.



Total Green Recycling is a relatively young company specialising in E-waste Recycling.

Since its incorporation in June 2008, the company has gone from strength to strength using the vision and drive from two entrepreneurial young men, (James 23, Michael 26) with the guidance from business coach Peter. Total Green Recycling has developed a service that has recycled over 600 tonnes of E-waste. The success of this service has saved over 3,000 tonnes in carbon emissions along with the prevention of vast amounts of toxic

materials such as lead, mercury and cadmium from ending up in Western Australian landfills.

resource that is available to all businesses in Australia.

In 2010, Total Green Recycling contacted Rocky Bay Employment services to investigate the possibility of employing people with disabilities. After discussions, Total Green Recycling was able to take on three employees (Kathy, Mark and Jeff), to help on the dismantling line. Two months later another three (Ivon, Ray and Ken) joined the crew.

Since beginning employment with Total Green Recycling, it has been smooth sailing. One of the original workers (Jeff) unfortunately had to cease work due to health reasons; however, this provided an opportunity for Savannah to commence employment as his replacement.

The Rocky Bay employees have a separate area in the warehouse away from forklift thoroughfares. The activities each team carries out varies from day to day, however, for the majority of time they are involved in the processing of the small electronic items previously separated from our main dismantling line.

Total Green Recycling believes in the ideal of zero waste. With improving technology and a shift in the mindset of the community they are getting closer to this goal.

After talking with the Rocky Bay employees the difficulties faced for people with disabilities to find work, became clear, however after watching them work for TGR, it is also clear they are a valuable resource to the company.

When people with disabilities who want to work are unable to work due to lack of opportunity, they are essentially a wasted resource.

Total Green Recycling is proud to be working with Rocky Bay Employment services to employ people with disabilities and to utilise a