

Community Catch-up



Andy Takes to
the Skies

Page 10

NEWSLETTER Q4 2020

**The Disability
Royal
Commission
Reaches its First
Anniversary**

Page 4

**Client Social
Group
Activities in the
Murraylands**

Page 9

**The Importance
of Emotional
Wellbeing**

Page 12



Contents

	Page
A Message from the Chief Executive	3
The Disability Royal Commission Reaches its First Anniversary	4
Country Cottage Collections Returns!	5
Hard Work Reaps Great Rewards	6
Adam Supported to Live Independently	7
Instagram Launch	8
COVID-19 Information	8
Client Social Group Activities in the Murraylands	9
Andy Takes to the Skies	10
Jackie's Cook Up	11
The Importance of Emotional Wellbeing	12
Health Awareness News	14
Further Protection for Vulnerable South Australians	15



Page 4 – The Disability Royal Commission Reaches its First Anniversary



Page 9 – Client Social Group Activities in the Murraylands



Page 10 – Andy Takes to the Skies



Page 12 – The Importance of Emotional Wellbeing

A Message from The Chief Executive



Mark Kulinski, Chief Executive

Hi everyone and welcome to our latest edition of the Community Catch-up!

I want to start by thanking my team for their commitment and thanking clients and families for their support of our strategy in reducing the spread of COVID-19 in South Australia. To achieve such a positive result requires a community commitment and effort of which we should all be proud.

Despite our state's success so far in containing the spread, I understand that it continues to be a challenging time for many of us, but I am cautiously optimistic that we will soon be seeing the light at the end of the tunnel and that the worst of this health crisis will be behind us.

Whilst we have enjoyed the easing of restrictions in South Australia, the situation is still very volatile in neighbouring states, and we need to remember that conditions here could change at any time. Therefore, it is important to keep informed, and as such we have included a COVID-19 specific update that you can find on page 8 that will keep you up-to-date on developments regarding the state, disability sector and Community Living Australia.

As many of you would be aware, we have been working on consolidating three of our operations and business sites — currently located in Strathalbyn, Totness and

Mount Barker — into one central office site, bringing together all of our business services teams.

A site in Mt Barker has been selected, and preparations for our business services staff relocation are underway with the relocation expected to be completed by the end of November 2020.

This is a very positive outcome that will increase operational efficiencies and make collaboration and communication between our teams far more effective. Moving out of our Stephen Street office has allowed the expansion of our Mt Barker Day Options to take place, providing a fantastic space for our current Hills Day Options clients and creating the opportunity for more local people with disability in the Adelaide Hills to join our services.

I'd like to reassure everyone that this move will not impact on the services we provide in any of our regions nor our clients and that we remain 100% committed to providing quality services that support people with disability to achieve their goals in all of our regions.

If you have any questions about the office move, COVID-19, or anything else discussed in this newsletter, please contact us by email at info@claut.com.au or by phone on (08) 8536 5888.

Kind regards,

A handwritten signature in black ink, appearing to read 'Mark Kulinski'.

Mark Kulinski

The Disability Royal Commission Reaches its First Anniversary

It has been twelve months since the Disability Royal Commission held its ceremonial opening sitting in Brisbane last year.

The public hearing schedule was disrupted in early March by the COVID-19 pandemic. Despite this, progress continued with the launch of the new Connect newsletter, publication of several issues papers, and the holding of online forums looking into violence, abuse, neglect and exploitation of people with disability.

The Disability Royal Commission's scope of inquiry is broad and includes the lived experience of people with disability in all settings and contexts, such as:

- Workplaces
- Family Homes
- Schools
- Hospitals
- Jails
- Secure disability and health facilities
- Detention Centres
- Day programs
- Group Homes
- Boarding Houses

As the COVID-19 pandemic unfolded, the Disability Royal Commission received a large number of concerns from people with disability, their families, and other advocates about its impacts. In response, the Disability Royal Commission recommenced public hearings in August by looking into these concerns, with a focus on:

- Financial strains to meet essential needs
- Adequacy of government preparedness and responses
- Restriction of movement
- Increased risk of abuse and violence
- Support for non-NDIS participants

- Anxiety about accessibility of critical health care and medications
- Benefits from new online accessible services
- Funding for advocacy groups
- Increased seclusion and loneliness
- Continuity of critical supports

The Disability Royal Commission published its interim report in October, which includes a series of recommendations to the Federal Government about how to better protect and support people with disability during the COVID-19 pandemic.

The Disability Royal Commission have a revised scheduled of public hearings for the remainder of 2020, which includes a focus on:

- Psychotropic medication, behaviour support and behaviours of concern
- Barriers experienced by students with disability in accessing and obtaining a safe, quality and inclusive school education and consequent life course impacts
- Long term, including indefinite, detention and interactions with the criminal justice system experienced by people with disability

To find out more about the Disability Royal Commission, visit www.claust.com.au/royalcommissionnewsandupdates.

To share your story with the Disability Royal Commission, go to www.claust.com.au/royalcommissionsharingyourstory.

To access support to engage with the Disability Royal Commission, go to www.claust.com.au/royalcommissioncounsellingandlegalservices.

Country Cottage Collections Returns!

Looking to pass the time, have a chat and find some hidden treasures?

After shutting their doors during COVID-19 restrictions, Country Cottage Collections has reopened!

Open for business every Friday from 10am to 2pm, there is a great range of vintage and homemade items for sale.

Established by people living with disability and operated by clients from our Murray Bridge Day Options, being involved in Country Cottage Collections provides training in successfully running the shop, including managing finances, promoting and marketing a business and

engaging with customers — helping develop skills for potential future employment, volunteering and personal endeavours!

Equipped with personal protective equipment, hand sanitiser stations, social distancing signage and customer limits, the friendly workers at the shop have your safety in mind.

So come to 451 Maurice Road Murray Bridge, say hi and pick up a bargain!

Well done everyone.

Country Cottage Collections



Gift Shop

COMMUNITY
LIVING
AUSTRALIA

Hard Work Reaps Great Rewards

In the words of the legendary Pelé, widely regarded as one of the greatest footballers of all time, “Success is no accident, it is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing”.

This statement could not be more reflective of Malcolm from Victor Harbor, who, with some guidance and support from our dedicated team, has created his own successful gardening business.

Malcolm has not been afraid of the hard work required to realise his passion and dream of owning and operating his own business, having

grown his customer base to service over 25 regular clients.

This growth has been achieved by providing great service, as well as through a bit of ‘hustle’, with Malcolm hand-delivering over 2,500 flyers to local people and businesses to promote his service offering.

The local team worked closely with Malcolm to help identify his life goals, and have been innovative in helping him achieve his dream. Congratulations, Malcolm – we look forward to seeing you continue to grow your business in the future!



Malcolm enjoying some well-deserved R&R.

Adam Supported to Live Independently

Living independently, having our own space and being able to call the shots in our own lives is a desired goal for most of us. Almost every parent expects that their child will be able to move out of home and live independently at some stage.

This year, we were able to be part of supporting a long-term client of our Southern Metro Day Options service, Adam, to do just that.

Adam wanted to find a place to call his own, where he could feel safe, happy and supported to determine how he lives his life on his own terms. Adam's family helped Adam find a home he liked and wanted to move into it. We have had the privilege of being able to support Adam in transitioning to living happily, successfully and independently within it. Adam is being provided with 24/7 support to help him learn and improve

his independent living skills, and to ensure he is able to engage meaningfully in his community.

We developed a team of support staff for Adam including support workers from our Day Options program he was familiar with, who he helped choose, as well as support workers we specifically recruited, with the assistance of his family, to suit his needs to ensure Adam would be comfortable and happy with his in-home support team.

This approach seems to have paid off, as Adam loves being in his new home, as well as exploring his neighbourhood, going to the shops, gardening and keeping his house ship-shape.

Congratulations, Adam!



Adam beside his collection of sports balls.



Adam in the park.



Adam with his bike.



Adam playing tennis.

Instagram Launch

We are excited to announce the launch of our brand new Community Living Australia page on Instagram!

With it, we hope to communicate with a wider audience and share even more stories, messages and fantastic pics of our employees supporting our clients to achieve their goals.

Instagrammers can follow us at [@communitylivingaustralia](https://www.instagram.com/communitylivingaustralia/) or simply follow this link www.instagram.com/communitylivingaustralia/ and click the follow button.

You can also join thousands of other fans by liking us on Facebook www.facebook.com/communitylivingaustralia.

We look forward to sharing moments of our clients achieving their goals with you.

COVID-19 Information

While South Australia has been fortunate compared to other Australian states and territories, the risk of COVID-19 still exists, and advice for people in South Australia is frequently being updated. It can be difficult trying to keep track of what we are allowed to do, where we are allowed to travel and what the isolation and quarantine requirements are — let alone advice regarding COVID-19 testing when sick, seeking treatment for other illnesses and when restrictions are expected to change.

As information can change at any time, we felt rather than providing answers to these questions as they currently stand, that it might be more beneficial to provide guidance in regards to where to go to receive accurate information.

For all of the latest updates, the best website to visit is www.sa.gov.au/covid-19. This page provides the latest information for our state and includes restrictions on travel, activities and gatherings. Other important COVID-19 announcements (including updates on upcoming changes to restrictions) are available at www.premier.sa.gov.au/.

For COVID-related health information for South Australians visit www.sahealth.sa.gov.au/COVID2019.

The SA COVID-19 Information Line (1800 253 787) offers local information and advice on general COVID-19 information for South Australians 9am to 5pm, seven days per week.

Community Living Australia has provided a set of resources that you can access at www.claust.com.au/news/covid-19-update.

If you have any questions regarding COVID-19 or Community Living Australia's response to the pandemic, contact our COVID-19 Response Team by email at clacovid@claust.com.au or by phone on (08) 8536 5881.

Client Social Group Activities in the Murraylands

During these times of social distancing, our team in the Murraylands have been busy supporting our clients to maintain social connections and mental wellbeing through various group programs.

After receiving donated craft materials, the local team organised a “Girls Craft Night” at one of their homes. Our accommodation clients came together with their Support Workers and spent the night catching up and getting creative.

The event was very successful, and everyone was keen to do it again.

Another local social program is the 8-Ball group who meet regularly at the local community club to socialise, be amongst the community, exercise and sharpen their 8-Ball skills.

The group has been playing together for a long time now, but the fun came to a halt when restrictions came into place earlier in the year that closed many hospitality venues, including pubs.

Fortunately, 8-Ball has since recommenced, and the group has been very keen to get back to the table. Many of the group’s members use the opportunity to hone their skills for the Tri State Games each year — a sporting event bringing together athletes with disability from across New South Wales, Victoria and South Australia.

With their 8-Ball gloves and personal cues, you can tell they mean business!



Craft night



Craft night



8-Ball group



Adam doing a behind-the-back shot

Andy Takes to the Skies

Andy, one of our clients in the Fleurieu region, has a goal to go on an action-packed holiday, but due to COVID-19 restrictions and the cold winter weather, this plan was put on ice. That didn't stop us from helping him create the memory of a lifetime in his own local region!

Lately, Andy has been very interested in flying and wanted to experience flight in a gyroplane.

Andy's Support Worker George and the rest of the local team were committed to making his wish come true and they thought what better day to do it than on Andy's Birthday!

George and the team made all the necessary arrangements, communicating between Andy, his Father and Fleurieu Gyroplanes Flying School at Goolwa Airport to put the plan into action.

On the morning of Andy's birthday, they biked to the airport and shortly after Andy was up in the air, enjoying an aerial view of the stunning Fleurieu Peninsula!

Andy absolutely loved the experience, and after the flight, Andy was awarded with a flying certificate to remember the experience by and to prove that he did it to family and friends.

Later, Andy dressed up and headed out for birthday lunch at the Goolwa Pub, enjoying a birthday cake arranged by George and the company of our team who volunteered their time to pop in to celebrate his special day with him.

It was a fantastic day for Andy, and we expect he'll be taking to the skies again soon.



Andy standing beside his gyroplane from Fleurieu Gyroplanes Flying School.

Jackie's Cook Up

As an important part of skill-building and living independently – common goals of many of our clients – we love supporting them to develop their cooking skills by being active and creative in the kitchen.

A great example was when Jackalyn and her Support Worker Tyla had a big cook up recently.

Tyla helped Jackalyn spot items in the pantry that needed to be used before they expired.

With the ingredients they found, they were able to make cupcakes, honey joys and a potato bake.

Jackalyn decided it was a good idea to get creative and throw her leftover Easter eggs in the middle of her cupcakes.

“This is so much fun!” Jackalyn said.

At the end of the cooking session, Jackalyn had plenty of food to surprise her roomies on their return home.

The cooking session left Jackalyn feeling accomplished and very pleased. She had learnt some new recipes, practiced good hygiene, made sure her food hadn't gone to waste and increased her confidence and skills in the kitchen.

We love her happy face in this photo!



Jackalyn in the kitchen beside her culinary creations.

The Importance of Emotional Wellbeing

COVID-19 has made us all more aware of our health and wellbeing. However, emotional wellbeing is also an important part of our overall wellbeing.

Emotional wellbeing affects our ability to deal with the ups and downs and challenges of day to day life.

Emotional wellbeing involves awareness, acceptance and understanding of our feelings (emotional intelligence) as well as how we express and control our emotions (emotional regulation).

A leading psychologist Kelly Miller says, "Daily life offers a continuous series of ups and downs. Like ocean waves, our days come with highs and lows.

An emotionally healthy individual will be able to ride the waves of feelings without getting stalled or dumped by a big emotionally disruptive wave."

For many people with disability, their emotional wellbeing has been affected by life experiences of discrimination, bullying, trauma or abuse or may be underdeveloped due to social isolation or may be impaired due to the nature of their disability (e.g. this is common among people with Autism Spectrum Disorder).

Emotional wellbeing is learned and there are many ways that we can improve our own emotional wellbeing and that of people with disability.



Appreciate the positive things in life – nature, music, having fun, the things that make us feel good.



Practise self-control when things are not calm.



Understand and appreciate our own strengths and weaknesses.



Have goals that bring meaning and purpose to our lives – things to look forward to or things to strive for.



Nurture social connections and foster positive relationships.



Physical exercise, good sleep and a balanced diet.



Practise mindfulness activities – there are many available on the internet.



Have a variety of coping skills

- Taking deep breaths
- Counting to 10 or 20
- Walking away
- Letting it go
- Thinking of something that makes you happy
- Asking for help
- Talking to a friend



Help people with disabilities learn to express and control their emotions

- Use visual aids like faces to help people to recognise and name emotions
- Teach people to use imagery to recognise escalating emotions – a thermometer, changing colours (e.g. blue to red), coming to the boil etc.
- Debrief events that involve over-reaction and work out ways to do better next time
- Teach coping skills
- Have a plan about how to respond to situations that typically raise strong emotions like anger or fear
- Use activities that require concentration and sequencing like dancing or skipping or games such as “freeze dance”, “musical chairs”, “Simon Says”, spot it and click on it computer games or balloon volleyball to improve self-regulation skills.

Further reading:

Emotional Regulation Skills to Help Manage Difficult Emotions sourced at www.positivepsychology.com/emotional-regulation-skills.

How to improve emotional regulation among children with Autism or Attention Disorders sourced at www.onlinepsych.pepperdine.edu/blog/emotional-self-regulation-children-autism.

What is Emotional Health and 11 Activities to Enhance It sourced at www.positivepsychology.com/emotional-health-activities.

Health Awareness News

As part of our commitment to promoting and ensuring the health and wellbeing of our clients, every quarter, in this newsletter we will be discussing important topics and themes relating to the maintenance of their health.

Need a doctor's appointment?

The best way to get good quality and reliable health information is from your doctor or health care provider. For clients, if something does not feel right, they should let their Team Leader know or ask us to book an appointment on their behalf with a medical professional.

Upcoming Health Events

Did you know? Every year, Australia plays a part in supporting a diverse range of health events to help increase awareness about specific diseases, medical conditions and related issues.

Date	Event	Details
November	Movember	Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues. It is a fun way to raise money for a good cause.
November 13	World Kindness Day	World Kindness Day is an annual international event that gives us the opportunity to promote and express kindness in our communities.
November 14	World Diabetes Day	World Diabetes Day takes place in more than 160 countries, making it the world's largest diabetes awareness campaign. In 2020, the campaign focuses on promoting the role of nurses in the prevention and management of diabetes.
December 3	International Day of People with Disability	International Day of People with Disability celebrates the achievements of people with disability and brings awareness to the benefits of being an truly inclusive society.

Further Protection for Vulnerable South Australians

South Australia's Adult Safeguarding Unit (ASU) opened on 1 October 2019, and is responsible for receiving and responding to reports of actual or suspected abuse of adults aged 65 and over, and Aboriginal and Torres Strait Islanders aged 50 and over, who may be vulnerable to abuse.

In July 2020, State Government approved the expansion of the ASU's service to include responding to reports of abuse of adults living with a disability, to take effect from 1 October 2020.

The disability can be intellectual, psychiatric, cognitive, neurological, sensory or physical impairment, or a combination.

The disability must be, or be likely to be, permanent.

The disability must both reduce the person's capacity for social interaction, communication,

learning, mobility, decision-making or self-care, and necessitate continuing support services.

People with a disability that is of an episodic nature are also covered.

Community Living Australia is committed to ensuring the safety of people with disability. If you suspect any abuse of a person with disability, please contact Community Living Australia or the Safeguarding Unit.

Contact

Adult Safeguarding Unit

SA Abuse Prevention Phone Line: 1800 372 310 (free call) Monday to Friday 9am and 5pm

Email: adultsafeguardingunit@sa.gov.au

Community Living Australia: 08 8536 5888

If you do not want to continue to receive a printed copy of this newsletter, please let us know and we can send it to you electronically.



Community Living Australia

Phone 08 8536 5888

Email info@cloust.com.au

cloust.com.au