

Lighthouse

# Family News

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## News from the Board

Richard Dobek, as a Director, has asked for some leave from his position on the Board because his employment responsibilities have created a conflict of interest for him at present. In his place, the Board has appointed Corey Martin, who is a member of the Family Advisory Committee. In addition, the Nomination and Appraisal Committee is seeking a further two people to join the Board to bring the total number of Directors to nine.

Given the significance of change processes related to the NDIS, the Board and Leadership Team have agreed to explore some big picture issues in a Planning Day to be held soon.

The Board has given approval for us to expand our respite program for children and endorsed some growth options and targets. The Board also gave consideration to a proposal concerning membership which needs to comply with the requirements of a company limited by guarantee. There is a little more work to do on this. A Charter of Expectations has been endorsed as a way of outlining expectations between families with whom we work and us as a service provider.

## Information sessions about NDIS

Thanks to the many families who braved cold and wet weather to participate in two information sessions that we held about the NDIA last week. In brief, Karen Polkinghorne (with assistance from Caroline Simpson) gave information about how funding from Disability SA works, and how it will change significantly when people with a disability have funds from NDIA to purchase a service. Paula Musker then gave information about planning workbooks and why these are very important.

We know that some families were unable to participate in the above sessions, and have set a date for another information session on Tuesday 26<sup>th</sup> July from 1.00 - 2.30 p.m. All are most welcome to attend (and if you came last time and would like to come again, that is fine). Attached please find notes from last week's sessions. If you would like more information or to meet with staff of Lighthouse Disability, please don't hesitate to contact us. In our last Newsletter, we sent an example of a short version of a planning document. We have been working with a more detailed version to ensure that we capture all of the activities which the people we support should be funded for. As NDIS progresses there will be more involvement with families regarding this. I apologise for any confusion. If you would like any additional information about this, please contact Jane Paneros or Paula Musker on phone 8256 9800.

As we move closer to the introduction of NDIA, it is both exciting and challenging – exciting because for the first time, people with a disability will have 'choice and control' and challenging, because the system is VERY new, and there are many wobbly bits to it. We will be learning as we go, and look forward to travelling with you on this journey.

## Information about NDIA

There is a lot of information about NDIA available on the NDIS website. [www.ndis.gov.au](http://www.ndis.gov.au)

Also, you might find this article useful in understanding the NDIS -

<https://theconversation.com/understanding-the-ndis-how-does-the-scheme-work-and-am-i-eligible-for-funding-58726>

We are very keen to learn from the experience of other organisations who are part of the trial sites interstate and to that end, we have ordered an Audio record of a conference which is to be held in Sydney next month.

It is expected that in the coming months, there will be a lot more information available about how NDIA will work for people with complex and diverse disabilities. We will organise another series of information sessions so that we can share new information with families.

## Roll Out of NDIS

We don't have any details of how NDIA will roll-out the new scheme, but Lighthouse Disability has 14 houses (which will involve 48 families) in the first roll-out.

People with disabilities in the geographic catchments of the local government areas of Playford, Salisbury and Port Adelaide-Enfield (East) will be eligible for assessment for NDIA from 1<sup>st</sup> July next year. It is understood that NDIA may start contacting families from 1<sup>st</sup> January 2017 to prepare for the July rollout. In turn, that means that we need to work with people we support and families to make sure that families have the information that is needed by 1<sup>st</sup> January next year. We will provide information soon about how we will do this.

## Restrictive Practice

Over recent months, Disability SA has developed policies concerning Restrictive Practice with the aim of ensuring that staff are well aware of what constitutes a restrictive practice. We are required to report instances of restrictive practice as we become aware of them. Restrictive practices involve "... the use of interventions and practices that have the effect of restricting the rights or freedom of movement of a person with disability. These primarily include restraint (chemical, mechanical, social or physical) and seclusion".

Our Board and staff will undergo training in relation to this, and we are aware that practices that have been well intended may now considered unacceptable because they constitute a restriction.

An example of a restrictive practice is locking cupboards where there is food because of the possibility that someone will not have the capacity to manage an appropriate intake of food. Another example of a restrictive practice is to deny someone something they enjoy as a punishment.

We need to have a good understanding of what triggers certain behaviour, and to develop a positive behaviour

support program to respond to inappropriate behaviour.

If we understand and change restrictive practices, the wellbeing of people we support will be significantly improved. However, it will involve thinking about what we do and why we do it – and developing new ways of responding to difficult situations.

## Maintenance of houses

Over recent months, we have had a focus on addressing maintenance issues at houses. Hopefully, you will notice the difference when you visit ‘your’ house.

## Entertainment Books

Please support our fundraising initiative by purchasing the 2016-17 Entertainment Book for just \$65. Discover thousands of valuable 2-for-1 offers or up to 50% off for many of the best restaurants, cafés, arts, attractions, hotels, travel, shopping and much more. Visit [www.entbook.com.au/16374c8](http://www.entbook.com.au/16374c8) to order your book or App.

## Photo Gallery

Below are some fabulous photos of people we support enjoying life.... a cruise on the River Murray, going to the footie, a walk in the Botanic Gardens, celebrating a recent birthday.....



*Marj Ellis*

**Marj Ellis, CEO**