

Lighthouse

# Family News

Date: 22<sup>nd</sup> September 2016

Issue No. 33

## Inside this Edition

Gala Ball for People with Disabilities

Info Session about NDIS funding for specialist disability accommodation

New Board Members

Annual General Meeting

Members of Lighthouse Disability

New Manager

Medal for Tarah

Family Liaison Role

Restrictive Practice

Medication Administration

Day Programs

Market Research

Bedford Soccer Tournament

Fundraising Committee

Family Pizza Celebrations

Christmas Breakfast

## Gala Ball for People with Disabilities

Our thanks to Down Syndrome SA for inviting the people we support to this Ball. With support from staff, twenty people attended and had a wonderful time – as the photos indicate!



## Info Session about NDIS funding for specialist disability accommodation

We were delighted that on 25<sup>th</sup> August many families took the opportunity to listen to Michael Hicks (Manager, Evidence and Analysis, Housing Strategy and Reporting, Housing SA) speak about the funding that is available from NDIS for specialist disability accommodation.

There was a lot of detailed information which was a bit hard to take in – but this being the second time I have had the privilege to listen to Michael, I can assure you that over time, it does make sense.

Michael made reference to a report which you can access via the link:

<https://myplace.ndis.gov.au/ndisstorefront/html/sites/default/files/files/SDA/SDA%20Decision%20Paper.pdf>

## New Board Members

**Lea Stevens** has been appointed to the Board. She brings extensive experience to the Board as a former Member of Parliament for Elizabeth, a former Minister of Health and the Director of Northern Connections.

**Tim Jackson** brings extensive experience of governance having reported as CEO to the elected members of Playford Council from 1997 to 2015. He is now as Chair of Volunteering Australia and Chair of Volunteering Australia SA/NT.

## Annual General Meeting

Please note that the Annual General Meeting is scheduled for **Friday 11<sup>th</sup> November** at 7 pm at Sfera's Convention Centre, 191 Reservoir Road, Modbury. Our guest speaker is Sam Paior who will talk about 'NDIS – Giving you choice' and, due to popular demand, we have invited The JMG Band back to entertain us. So we are looking forward to a great night. A flyer will be sent with our next Newsletter but please note this date in your diaries.

## Members of Lighthouse Disability

There are now 22 family members who have become Members of Lighthouse Disability. If you would like to join, please contact Pat Netschitowsky for a Membership Application. The cost is \$10/year, and membership entitles you to vote concerning the appointment of Directors, have access to minutes of meetings of members and general information about Lighthouse Disability. All applications must be approved by the Board.

## New Manager

On 8<sup>th</sup> August, we welcomed **Megan Kane** to her appointment of Manager, Service Delivery for the following houses; Alawa, Carson, Innes, Clearview, Grantham, Mahood, Mayfield, Rowe, Pauls, Payneham, Spruance and Tarakan. Megan brings experience of working with 24/7 supported accommodation with children, mentoring Disability SA staff, and training in relation to challenging behaviour.

## Medal for Tarah

Tarah moved into one of our houses earlier this year. One of her goals was to join a basketball team so she joined the Falcons at Ingle Farm. Tarah really looks forward to playing each week, seeing her teammates and is very committed to her team. At the end of the season Tarah received a medal, which she is very proud of.



## Family Liaison Role

With regard to building our links with families, Pat Netschitowsky has been allocated some time to contact each family once/6 months to provide an opportunity to discuss what is working well, and to canvass any concerns that you might have. She will refer any concerns to the relevant Manager, and report any themes (positive and negative) to the Leadership Team. These will be discussed with the Family Advisory Committee and possibly, the Board.

## Restrictive Practice

On 5<sup>th</sup> Sept, Richard Bruggemann (Senior Practitioner, Disability SA) made a presentation to the Board and senior staff about Restrictive Practice which will be rolled out to all staff. In brief, the definition of restrictive practice is;

**‘A practice, device or action that removes another person’s freedom or interferes with another person’s ability to make a decision. This includes **detention, seclusion, exclusion, aversive restraint, chemical restraint, physical restraint and mechanical restraint**’.**

We are required to identify and report any restrictive practice. If there are good reasons for using restrictive practices, these will need to be documented and approved.

This means that we will be reviewing all aspects of our management of the people we support. Families will be involved in this as it is important that we have consistent approaches to managing the needs and behaviour of people we support.

Comments have been made about previous efforts to introduce policies concerning restrictive practice. For those of you who remember this time, you are reassured that what was experienced as an idealistic interpretation of the meaning of restrictive practice is now tempered by a pragmatic view of what is reasonable.

## Medication Administration

Another important topic that staff are being trained in is best practice regarding the administration of medication. There are significant changes in how staff will be provide medication for people we support. This will result in safer practices for the people we support, and more clarity about procedures which will be protection for staff.

## Day Programs

Most of the people we support attend day programs which are run by a range of different organisations. At present, Day Programs are funded by Disability SA. Lighthouse Disability provides day programs (also funded by Disability SA) for a small number of people we support for a range of different reasons.

When people with disabilities are assessed for funding packages under NDIA, all people we support should seek funds to enable engagement in activities of interest during the day. It is important that families and people we support understand that there is a choice about whether someone attends a day program at all, and if there is interest in attending a day program, then there is choice about which one.

We are more than happy to consider providing day activities for people we support as part of the NDIA funding packages, should that be what the person we support wants.

## Market Research

As part of positioning ourselves in the NDIS market, the Board has indicated that it is important to understand what some of the families who currently use our services think about us, and to talk to another group of families who have a family member with a disability but who are not part of Lighthouse Disability. Intuito, a market research company, has been commissioned to run two focus groups soon with the aim of providing us some rich information.

## Bedford Soccer Tournament

- Formerly known as the Phoenix Cup, this Soccer Tournament will be held on **Saturday 8<sup>th</sup> October** at Bonython Park from 10:00 am – 4:30 pm (opposite Coca-Cola). Come and cheer our team on!
- We are excited to announce that **Agri-Bits** have generously provided sponsorship of our team by supplying professionally designed soccer uniforms for our Lighthouse Lions. Thank you Agri-Bits!

## Fundraising Committee

Thanks to the Fundraising Committee for organizing the Bunnings BBQ last Sunday which raised an impressive \$2130. Thanks also to those who assisted on the day – volunteers, staff, as well as the people we support.

## Family Pizza Celebrations

Danielle, David, Simon and Stephen invited their families to come and share some pizza and nibbles. They had a full house with Nans, Pops, Mums, Dads, Step Mums, Aunties, Uncles, Brothers, Sisters, Sister-in-laws and Nephews! Everyone had a fabulous time. David, Danielle and Service Coordinator Helen gave a thank you speech. What a great opportunity for everyone to get-together.



## Christmas Breakfast

Families are very welcome to attend this event which involves the people we support getting into a festive spirit. Please note **Sunday 20<sup>th</sup> November** from 10 am – 1 pm in your diaries. (More details will follow in our next Newsletter.)

*Marj Ellis*

**Marj Ellis**  
**CEO**