



Community Lifestyle Accommodation Ltd

LIVING WITH CHOICE FOR PEOPLE WITH DISABILITIES

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Image Courtesy of Robert Varney

CHAIRMAN AND SECRETARY'S REPORT

WRITTEN BY KEVIN TURNER & MARIE HELL

Covid-19 Virus has had a huge impact on everyone's lives, but for those of us caring for a loved son or daughter who is totally dependent on us it has been very difficult. Programs at day services and community venues have been closed. Parents have struggled with the extra stress of not having their children in their usual activities. Older carers under medical advice have had to endure lockdown in their own home plus manage their own health issues and arrange carers to keep their adult children occupied.

CLA is looking forward to the government slowly easing all restrictions and our lives coming back to normal. It is still important for all of us to remain vigilant and follow all safety guidelines at home and in the community. We hope our members took advantage of being at home, time to declutter, take up a hobby, create some healthy meals, walk or exercise, dance and sing like no one is watching, talk to your plants and encourage them to grow. However don't do what Marie did she lifted 3 bags (25kg each) of potting mix on to a trolley with a predictable result - total pain. This resulted in weekly physio visits and pain medication(she has learnt a lesson)

Continued on page 4



DANIEL HIGGINS
Producer/Director
Ma (Film & TV) | Ba (Screen Prod.)

WILL YOU BE MY VOICE?

Video being distributed to increase awareness of the pending crisis.
-CLA thanks to Daniel Higgins and his team

Government needs to commit to older carers -the average age of Victorian Carers is 55 (Vic Carer Strategy) As we die our loved sons and daughters will be homeless -where will they be placed?

Will you be my voice? This video clearly explains who we are at CLA, why we exist and why we need your help.

As carers we are not getting any younger and our children with intellectual disabilities, who we have cared for all their lives, deserve much better.

If you can assist in any way - as a donor, volunteer, member, carer, helper or a social media friend then please -

we need your voice to add to ours

Visit - communitylifestyleaccommodation.org.au
to see the video

YVONNE CARER INFORMATION SUPPORT

ADVOCATE REPORT

Hi Everyone,

The start of the year was going well till we hit COVID-19 then things got difficult with everyone's lives being turned upside down with services going into lock down and restrictions, we are hopefully on the way back to some kind of normal.

I do however have some sad news, the funding that assisted me to work with families, participants and CLA will cease at the end of June 2020 which is very disappointing both to myself and the board.

We have had such great outcomes since the funding for our Transition Support Package was given to CLA in 2017 until June 2020 to employ a Carer Information Support Advocate to assist families and participants with NDIS Pre Plans and other supports when needed.

We had fantastic feedback from many services providers, families, and participants that if it had not been for our service, they would not have got such a great outcome with NDIS.

We reached many areas within the Mornington Peninsula and beyond from word of mouth which was a fantastic complement that we were doing what families and participants needed to navigate the NDIS. CLA will still be active as the board are still present to assist you with pointing you in the right direction for assistance and support.

As my position was to end shortly, I have moved into a position with another disability service, as a Support Coordinator. You will find contact details below. I will be with CLA till the end of June working on Fridays so please if you need assistance leave a message on the phone or send me an email, and I will get back to you.

I have been so lucky to have met many amazing families and participants and been able to assist you with navigating the NDIS, I will still attend luncheons and meetings when I can to catch up and say hi. I wish everyone well, and I am sure our paths will cross in the future.

Yvonne Alaimo

Contact details are
Give A Care Your Life Your Choice
yvonne@giveacare.com.au
Mobile: 0459 123 770



"I have been so lucky to have met many amazing families and participants and been able to assist you with navigating the NDIS."

CHAIRMAN AND SECRETARY'S REPORT CONTINUED

On the plus side the orchids she was repotting look great. Her son Jeffrey is being encouraged to pick up anything that drops on the floor and is also being encouraged to stack and empty the dishwasher, plus other tasks in the home.

Due to the pandemic the Federal and State government have directed all their efforts have been directed to making hard decisions to keep the virus from spreading & the economy afloat. Credit to all government Ministers and the National Cabinet for curbing the spread of the virus and assisting people & businesses who have lost their jobs and livelihoods.

The Disability Sector, including the NDIS & its problems, in CLA's opinion have taken a backward step. The Tune report's recommendations on the NDIS are sitting gathering dust waiting to be presented to Parliament.

The reports recommendation are below :-

CHAPTER 3 – ENGAGEMENT AND NAVIGATION

Key findings

- ✓ Improvements to the participant experience could occur by ensuring all planning processes are done with a person who has delegation to make the decision.
- ✓ There is no clear definition of when a support is reasonable and necessary. This is leading to different interpretations and driving confusion and frustration for people with disability, LAC partners, NDIA delegates, tribunals and courts.
- ✓ Additional support should be provided to assist people with disability to navigate the NDIS and its processes.
- ✓ People with disability have the right to understand the reasons behind decisions the NDIA makes regarding their eligibility for the NDIS and the supports provided in their plans.
- ✓ **Participants should be provided with a whole draft plan before it is approved to keep them at the centre of the planning process.**
- ✓ The legislative framework of the NDIS and NDIA administrative practices need to enshrine transparency as a principle underpinning all their engagement with people with disability.

3.1.

The NDIS is having a positive impact for many participants. These outcomes become particularly evident the longer a person is in the scheme, as they continue to develop their confidence in navigating the provider market and implementing their plan. However, the complexity of the NDIS (as a system in itself) is causing significant confusion and frustration for many people with disability.

3.2.

Consultation feedback suggests that some people with disability have found it difficult to navigate through 'the bureaucracy of the NDIS' and that the NDIA is not delivering what the NDIS promised them. The vast majority of people with disability who participated in consultations reported that they could not find accessible information about the NDIS or how to lodge an access request and that talking to the NDIA left them feeling disempowered and not valued as an expert in their disability.

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Extract below taken from CLA's letter to Ministers Hunt and Roberts

This insane practice (not in any legalisation) of not showing the participant a NDIS draft plan to read approve or request an amendment must stop now, it is unjust, causing stress to the family, no one signs off a document unless one reads it first.

More time and money wasted when the plan has to go for another review. When a simply way is to be transparent, cooperative all work together to benefit the person needing support. I speak for myself and also for participants and carers across the nation please fix this outrageous process. NDIS is hope for the future for people needing support to receive the reasonable and necessary support they need to have lifestyles equal to all Australians.

Please make the changes necessary as listed in the Tune report and immediately advise the NDIS to make a draft plan available to participants and families.

CLA ,have been informed by Minister Roberts due to the virus it could take several months for these recommendations to be put to parliament and passed.

CLA will continue to write to Federal and State ministers on issues around the -NDIS Housing and carers support

Sad to say goodbye...

It is with regret that the CLA board were not able to convince DHHS and the State Minister to keep the Transition Support Program (TSP) going for another two years. This we felt would help carers especially older carers to be

empowered to understand the process of gaining an adequate NDIS package or understanding the NDIS review path to meet their person's individual needs and goals. Peninsula families who used Yvonne to assist with NDIS plans or NDIS reviews she will still be available to help participants in her role as support coordinator for Give a Care.

The CLA board extends our deepest thanks to Yvonne for the personalised support /care she extended to our caring families, also the support she provided to the board. Yvonne will stay in touch with Marie and hopefully if restrictions ease, information sessions on topics that are relevant to our families can be arranged.



CARER GATEWAY SERVICES

CARER GATEWAY IS AN AUSTRALIAN GOVERNMENT INITIATIVE TO HELP CARERS. IF YOU CARE FOR A FAMILY MEMBER OR FRIEND, THEN CARER GATEWAY COULD HELP YOU.

**ONE SINGLE NUMBER AND ONE WEBSITE 1800 422 737
CARERGATEWAY.GOV.AU**

One point of contact nation-wide for all carers to access services, support, information to assist carers needs. You will have a choice of some services which are offered over the phone or depending what the need is you will be offered in-person carer supports.

Carer Gateway:-

- * provides practical information and advice.
 - * helps you to get the services and support you need.
 - * provides free counselling services over the phone.
 - * provides free coaching to help you in your role.
 - * lets you connect with other carers through a community forum.
- * Respite Financial assistance -one or two options are available and only one option can be used by carers within a 12 month period.

One off practical support -to support carers access education and employment up to \$1,500

Two Carer Directed Packages- general support eg planned respite, assistance with cleaning transport up to \$3,000

When you call the Carer Gateway number you will be directed to the relevant local service provider who will assess your individual needs and provide support /services to meet your needs. Please check the website for all the services and supports available for carers to access.

CLA would appreciate your honest feedback after you access the site. Did you get the support, information or services you needed? Appreciate any comments positive or negative. CLA would like to prepare feedback to the Federal Government on this Australian wide network. Will it meet regional carers needs/expectations? CLA will take your views to the Government we will continue to be a strong voice for local caring families supporting people with an intellectual disability.



FOAM STREET RECEIVES SDA COMPLIANCE

After two and half years we finally have our first National Disability Insurance Scheme (NDIS) Specialised Disability Accommodation (SDA) dwelling completed and received our certificates on Monday for its compliance with SDA Fully Accessible and also Good Design Guide Platinum.

The dwelling at 5 Foam Street, Rosebud 3939 Melbourne Victoria will cater for three members of the CLA family with an overnight carer and our first three occupants will actually be two improved liveability and one fully accessible. In line with our philosophy of "Home for Life" we are happy to take tenants that are of a lesser category than what the house is designed; as in the event that their category changes, they will not have to move dwellings.



Finishing touches being made



In the event that you are considering or looking at buying an SDA built dwelling for your loved ones and using the NDIS SDA allowance to pay the mortgage and purchase the dwelling, now is the time to get in touch with us as the government is currently handing out \$25,000 for new purchases and if you/they are a first home buyer you may be able to access a further \$10,000 and pay no stamp duty on the purchase. (Note: to get the \$25,000 it needs to be the occupant's principle place of residence.)

Email: rayholt1050@tpg.com.au



Our first residents

Our next project, for which we are now looking for expressions of interest, are 4, two bedroom dwellings on the corner of Eastbourne Road and Ashenden Square, Rosebud. We expect it to be completed around Christmas 2020 or early 2021. These dwellings have been designed as fully accessible with capability of being converted into high needs. That being said, we are happy to take improved liveability category. If you have a requirement for "Robust" design can you please also put in an expression of interest as our next two projects will be another 6 x 2 bedroom dwellings which are capable of being converted into "Robust" as they have yet to be sent out for quotes for construction and we can, at this early stage, change construction material to enable them to comply with the robust design.



SDA HOUSING OPTIONS

Keogh St Rosebud

The accommodation in Keogh Street, Rosebud will cater for 4 people who have been granted SDA housing. The house will accommodate 2 people with an improved liveability package plus a carer in one dwelling and 2 high support persons in a second dwelling with a carer. The provider ING Chapter2 is currently finalising the purchase of the land. Construction is estimated at 6 months. Letters of intent have been signed by the future residents.

Volunteers - Changing Communities Changing lives

May was- National Volunteer Week, with the theme "Changing Communities Changing Lives". CLA would like to recognise and thank all our volunteers that have supported our carers and our sons and daughters with an intellectual disability . The plight of ageing carers - only 6 % of people with a disability will get a SDA housing allocation, what will happen to the 94% still living with ageing parents? . 80,000 people waiting for social housing, where does that leave our cohort of older people with an intellectual disability since birth waiting for a tenancy offer?

CLA is looking for semi or retired people with skills in IT, Finance, Marketing or Grant Writing to assist us in obtaining appropriate supported accommodation for the hundreds of older people with an intellectual disability still living at home with ageing parents. As their aging parent/s die they will be homeless and can be placed anywhere there is a bed.



Picture of one of our members Peter 62 years still living at home with his ageing parent's who have loved and supported Peter for 62 years. Peter is gentle & caring. His support worker Rosemary assists Peter to develop his abilities and also to access the community.

Peter is one of the lucky ones he has a tenancy offer to reside in a SDA home in Rosebud. Will you help CLA to give people like Peter a place to call home before their parent die?

Would you like to change lives and support caring families have a lifestyle

Please Volunteer - Donate - become a CLA member

Claltd.org email secretary@cla-ltd.org

Happy snaps from CLA - Care for the Carers Lunch



Left - Chris Brayne State MP for Nepean picture with Russell Joseph - Patron of CLA & Joshua Sinclair office Manager for Chris Brayne MP for Nepean.



Above- Darlene and her support worker Kathryn enjoying a delicious sweet served by the Marina function centre in Hastings _ Carers Week 2019
Left - Steve McPartlane provided entertainment on the day



Chris was guest speaker at the carers lunch celebrations in October 2019h at the Marina Function Centre in Hastings . 68 families and supporters celebrated with CLA the role of carers supporting a loved family member .

"You'll Never Walk Alone"
was the theme song for caring and a local community building a circle of support. MP Chris Brayne met with carers and heard their issues and concerns and he made himself available for carers to ring his office with any concerns.

Fundraising News



Our first fundraiser for the year is underway. We are in the process of planning an online auction which is due to go live in the next few weeks. There are some fantastic items available to bid on so keep an eye out for the details which will be on our Facebook page and emailed out once the auction is live.

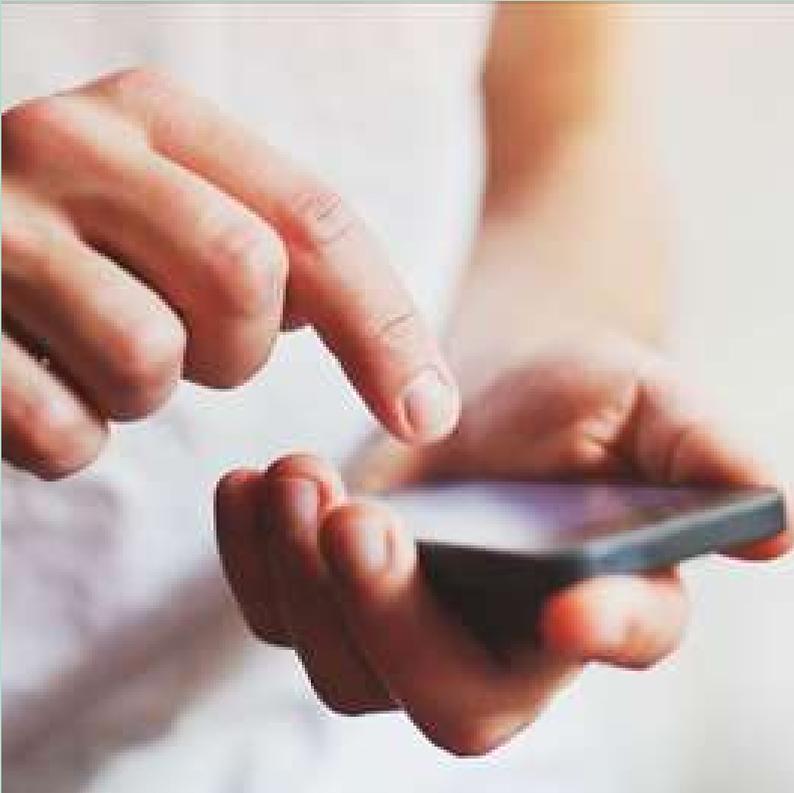
If you are not part of our Facebook page please jump on and follow us at:

<https://www.facebook.com/CommunityLifestyleAccommodationLtd/>

If you are already a member of our page please share the page to get others to follow us. The more people we can reach the more money we can raise through our auction. Thank you all for your continued support and we will be in touch shortly with the auction details.

National Carer Survey 2020

(taken from Carers Vic Voice)



Carers around Australia are being asked to speak up and have their say by completing the first-ever National Carer Survey. The survey will play a major role in improving our understanding of caring and carers' lives and improve service delivery for carers into the future.

The 2020 National Carer Survey is available online until 5pm on Tuesday 30 June 2020 [here](#).

Please find time to take the survey & be honest with your comments.

DON'T BE AFRAID TO REACH OUT

As carers we are facing challenging times please speak to someone if you are feeling over-whelmed, stressed or anxious. Stress is part of our daily lives, it's how we choose to deal with stress that can make a difference. We can benefit being part of a group and living in a caring community. Staying active, connecting with others and finding positives things to focus on.

Once the lockdown is lifted for gatherings of people CLA will organise a General Meeting where we can catch up with our members. NDIS plan reviews the importance of planning well and Housing options will be two topics we will explain.



Stephanie Mortimer Submission to the Mental Health Commission regarding person with a Dual Disability.

Submission paperwork lost 3 times, Mental Health Commission will not include submission in their process.

Stephanie Mortimer never gave up challenged the coroner's findings and won at the court of appeal.

Coroner ordered to re-investigate this case.

Our most vulnerable people with dual disabilities must be treated with respect, dignity and be protected.

Exert from 2 August 2018 Supreme Court of Victoria "Summary of Judgement"

Mrs Mortimer sought to have the Coroner re-open his investigation on the basis of new facts and circumstances. The Coroner held that the new facts and circumstances relied upon did not alter previously accepted facts so as to make the earlier findings unsustainable and, therefore, it was not appropriate to re-open the investigation.

The judge below held that the Coroner had not erred in applying the test he did. The Court of Appeal held that the test applied by the Coroner was overly stringent and had no foundation in the relevant statutory language. It held that if the Coroner had applied the correct test it may have led to a different outcome. The Coroner's decision thus involved an error on a question of law.

The Court set aside all the findings of the Coroner and remitted the matter to the Coroners Court for the investigation to be re-opened.

Exert from "Submission to the Mental Health Commission regarding Dual Disability"

7. The treating

psychiatrist, who does not know the person or understand their distress, then states they need Shock Treatment and can decide this as the family have no rights even if they are Plenary guardians. Family are told they are wrong when they try to explain the problem of strange people around, being out of a familiar environment etc. This medieval stance adopted by the Government in legislation empowering the Guardianship Board and Office of the Public Advocate needs to stop and family need to be empowered to make decision if they have been appointed guardians of any sort as it is clear they know how the person usually manages and how this strange ward would impact on them and their behaviour.

8. I want to comment it is barbaric to lock an intellectually 3-5 year old up in isolation and inject them with sedatives. Their concerns need to be validated with understanding and kindness and ways around their concerns need to be established. The doctors nurses and staff are not equipped to deal with any of this and make decisions relating to the person.

That in all cases of Mental Health illness including neuro typical people counselling should be the first line of defence not drugs. If treating staff do not understand the problems the revolving door situation will continue and deaths will occur. My sister died because a psychiatric problem was attributed to a physical problem. We urgently need separate facilities for these people Stephanie Mortimer Sister and plenary guardian to the late Robena Lloyd.

HAVE YOUR SAY

GIVE CLA YOUR FEEDBACK

To help CLA with our planning and decision making in the future and to help local caring families we need your ideas/comments.

- *Is there anything you would like CLA to do?
- *Are you interested in attending information session on NDIS or Housing options?
- *Attending carers socials or relaxation sessions?

CLA directors would like to express our deepest thanks to all our members, supporters, colleagues and all levels of government that have and are assisting us in the support of our families. Thanks to all our members who have renewed their annual membership and made a donation

"One person can make a difference. One person with an army behind them can change the world." Kym Rock

COME AND JOIN THE CARERS ARMY

Proudly Supported By:

