

 **PARAQUAD Wins National Award**

 **PARAQUAD Drives Home Road Safety Message**



tindallgaskbentley



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Head Office

28 Lower Portrush Rd, Marden 5070
P (08) 8355 3500 F (08) 8355 3511
E pqa@pqasa.asn.au
www.paraquadsa.asn.au



Head Office

28 Lower Portrush Rd, Marden 5070
P (08) 8355 3500 F (08) 8355 3511
Country Callers 1800 063 419
E hcpadelaide@pqasa.asn.au

South East

Shop 5-6 Ripley Arcade
27 Commercial St
Mount Gambier SA 5290
P (08) 8723 3788 F (08) 8723 1660
E hcpsoutheast@pqasa.asn.au

Riverland

1/3 Worman St
PO Box 210, Berri SA 5343
P (08) 8582 4654 F (08) 8582 4491
E hcpriberland@pqasa.asn.au

Mid North

PO Box 1169, Port Pirie SA 5540
P (08) 8632 2122 F (08) 8632 2122
E hcpmidnorth@pqasa.asn.au

Eyre Peninsula

6 Bligh St
PO Box 623, Port Lincoln SA 5606
P (08) 8683 3188 F (08) 8682 1267
E hcpayrepeninsula@pqasa.asn.au

www.homecareplus.asn.au

Patron His Excellency Rear Admiral
Kevin Scarce AC, CSC, RANR
Governor of South Australia

President David Fabbro

Editors Information Thayne Jackman
P 8355 3500 E thaynej@pqasa.asn.au

About Us

PQA is an Incorporated Body established in 1963 to provide a range of services to adults with a physical or neurological condition, primarily those persons with a Spinal Cord Injury, who use a wheelchair for their mobility.

PQA has an elected Board of Management, CEO, Professional Staff, and trained Volunteers, and operates two business divisions, PARAQUAD SA and HEMECARE+.

PARAQUAD SA offers a range of services including Home Based Counselling, Community Lifestyle Service, Peer Advocacy Support Service, Recreation Program, Family Support, Accommodation Information and Advocacy, Home Visiting Program, and Volunteer Program.

HEMECARE+ operates the market leader in personal care "fee for service" arm of PQA, any profits from which are returned to fund PQA community service program through PARAQUAD SA.

Services Offered

Accommodation Service provides a range of services to individuals, or agencies who assist adults with a physical or neurological condition who use a wheelchair for their mobility, to meet their accommodation needs.

Fundraising Team undertakes a variety of activities and events throughout the year to support the work of PARAQUAD SA, and all money donated is used directly by PARAQUAD SA to assist in the Association's work.

Community Lifestyle Advisory Service assists wheelchair users particularly those with a spinal cord injury to re-establish links in the local community after rehabilitation, to maintain good health, and to exercise control and choice over their lifestyle in response to changing physical and social needs.

Family Support Group provides the means by which family and friends of a person with a Spinal Cord Injury can get together over a meal to share their experiences and just have a break. PARAQUAD SA covers the cost of the meal and all that is needed is to turn up and pay for your own drinks.

Home Based Counselling and Support Service provides the opportunity for persons with a Spinal Cord Injury to discuss particular issues and concerns. The Service can provide information on resources available, assistance to access appropriate services, and will act on issues and concerns which are raised relating to your independence in the community.

Peer Support Service is based at the Hampstead Spinal Injuries Rehabilitation Unit to assist persons with a spinal cord injury and their family and friends. PARAQUAD SA Peer Support Advocates are available to assist the person with a Spinal Cord Injury after their return home.

Recreation Program is a program in metropolitan Adelaide where adults who rely on a wheelchair for mobility meet on a fortnightly basis and are involved in a range of activities and events.

Volunteer Program services include, a home visiting service, a home handyperson and minor gardening service, a volunteer mentor program and some other jobs by request and assessment. The Volunteer Program also offers the opportunity to volunteer in other areas including the Recreation Program, and assist with fundraising, administration or other tasks.

The HEMECARE+ range of services is not just limited to paraplegic and quadriplegic clients, services are provided to people with a range of disabilities including Multiple Sclerosis, Cerebral Palsy, Head Injuries and the Aged, or any person who requires assistance in their home. We endeavour to provide services to clients which are specially suited to their needs.

From the CEO

By James Kinghorn

2009 was an exceptionally challenging year for all the staff at PARQUAD SA and HOMECARE+, and now that the calendar has clicked over to 2010, the challenges continue with more exciting projects on the agenda.

My staff and I would like to take this opportunity to wish all our members, clients and supporters a Happy New Year and look forward to your continued support and involvement with the Association during 2010.

The 46th Annual General Meeting was held on Sunday, 29th November 2009, and I am pleased to report that all members of the 2009 Board of Management have signed on for a further term.

The Board of Management for 2010 comprises:

David Fabbro, *President*, Sue Twelftree, *Vice President*, Steve Magor, *Treasurer*, Kevin Duke, Michael Wooley, Stephanie Thorpe, Jamie Bignell

The Association is most fortunate to have Board Members that have a long term commitment which brings stability to the organisation and has allowed management to develop and implement longer term strategies for the benefit of its Members and the South Australian community.

The Annual General Meeting also provided an opportunity to recognise the contribution and commitment our long serving Peer Support Advocate, Phil Herreen, has made to the Association, with our President David Fabbro presenting Phil with Life Membership. Phil formally retired in December 2009, but he will continue as a volunteer and is very passionate about being actively involved in fundraising for the Association. We all wish Phil good health in his retirement and we look forward to his future involvement in Association activities.

The Corriedale Park building project is going according to schedule with the Official Opening planned during the

second quarter of 2010. Our thanks go to the Affordable Housing Initiative Unit, the City of Mt Gambier, Motor Accident Commission, The Wyatt Benevolent Institution Inc., The Australian Hotels Association, Workcover SA, and our Corporate Sponsors, as if it were not for their financial assistance, this project would not have been possible. Enthusiasm from the local community and service clubs has been overwhelming and their support is integral to the success of this project.

Our fundraising team has recently received recognition from the Fundraising Institute of Australia by winning the state and national awards for Excellence in Fundraising in the category "Capital Campaigns/Major Gifts Division A" for their fundraising efforts with The Ramsay Rebuild Project (see story page 4).

In addition to this award, PARQUAD SA, in conjunction with the Jam Shop, was a finalist at an international advertising award ceremony held in New York for its

"Sea of Wheelchairs" campaign, the theme for the 2008 Spinal Injury Awareness Week held in November 2008.

PARQUAD SA, in conjunction with Dr. Bill Griggs, has also been proactive in the launch of the Roads 2 Survival Program which is focused around a Parent – Young Person Safe Driving Agreement. With the support of Channel 9 Telethon this has been an outstanding campaign, with significant television and media coverage, as demonstrated by the number of downloads from our website. The benefits of the campaign have been recognised by a number of State and Federal politicians and it is hoped that with funding support from the State Government we can undertake awareness programs in the schools.

Since the last newsletter, Sue Houston has been clocking up frequent flyer points with the establishment of a HOMECARE+ branch in Port Lincoln, to service the needs of people with disabilities on Eyre Peninsula. Although it is early days we have a strong pool of Support Workers who are ready to meet the challenge of providing a quality service in the region.

In addition to Port Lincoln, HOMECARE+ now has branches established in Mount Gambier, Berri and Port Pirie which allows a seamless transfer of care throughout South Australia.

In closing, the Board, Management and Staff are looking forward to meeting the challenges that arise during 2010 and thank all for supporting the aims and objectives of the Association.



(left to right) Heather Hales, James Kinghorn, Michael Vickers, Rebecca Young (on behalf of Alan Moore) and Olivia Boffa accept their national fundraising award.

Public Awareness



PARAQUAD SA's Sea of Wheelchairs Campaign

PARAQUAD SA's unique Sea of Wheelchairs campaign continues to receive accolades, recently being named a finalist in the 2009 New York Festivals International Advertising Awards. This is on top of the two awards, from three nominations, that the campaign won at the 2009 Australian Advertising Awards last year. PARAQUAD SA plans to utilise the campaign in South Australia again in the near future, to continue to raise awareness of the dangers of drinking and driving.

PARAQUAD SA WINS National Fundraising Award

On Saturday 20th February 2010, PARAQUAD SA was announced the national winner – Capital Campaigns / Major Gifts (Division A) for The Ramsay Rebuild Project – at the Fundraising Institute of Australia's National Awards for Excellence in Fundraising dinner at the Adelaide Convention Centre. The Award was presented to PARAQUAD SA's James Kinghorn, Heather Hales, Olivia Boffa, Rebecca Young (on behalf of Alan Moore) and Michael Vickers. This award follows PARAQUAD SA's win in the state FIA Chapter Awards presented in December 2009. This is only the 4th time in the 42 year history of the FIA that the National Division A Award has been won by a South Australian charity. PARAQUAD SA plans to submit our Corriedale Park Project under the same category in the 2010/11 FIA National Awards for Excellence in Fundraising.

Spinal Injury Awareness Week, Monday 9th to Sunday 15th November 2009

During our Annual Spinal Injury Awareness Week, PARAQUAD SA was located under the Rundle Mall canopy from Wednesday 11th to Friday 13th November 2009. PARAQUAD SA utilises Spinal Injury Awareness Week to raise awareness of Spinal Cord Injury in the community – especially leading up to the school holidays and festive season. The focus for this year was the handing out of Safe Driving Agreements as part of PARAQUAD SA's 2009 Safe Driving Campaign. Rundle Mall shoppers enjoyed free face painting and music from Fremont-Elizabeth High School and the SA Police Band at the PARAQUAD SA display, which highlighted the role of the Association in the community.





Bi-Annual PQA President's Awards – Call for Nominations

Every two years, PQA recognises the outstanding achievements of a select group of South Australians who have made an outstanding contribution to the Disability Community – especially the Paraplegic and Quadriplegic Community – with the presentation of the PQA President's Awards. Recent recipients of the Awards, presented bi-annually by His Excellency Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia, include Hampstead Spinal Injury Unit Director, Dr. Ruth Marshall, and Disability Advocate, Mr Paul Anderson.

PQA is calling for Year 2010 nominations, which need to be in writing (approx 250 words) and must address the following criteria:

- The nominee can be an individual or an organisation;
- The individual or organisation must have made a significant contribution to the improvement in the lives of our client group people who utilise a wheelchair as the main source of mobility;
- The award can also be given to an individual with a spinal cord injury who has achieved success that may inspire others;
- Any recipient of the PQA President's Award needs to reflect well on PQA and be prepared to assist PQA with any media opportunities that arise from the President's Award.



Recipients of 2008 PQA's President's Awards at Government House.

Please forward your nomination(s) by mail to:

Mr James Kinghorn, Chief Executive Officer,
PARAQUAD SA, PO Box 396, Marden SA 5070.
Nominations close by 5pm Tuesday 31st August 2010.

Annual Badge Day in Adelaide, Friday 13th November 2009

On Friday 13th November 2009, approx. 30 PARAQUAD SA staff and Volunteers helped raise awareness of spinal cord injury in the community, and raise vital funds for the services we provide across South Australia. PARAQUAD SA's Volunteer collectors were stationed at specific locations around Adelaide, and raised over \$1,600. PARAQUAD SA thanks all our Volunteers who donated their time, and persevered in the heat, to raise valuable funds and increase awareness of our Association in the community.



Tindall Gask Bentley Channel 9 Telethon Melbourne Cup Luncheon, Tuesday 3rd November 2009 at the Stamford Grand

As part of our relationship with Channel 9 Telethon, PARAQUAD SA was again an official charity of the 2009 Channel 9 Telethon Luncheon, which was proudly sponsored by key PARAQUAD SA supporter, Tindall Gask Bentley. As an official charity, PARAQUAD SA receives a share of funds raised at the event via an auction, raffle, sweeps etc, as well as receiving the proceeds from the major sponsor's contribution to the event.



tindallgaskbentley



Channel 9 Telethon 2009 Distinctive Home and Land Lottery

The winners of the 2009 Channel 9 Telethon Distinctive Home and Land Lottery were drawn on Wednesday 9 December at the Channel 9 Studios, with O. Kannieappan of Newton (sold by Phoenix Society) and R. Schubert of Normanville (sold by Foundation Daw Park) each winning a Home and Land package valued at over \$300,000. The lucky Schubert family also won an additional \$9000 book buyer prize. A record amount of \$752,350 was raised in support of 19 SA charities, and PARAQUAD SA would like to thank everyone who supported the lottery!

Tickets for the 2010 lottery will go on SALE through PARAQUAD SA from July this year.

wild wine & cocktails at the Zoo

Friday 20th November 2009 at Adelaide Zoo



Over 200 guests joined PARAQUAD SA and Principal Sponsor for a 4th year, Andersons Solicitors, in the Zoo's Rotunda for our 6th annual cocktail party. Guests enjoyed special after-hours tours, entertainment by bands "Juice" and "Garden of Joy", fine wines from Mrs Marys and Leconfield Wines, cocktails thanks to Smirnoff and Nippy's Juices, Coopers' beers and tasty canapes prepared by All Leisure Hospitality and courtesy KR Castlemaine, John Lewis Foodservice and Passing Out Catering. This year's event supported PARAQUAD SA to raise over \$7,500 towards PARAQUAD SA's accessible housing project at Corriedale Park in Mount Gambier.



Phil Herreen being presented with his PQA Life Membership Plaque by PQA President, David Fabbro

PARAQUAD SA / HOMECARE+ Annual Christmas Party Sunday 29th November 2009 at Adelaide Oval

PARAQUAD SA and HOMECARE+ staged our Annual Christmas Party for clients, members, staff and their families with a Christmas luncheon in the marquee at Adelaide Oval on Sunday 29th November 2009. Guests enjoyed a free BBQ lunch, soft drinks, beer, wine, tea and coffee. The entertainment on the day included a DJ playing everyone's favourite songs, free face painting and a bouncing castle for the kids. PARAQUAD SA also staged our AGM on the day, where Phil Herreen was awarded PQA Life Membership. PARAQUAD SA and HOMECARE+ thank the wonderful team of staff and their partners and families who continue to provide volunteer work on the day.



PARAQUAD SA's 2009 Safe Driving Campaign makes an impact!

On Monday 14th September 2009, PARAQUAD SA and Dr. Bill Griggs AM ASM launched a major road safety campaign across South Australia – including a television commercial screened on Channel 9 and WIN Television – designed to promote discussion within the family unit of the need for road safety, to encourage parents to drive in a more responsible fashion as role models for future drivers and to target young drivers and their peer groups.

The focus of the campaign was the Parent-Young Person Safe Driving Agreement (SDA), which was developed by Dr. Griggs as part of the Roads 2 Survival program, in consultation with teenagers, parents and road safety organisations.

The feedback from the road safety campaign indicates that the SDAs are a very useful tool to initiate open discussion about road safety within families, while being a thorough guide for vehicle safety. The Roads 2 Survival SDAs are currently being utilised successfully on a small scale by the SA Metropolitan Fire Service as part of their Road Awareness and Accident Prevention program, and by the RAA as part of their Street Smart presentations to secondary school students. While the SDAs are handed out to students at these events, feedback indicates that the SDAs are not always making it home for discussion at a family level. It was for this reason that PARAQUAD SA and Dr. Griggs developed this road safety campaign, which promoted the SDAs across the state and targeted families in their homes – which seems to have had an impact.

The many positive results and feedback from the initial 3-month campaign – which officially concluded on Saturday 5th December – include:

- Over 460 Parent-Young Person SDAs downloaded during the initial 3-month campaign from PARAQUAD SA and Roads 2 Survival web-sites;
- Over 1240 SDAs downloaded during the initial 3-month campaign from PARAQUAD SA and Roads 2 Survival web-sites;
- PARAQUAD SA monthly web-site traffic increased 3-fold from 900MB average before the campaign to 2.5GBs average during the campaign – www.paraquadsa.asn.au;
- Roads 2 Survival web-site daily hits increased from an average of 500 before the campaign to 830 on average during the campaign – www.roads2survival.com.au;
- Whilst the campaign cannot necessarily take credit, crashes involving young people were down, with a 12.5% decrease on this time last year among 16-19yo and 25.73% down among 20-24yo, and in our target adult market (parents) crashes involving those 40-49yo are down 12% and 50-59yo down 6.36%.

During the initial campaign, the SDAs were available from, or distributed via, a number of Road Safety Partners including Adelaide Independent Taxis and Adelaide Access Taxis, Adelaide 36ers, Allan Miller Driving School, Andersons Solicitors, Crash!



Dr. Bill Griggs AM ASM (Head of Trauma Services, Royal Adelaide Hospital), James Kinghorn (Chief Executive Officer, PARAQUAD SA), Hon Michael O'Brien MP (Minister for Road Safety) and Ms Lindsay Simmons MP (Member for Morialta and a PARAQUAD SA Road Safety Partner) witness Grace and Ben Rillo sign a Safe Driving Agreement in October 2009.



CTP Seminar, Football Federation SA, HOMECARE+ South East, Hon Jennifer Rankine's office, Hon Lindsay Simmons' office, Hon Stephanie Key's office, Ivan Venning MP's office, Milford Industries, Motor Accident Commission, Mt. Gambier Council, PARAQUAD SA head office, Police Credit Union, Senator Simon Birmingham's office, South Australian Cricket Association, Spinal Injury Awareness Week in Rundle Mall, Tindall Gask Bentley, Trackskill Driving Courses, WIN Television and Yorke Peninsula Field Days. Due to the success of the campaign – which will continue in 2010, PARAQUAD SA hopes to take over the administration of Dr. Griggs' Roads 2 Survival web-site – www.roads2survival.com.au – to:

- Work with and co-ordinate the agencies already utilising the SDAs;
- Develop an interactive program – which would include a talk from a young person with a Spinal Cord Injury – to take to metropolitan and regional secondary schools across the state;
- Research and adapt other successful road safety initiatives from around the world to be included on the web-site;
- Develop the web-site into a 'one-stop shop for road safety in Australia';
- Ensure SDAs are available in every SA secondary school with children at driving age in 2010;
- Work with the 2010 Schoolies Festival and 2010 National Careers & Employment Expo to promote and distribute the SDAs to over 12,000 high school students.

PARAQUAD SA and Dr. Griggs plan to meet with the relevant ministers and government departments in the coming weeks in a bid to secure funding to administer the site, and already has a number of corporate organisations who have indicated that they would assist with funding to ensure the project can be taken to every secondary school in the state over the next 2-3 years.

PARAQUAD SA and Dr. Griggs gratefully acknowledge the support of the campaign's major sponsors - Adelaide Independent Taxis and Adelaide Access Taxis and HOMECARE+ - and the campaign's supporters - WIN Television, Trackskill Driver Training, Motor Accident Commission and Government of South Australia and Channel 9 Telethon.

Coming Soon



2010 United Water ZOO Accessible Adventure Days, Friday 30th April to Monday 3rd May 2010 at Adelaide Zoo

PARAQUAD SA and United Water are pleased to present our 10th Annual United Water ZOO Accessible Adventure Days at the Adelaide Zoo from Friday 30th April to Monday 3rd May 2010. Over 600 disability agencies and their clients and their families are invited to attend the Zoo over the 4-day event, which offers discounted entry prices for people with a disability, free entry for their Carer, a 20% discount for families and friends, free face painting each day and give-aways. To make the event accessible to everyone, PARAQUAD SA will again work with the Zoo's friendly Volunteer guides, Royal Society for the Blind and Deaf SA to stage a number of special guided tours for the hearing and vision-impaired guests visiting the Zoo. Since it's inception in 2001, over 8,000 people with a disability and their families and friends have visited Adelaide Zoo thanks to this event.

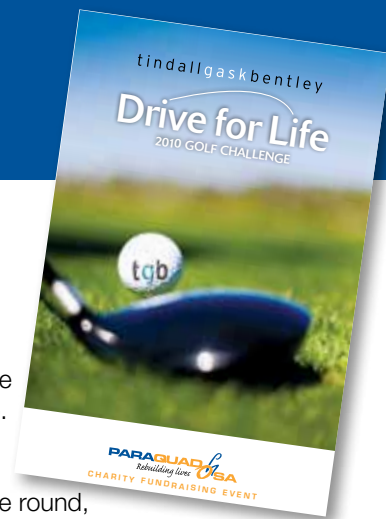
The event was developed by PARAQUAD SA to encourage South Australians with a disability and their families and friends to experience the beauty and excitement of Adelaide Zoo in its accessible environment. Full event details will be released in late March 2010.



2010 Tindall Gask Bentley Drive for Life Golf Challenge Friday 26th March 2010 at Royal Adelaide Golf Club

PARAQUAD SA and Martin Palmer will stage our 5th Annual Tindall Gask Bentley Drive for Life Golf Challenge on Friday 26th March 2010 at Royal Adelaide Golf Club. Thirty-two teams of four players will compete for the trophy, with another 30 guests enjoying a golf clinic with the Golf Club's resident professionals. Following the round, guests will retire to the clubhouse for lunch and refreshments. Special guest speakers Port Adelaide FC's Garry "Buddha" Hocking and Mark Haysman. The cost for a team is \$900 (Input taxed – no GST) and includes green fees for 4 people, gift, breakfast, drinks on course, lunch and beverages.

If you would like to register your team and for more information, please e-mail:
Michael Vickers at
michaelv@pqasa.asn.au



tindallgaskbentley



2010 EVENT CALENDAR PARAQUAD SA

March to June: Channel 9 Telethon Lifestyle Lottery commences

Friday 26 March: Tindall Gask Bentley Drive for Life 2010 Golf Challenge

Fri 30 April to Mon 3 May: 10th Annual United Water ZOO Accessible Adventure Days

June: Launch of PARAQUAD SA's Corriedale Park Housing Project

Friday 25 & Saturday 26 June: Careers Expo / Road Safety Campaign

July: Draw of Channel 9 Telethon Lifestyle Lottery

July or August: HOMECARE+ 21st Birthday Celebrations

July to December: Channel 9 Telethon Distinctive Home and Land Lottery commences

November: Channel 9 Telethon Seafood Affair

November: Schoolies Festival / Road Safety Campaign

November: PQA President's Awards

Tuesday 2 November: Channel 9 Telethon Melbourne Cup Luncheon

Friday 12 November: Wild Wine and Cocktail at the Zoo

15-21 November: Spinal Injury Awareness Week

Sunday 28 November: PARAQUAD SA / HOMECARE+ AGM and Christmas Party

Friday 3 December: International Day of Disability

December: Draw of Channel 9 Telethon Distinctive Home and Land Lottery



Welcome to 2010! I hope that you all had a fabulous Christmas and New Year and managed to enjoy the company of those that you love, and great food. It is hard to believe that it is February already, footy season is just around the corner and soon we will be making plans for next Christmas.

It was wonderful to catch up with many of our clients, support workers and their families at the various Christmas Parties; special thanks go to all of those who worked so hard to make these events such a success.

Throughout 2010 HOMECARE+ will continue its commitment to training. A large number of our Support Workers are to be congratulated for completing their Certificate III in Disability, Home and Community Care or similar discipline in accordance with Department of Families and Communities Health Support and Competency Based Assessment of Care Workers Policy or "DSP-15" as it has become commonly known. HOMECARE+ is committed to the provision of the highest standard of support to its clients through the provision of trained staff that are qualified, competent and confident to provide the highest level of client service.

A Training schedule has been devised for 2010 with a focus on holding update training away from the Marden office, with the "Roadshow" going to locations throughout the metropolitan and regional areas.

Introducing the Team Leaders

HOMECARE+ Team Leaders are responsible for the supervision and direction of the daily administrative functions and workflow of the HOMECARE+ within the Adelaide, Riverland, Mid North and Eyre Peninsula. The Team Leaders are accountable for the needs of HOMECARE+ clients within their region by ensuring effective, timely and professional management, in accordance with the clients' individual care agreement, supporting clients to achieve and maintain the highest possible quality of life.

The Team Leaders are responsible to the Manager, HOMECARE+, for the effective management of the HOMECARE+ teams through the provision of forward planning, co-ordination and supervision of the day to day operations of the HOMECARE+.



Danielle Joyce, Lucy Stephens, Ann Hofmann and Gavin Watson

We are pleased to say that requests for services on the Eyre Peninsula have exceeded our expectations. Our accommodation service is being fully utilised and as a result HOMECARE+ has had to source alternate options for the provision of respite. We have also found that we require a stand alone office and have just moved into premises at 6 Bligh Street Port Lincoln. In December we welcomed Danielle Joyce to the HOMECARE+ team.

Danielle has now settled into her new role as Regional Team Leader and after an exhaustive week in Adelaide attending her induction and becoming familiar with the Adelaide based team is looking forward to further establishing herself and HOMECARE+ as the service provider of choice in the region. We, of course, couldn't do this without our Support Workers and we are pleased to welcome our new employees to the organisation.

As I am sure you are aware, just prior to Christmas, Port Lincoln experienced the fury of yet another fire. HOMECARE+ was extremely fortunate to come out with only minor damage to the gardens and surrounds of our accommodation service despite a number of properties being lost just across the road. Our expressed

gratitude must go to the wonderful CFS volunteers who did a magnificent job in defending the property against the rage of the fire.

An invitation is extended to all to call our new office at 6 Bligh Street Port Lincoln. Office hours will be from 9am-2pm Monday to Friday.



Ann Hofmann (Mid North Team Leader) is working extensively with funding bodies within the Mid North and will be hosting a Country Dance and Music Group over the next few months. It was an enormous success last year and looks to be more actioned packed this year.

As well as providing In-home Support and respite options for clients, Ann is also working with Disability SA to support clients to participate in an Arts and Crafts Group. These sessions will be conducted at our property in Swan Street and enable clients to get together to participate in activities that they enjoy in a homely setting with good company, a cuppa and a chat. We are also planning to extend these services to include an Independent Living Skills to assist clients to gain skills and to develop their own potential.

Finally, on behalf of the Management and staff of HEMOCARE+, I would like to take this opportunity to thank you all for your continued hard work, loyalty and commitment throughout a very busy 2009. We look forward to continuing working with you in 2010 as HEMOCARE+ continues to be the service provider of choice throughout South Australia, 24 hours a day 7 days a week. Happy New Year to you all!

The New Year also brings a busy start to the Riverland, with a number of new clients now receiving support services from us. We also welcome a number of new support workers to our team and hope they enjoy their work providing the hands on delivery of services to our clients.

As with the other regions HEMOCARE+ Riverland are conducting a number of training sessions and encourage attendance by all Support Workers.

Again it was great to catch up with clients and staff that attended our Christmas lunch. Everyone had a great time and the chocolate fountain for dessert seemed to be the highlight for most.

Lucy and Marie are always available for our clients and support workers and are currently working closely with the Continence Nurses within the region to ensure that we are well prepared for the changes to the Continence Aids Assistance Scheme which comes into effect in July.

Sue Houston Manager
HEMOCARE+: Adelaide, Eyre Peninsula,
Mid North and Riverland

Outreach Clinic

The next clinic will be held in May, on a date yet to be determined.

Dr. Adrian Windsor & Michael Arthur RN will be attending in Mt. Gambier to provide this well received service, now in its 5th year.

South East Community Health staff will be taking bookings leading up to this clinic; appointments can be made by calling 8721 1460.

Introducing Nathalie Goodall



We are pleased to welcome a new staff member – Nathalie Goodall, who has been appointed as a RN/CSO. Please come and make yourself known to Nathalie and make her welcome to our team. She is a welcome addition to our team and will give added support to the admin team at Mt. Gambier, so as to assist you in performing your roles, to the best of your ability.

Locke Street

The make over continues with new furnishings and the garden in full bloom. The roses are out and are a colourful entry to the house. Respite has been steady and the house has been received by the public very positively. The current satisfaction surveys received are extremely positive, with overwhelming support for the services provided at this location. If you would like to have a look through, when considering Respite options, call our administration staff on **8723 3788** to arrange a visit.

Ripley Arcade Shop

The shop continues to provide a wide range of life changing items from the very small to larger items. We have a range of continence products that we have sourced at very competitive prices, which we are passing on to you. So check with our friendly staff and see if we have a 'special' just for you. Our helpful staff can source a wide range of items and provide a 'no obligation' quote, to meet your personal needs. Getting it to you is NO problem, we have well established courier systems throughout the regions, which allows for a cost effective service right to your door. Call staff on **8723 3788**.

Day of Ability

HEMOCARE+ was pleased to once again be involved in celebrating this day on the 3rd December, 2009. There were 2 events once again. The day event was located in Ripley Arcade, with activities, music, food and refreshments. The evening event was held in the 'old town hall' and was an informative evening. The guest speakers included our very own Sheena Wood & Malcolm Murray, who entertained us in good fashion. They also provided some excellent insight into the rigors and joys of being involved in the disability sector. Thank you both for the heart felt, humorously delivered insights, it kept the audience entertained.



Support Services

Pamper Day October

On Saturday Oct 31st we held a pamper day in Mt. Gambier. The aim for the day was to help these ladies to feel good about themselves and to give them a day of relaxation, by offering them a make over, massage and a manicure. We also had a lovely lunch and all the ladies received a "goodie bag" to thank them for coming. The day wouldn't have been a success if it wasn't for the people that helped us out on the day and we are very grateful to them for all their support.

A BIG Thankyou to Janine, Mary Kaye consultant, who travelled up and did all the facials. Also, a thankyou to Peter for helping the ladies to be more relaxed with a massage. We would also like to thank Krys Howard and Lee from HOMECARE+ in Mt. Gambier for all their help and their hard work in helping set up for the day.

Many thanks also to those that attended.

Sharron Neeson Manager Support Services, **Vicki McCartney**, Coordinator of Recreation Program, **Vicky Machen**, Peer Support Advocate.



Recreation Program

The PARAQUAD SA Recreation Program is proving to be a valuable asset in the disability community.

The Program is set up for adults who depend on a wheelchair for their primary means of transport, to help establish social and recreational groups in the Metropolitan area. We currently have programs running in the North and the South. As part of both programs, there is a wide variety of activities offered and a chance to meet others who share a common interest. If you would like to attend this program, please call Vicki McCartney during office hours on **8355 3500**.

Vicki McCartney

Coordinator of Recreation Program



Take 9

With the Take 9 Card you will get some amazing savings from Wallis Cinemas with proceeds supporting Channel 9 Telethon Charities

only \$15

- 2 FREE movie tickets
- 9 movies for only \$9 each for you and a friend or family members
- Over \$100 savings on normal ticket prices
- Chance to win a Wallis Gold Pass
- And a bag of FruChocs to share!

9 Telethon

WALLIS CINEMAS

FruChocs

Available Here

Volunteers

Become a Volunteer contact meganq@pqasa.asn.au



Hi all, Happy New Year!

I have recently returned from Maternity Leave, thank you very much to Mick Occhiuto who did a wonderful job in my absence! I have returned in a part-time capacity, so Mick and I will be job sharing the Co-ordinator of Volunteers position.

Mick will work Monday and Friday and I'll be working Tuesday, Wednesday and Thursday from 9 – 4pm. (Don't worry, Mick will still be working in Support Services on the other days). In December, we had the Annual Volunteer Christmas dinner at the Watermark Hotel; thank you to everyone who attended for a great evening and thank you to all of the volunteers for all their support and hard work in 2009!!

Just a reminder about PARQUAD SA's Volunteer Program. We deliver FREE services to people with a Physical or Neurological condition who use a wheelchair for mobility and live in the Adelaide Metropolitan area.

PARQUAD SA's Volunteer Program is a Home and Community Care (HACC) Program jointly funded by the Australian Federal and State Governments.

Volunteer services include:

- Basic Home Handy Work and Gardening
- Dog Walking
- Dog Grooming
- Home Visiting
- Shopping
- Phone Support
- Assistance at our Internet Café – QWERTY

Information regarding the volunteer program can be made available in large print, audio format and other languages

For more information please contact Megan Quirk and Mick Occhiuto on **(08) 8355 3500**.

Megan Quirk Co-ordinator of Volunteers





The New Year has begun and we are off to a busy start, with a number of new clients now receiving support services from us. We also welcome a number of new support workers to our team and hope they enjoy their work. We are having a number of training sessions happening in the New Year and hope that all support workers are able to attend any update training on offer.

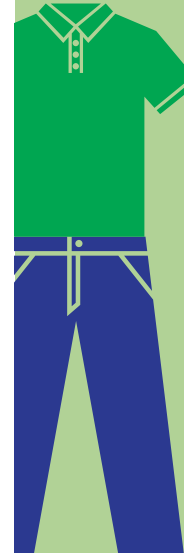
We would like to say thanks to both staff and clients who attended our Christmas lunch; everyone had a great time and the chocolate fountain for dessert seemed to be the highlight for most. Our thoughts go out to a few clients that have had hospital stays lately and hope that they are on the road to recovery. We would like to thank all of the staff and clients in the Riverland for their cooperation and understanding throughout the last year, and we look forward to a productive and positive year ahead.

Remember we are always available if you have any concerns or need anything.

Lucy and Marie

Clothing needs for wheelchair users with spinal injury

A research student from the University of Sydney is investigating the key problems that people who use wheelchairs because of spinal injury have with clothing. The results of this study will assist in development of clothing that is aesthetically suited to a seated figure and also meets the functional and medical needs of the wearer.



To complete the questionnaire please visit:
www.surveygizmo.com/s/220897/388sm

To take part in an interview or for more information about the project, please contact: Imogen Howe by email ihow2897@uni.sydney.edu.au, or by phone on: +61-437891659 (outside Australia) or 0437891659 (within Australia).

tindallgaskbentley

Drive for Life

2010 GOLF CHALLENGE



FRIDAY 26TH MARCH 2010 • ROYAL ADELAIDE GOLF CLUB INC.



Community support for the Corriedale Park Project continues to grow. The project site sign lists those who are helping to build the five fabulous new wheelchair accessible homes in Mount Gambier.



Late last year, the Governors of the Wyatt Trust provided a grant of \$ 100,000 to PQA (PARAQUAD SA) for the Corriedale Park Project. The Wyatt Trust was set up by William Wyatt who emigrated to Adelaide from Plymouth, UK, in 1837. William was an apothecary / surgeon, who held various positions in the early Adelaide Community in areas including education, health and welfare.

We are also delighted to announce that the Community Nursing Support Group of Mount Gambier has generously made a donation of \$10,000 to assist in the provision of facilities for the future residents at Corriedale Park. The Community Nursing Support Group was formerly part of the Royal District Nursing Society, and the group has given, and continues to give, support to organisations within the community who provide care to individuals.

On 19th January, Jamie Bignell and I addressed the members of the Mt. Gambier West Rotary Club. Jamie was able to give his perspective as a member of the Board of PQA and as a wheelchair user and I spoke about the Ramsay Rebuild Project in Hillcrest and the project in Mt. Gambier. The club had already given a generous donation to the project and we were delighted to receive yet another donation from them on the 19th.

Maxine Spence and Orazio Culteri of the Horticulture and Conservation and Land Management Department of the Mount Gambier Campus of TAFE SA have agreed to work with students on the landscape design and irrigation for the Corriedale Park site. Members of The Lions Club of Mount Gambier are willing and eager to work with TAFE to provide physical assistance with the landscaping on site.

The bottom line is that it is the community engagement with the Corriedale Project is valued for many reasons:

- the practical and financial support which has been given;
- for raising of awareness of the needs of people who require wheelchair accessible housing;
- for the possible prevention of spinal cord injury;
- promotion of the role of PARAQUAD SA and HOMECARE+ in the South East;
- perhaps most importantly, to promote the importance of a caring community.

The other really positive news is that the construction of the houses is on schedule with thanks to the builder, Dycer Constructions and architects, Chapman Herbert Architects. At this stage, roofs are on three of the houses and the builders are waiting for delivery of the frames for windows and doors. The design features which will enhance the energy efficiency of the homes are becoming more obvious as the building progress. These include orientation of the buildings to capture sun light, cross-ventilation to enable cooling through airflow, shading to protect windows from sun glare and therefore heat, and adequate insulation in both the roof and walls. The gardens will be designed to be low maintenance, water wise and attractive.

When the project is officially launched in mid 2010 – it should tick all the boxes for responsible design as far as access and energy are concerned.

Heather Hales
Manager Property and
Accommodation Services

Changes to CAAS

You may be aware that the Continence Aids Assistance Scheme (CAAS) will become the Continence Aids Payment Scheme (CAPS) on 1 July 2010, but what does that mean for you?

The new CAPS will replace the CAAS and will be managed by Medicare Australia.

The amount will remain the same as the CAAS amount and continue to be indexed annually.

If you are a CAAS client you should have received a letter in October 2009 advising of these changes.

Medicare will contact you to request information that will allow them to make the direct payment to you.

The current provider of products under CAAS, Intouch, will continue to administer the scheme until 30 June 2010.

CAPS will be a direct payment into your bank account, to use when searching for and purchasing your continence products. The aim is to increase flexibility and choice about where and when you purchase your continence products.

You will be able to independently purchase your continence products from a preferred supplier of your choice.

You will also be able to choose to purchase products from more than one supplier (i.e. one or more products from one or more different suppliers).

As you will be independently purchasing your products, supplier

choices will include existing continence product suppliers, pharmacies or retail outlets, and on-line.

To help in the new process of choosing a supplier(s) for your product requirements, the Community Lifestyle Advisors are currently compiling a list of a number of the major continence product suppliers. You may wish to contact some/all of these, or others, to compare product prices before making your independent purchase.

Alternatively, you may choose to continue to purchase products from Intouch, or as is the case for those living in the regional areas of SA, from one of the PARAQUAD SA office shops in Mt. Gambier, Berri or Pt. Lincoln.

Please contact the Community Lifestyle Advisors, Michael or Nicola, closer to the Scheme change over in July if you wish to receive a copy of the list of suppliers they are compiling, whom you may wish to contact.

Further information can be obtained from the:

Department of Health and Ageing
website at the following link:
<http://www.bladderbowel.gov.au/>

PQA Community Lifestyle Advisors
08 83553500

Toll free 1800 063 419 for those outside the metro area
michaela@pqasa.asn.au; nicolab@pqasa.asn.au

The Paraplegic and Quadriplegic Association of SA Inc.

Information About Advocacy: What is an Advocate?

An advocate is someone who:

- Acts on your instructions,
- Support, encourages and stands beside you,
- Works solely on your behalf, and
- Speaks on your behalf to promote your ideas and interests.

PARAQUAD SA and HOMECARE+ accepts and promotes the use of advocates. Where you wish to be assisted or represented by an Advocate, PARAQUAD SA and HOMECARE+ are committed to supporting you in that decision. It would be appreciated though, that if you decide to use the services of an advocate, that you let us know so that we can record the name of the person or the agency that you use, on your file. In that way, we can ensure that there is no breach of your privacy.

Who can be an Advocate?

An advocate may be a relative, carer, friend, neighbour or someone from an advocacy service. For information on formal advocacy services, please see the list at the end of this document.

What can an Advocate be Involved in?

An advocate can be involved in your support and assist you in a variety of ways:

- Support you to ensure your rights are upheld,
- Find out information for you,
- Be with you at assessments or meetings which concern the care and support you receive from PARAQUAD SA or HOMECARE+,
- Help you to provide accurate information,
- Help you to tell us your ideas and suggestions for improvement of our services,
- Support you to work through a problem you may have with PARAQUAD SA or HOMECARE+, and
- Help you make a complaint about PARAQUAD SA or HOMECARE+ or members of our staff and volunteers.

How Does an Advocate Support You?

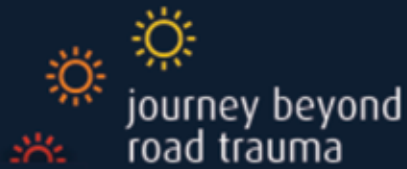
Advocates can work in a variety of ways, including;

- Over the telephone Through supporting you to speak at meetings you may have with PARAQUAD SA or HOMECARE+ By talking on your behalf to staff of PARAQUAD SA or HOMECARE+.

When can You Use an Advocate?

You can ask to access an advocate to represent you at any time.

Contacting an Advocacy Service PARAQUAD SA or HOMECARE+ staff can assist you to contact an advocate, or you can contact: **Disability Advocacy & Complaints Service of SA Inc.** 3/178 Henley Beach Rd, Torrensville SA 5031
Phone: 8234 5699 TTY: 8234 2229 Freecall: 1800 088 325 Email: drigney@dacssa.org.au Web: www.dacssa.org.au



A community site for collective healing,
remembrance and positive action

Journey Beyond Road Trauma site launched.

We are pleased to announce the launch of the beta of Journey Beyond Road Trauma, an online social network for people affected by road trauma.

The site caters for those affected by both serious injuries and fatalities, and is an online sanctuary where people can create tributes, find support and understanding from the online community, tell their story, and ultimately begin to heal.

It doesn't matter if a crash was 15 years ago or 15 days ago, road trauma has a long lasting effect. Within the community, people affected by road trauma can connect with others, tell their story to the world or remember in private.

Multi-platform and documentary producer/director Sandra Cook and producer/writer Kerry Sunderland believe that people affected by road trauma often feel voiceless and need to be heard and that they could benefit by connecting with others who have experienced the same trauma.

When someone first joins the community, you will be able to set up your profile, mark the scene of the collision (a virtual roadside memorial mark) on a Google Map, connect with others affected by road trauma, tell your story with blogs and video, and watch short documentaries.

The site can be used in road safety education by giving young people access to very real and powerful, engaging stories about the impact of road trauma and the consequences of reckless driving. The platform will also enable members, should they choose, to work together on campaigns for road safety and positive change.

The Journey Beyond Road Trauma community will be officially launched around Australia at Easter. By this time, we are aiming to involve 1600 members in the community, in recognition of the average road toll in Australia each year. Please help us achieve this by telling people you know who have been affected by road trauma.

To tell your story and find out more about the site,
please visit www.journeybeyondroadtrauma.org

Let's make our roads safer so this doesn't happen to someone else

For more information:

Sandra Cook

M: 0413 146 013

E: sandracook@onlinestoryexchange.com

www.journeybeyondroadtrauma.org