

PQA NEWS

Summer 2009

The official newsletter of Paraplegic & Quadriplegic Association of South Australia Inc.

PARAQUAD SA
Rebuilding lives

HOMECARE+
Always there



 **Wild Wine & Cocktails at the Zoo**

 **Drive for Life Golf Challenge**

 **The Ramsay Rebuild at Hillcrest**





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PQA is committed to serving and promoting the best interest of people with disabilities in a manner which recognises their worth and dignity, their right to experience life's events and develop their own potential!

About Us

PQA is an Incorporated Body established over 40 years ago 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, General Manager, Professional Staff, and trained Volunteers, and operates two business divisions, PARAQUAD SA and HOMECARE PLUS.

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

HOMECARE PLUS operates the market leader in personal care "fee for service" arm of PQA, any profits from which are returned to fund PQA community service programmes 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.



Head Office

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

Mount Gambier

Shop 6, Ripley Arcade, 27 Commercial St
 West, Mount Gambier SA 5290
P (08) 8723 3788

www.paraquadsa.asn.au

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

The HOMECARE PLUS 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.

Riverland

1/3 Worman St, Berri - Postal Address
 PO Box 210, Berri SA 5343 **P** (08) 8582 4654

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

What now seems to be a lifetime away, 2008 was an exceptionally busy year for all the staff at PARAQUAD SA and HOMECARE PLUS, and now with 2009 upon us there are a number of new, exciting projects on the agenda.

I would like to take this opportunity to wish all our members and supporters a Happy New Year and look forward to your continued involvement with the Association during 2009.

The 45th Annual General Meeting was held on Sunday, 16th November 2008 and I am pleased to report that all members of the 2008 Board of Management have signed on for a further term.

The Board Members for 2009 are:

David Fabbro	Michael Wooley
Sue Twelftree	Stephanie Thorpe
Steve Magor	Jamie Bignell
Kevin Duke	

We are fortunate to have Board Members that have a long term commitment to the Association, which has brought stability to the organisation.

The annual Christmas Function brought about a change in time and venue, with a barbeque lunch held in a large air-conditioned marquee at the rear of the Adelaide Oval. The change was overwhelmingly endorsed by those present and as a result, 2009 will be along similar lines, subject to the availability of the venue.

The bi-annual President's Awards were held on 19th November 2008 at Government House and hosted by our Patron, His Excellency Rear Admiral Kevin Scarce with four worthy recipients, namely:

Martin Palmer
 Grace Bowman
 Paul Anderson – (deceased)
 Gabrielle Aschberger

Fundraising ran a number of highly successful events during 2008 which included the Tindall Gask Bentley Drive for Life Golf Challenge, Wild Wine & Cocktails at the Zoo and the 9th year of the United Water ZOO Accessible Adventure Days.

HOMECARE PLUS has again been very proactive with the opening of a new branch and respite facility at Swan Street in Pt. Pirie and the major renovation of our respite facility at Locke Street, Mt. Gambier to service the needs of people with disabilities residing in these regions.

HOMECARE PLUS now has branches located in Adelaide, Mt Gambier, Berri,

and Pt. Pirie that also service the surrounding areas with the provision of in-home support and respite facilities.

The Property and Accommodation Services Division had a very busy 2008 with the completion of the Ramsay Rebuild Project. These 3 purpose built homes are now fully tenanted, providing transitional accommodation and support for people exiting the Hampstead Centre. The other major building project to commence construction in 2009 is the Corriedale Park Project in Mt Gambier, with 5 units along similar lines to the Ramsay Rebuild. Without the support of the City of Mt Gambier and the Affordable Housing Innovations Unit, this project would not be possible. Fundraising is well underway to raise the balance of funds, with confirmed financial support from the Motor Accident

Commission, the Independent Gaming Corporation and local community based organisations.

During 2008 the Support Services Division continued to deliver programs of support and assistance to members at record levels. This support would not be possible without the financial assistance of HOMECARE PLUS.

The wealth of support from our growing Corporate Sponsors and Donors has been outstanding, with many committing to our new projects about to commence.

Enough from me, so please enjoy the new format of the newsletter which has been put together with the generous support of Charterhouse Advertising, who are also assisting the Association with its future promotions and development of the new website.



His Excellency, Rear Admiral Kevin Scarce AC CSC RANR, the Governor of South Australia, PARAQUAD SA CEO James Kinghorn, Mark Ricciuto, Tony McGuinness, Mark Bickley, Peer Support Advocate Phil Herreen, Chris McDermott, former Adelaide Crows captains, at PARAQUAD SA's 2008 Tindall Gask Bentley Drive for Life Golf Day



Sea of Wheelchairs Prevention Campaign

Launched Friday 14th November 2008 in Rundle Street, Adelaide



Sea of Wheelchairs Prevention Campaign on Rundle Street

Adelaide's Rundle Street was awash in a Sea of Wheelchairs, as PARAQUAD SA, with support from the Motor Accident Commission and advertising agency JAM SHOP, reminded South Australians that a Spinal Cord Injury is sometimes only one drink away. During November 2008, hundreds of dining chairs along Rundle Street were turned into wheelchairs, to highlight the dangers of drink driving and the consequences of a motor vehicle crash which will change a person's life forever.

Every year across Australia, hundreds of people are seriously injured in motor vehicle crashes, with many experiencing the trauma of a Spinal Cord Injury and the challenging period of healing and readjustment for both them and their families. In many cases, innocent people have their lives changed forever due to the actions of drink-drivers.

PARAQUAD SA with support from the Motor Accident Commission officially launched the Sea of Wheelchairs campaign at 11.30am on Friday 14th November 2008. PARAQUAD SA recognises Network Ten, the Independent Weekly, City Messenger, FIVEaa, MIX102.3 and Cruise 1323 for their coverage of the launch. PARAQUAD SA also recognises the creators of the campaign, JAM SHOP, for their innovative campaign and support in putting the chairs together for the launch.



Fremont-Elizabeth High School Band



SA Police Band

Spinal Injury Awareness Week

Monday 10th – Sunday 16th November 2008

As part of our Annual Spinal Injury Awareness Week, PARAQUAD SA was under the Rundle Mall canopy from Wednesday 12th to Friday 14th November 2008. 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. Rundle Mall shoppers enjoyed free face painting and music from Fremont-Elizabeth High School and the SA Police Band at the display, as PARAQUAD SA highlighted the role of our Association in the community.

Governor of South Australia visits the Hampstead Rehabilitation Centre's Spinal Injury Unit

Thursday 2nd October 2008

His Excellency Rear Admiral Kevin Scarce AC CSC RANR, the Governor of South Australia saw first hand the rehabilitation process for people recovering from a Spinal Cord Injury. His Excellency – who is Patron of PARAQUAD SA – undertook a tour of the Royal Adelaide Hospital Hampstead Rehabilitation Centre's Spinal Injury Unit with Dr Ruth Marshall and PARAQUAD SA CEO James Kinghorn, as they discussed the challenging process of healing and readjustment with both patients and outpatients and the Unit's experienced and dedicated medical team.

His Excellency's visit to the Unit was organised by PARAQUAD SA to lift the spirits of patients undergoing their rehabilitation and to highlight the work of the professionals in the field of Spinal Cord Injury in South Australia. His Excellency's visit certainly did that, with both patients and staff left smiling from ear to ear. PARAQUAD SA has been a long time supporter of the Spinal Injury Unit, with their support including the funding of two on-site Peer Support Advocates – the only Unit in Australia with this on-site support – and the Unit's Internet Cafe QWERTY, and the donation of blinds for the barbecue area.



George Dunstan, PARAQUAD CEO James Kinghorn, Dr. Ruth Marshall, His Excellency, Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia



His Excellency, Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia, George Dunstan, Bruce Pearson

Wild Wine & Cocktails AT THE ZOO

Friday 21st November 2008

Over 300 guests joined PARAQUAD SA and principal sponsor, Andersons Solicitors, in the Zoo's Rotunda for what is now one of Adelaide's premier cocktail parties. Guests enjoyed special after-hours tours, entertainment by Jazz band Juice, fine wines from the Foster's Group, cocktails thanks to Smirnoff and Nippy's Juices, Foster's new Natural Blonde beers and tasty canapés prepared by All Leisure Hospitality and courtesy KR Castlemaine and John Lewis Foodservice.

This year's event supported PARAQUAD SA to raise over \$8,000 in vital funds towards PARAQUAD SA's new accessible housing project, Corriedale Park in Mount Gambier, which will provide valuable wheelchair-friendly accommodation for people recovering from a Spinal Cord Injury and respite services. PARAQUAD SA is funding this project with the generous support of South Australian corporate and community-minded organisations and from major events including our annual Wild Wine & Cocktails at the Zoo.





Annual Christmas Party & Annual General Meeting
Sunday 16th November 2008 – 12noon for a 12.30pm start
Adelaide Oval Pavilion

This year for the first time, PARAQUAD SA and HOMECARE PLUS staged our Annual Christmas Party for clients, members, staff and their families as a lunch in the marquee at Adelaide Oval on Sunday 16th November 2008. Guests enjoyed a free BBQ lunch, soft drinks, beer, wine, tea & coffee. The entertainment on the day included a DJ playing everyone's favourite songs, a bouncing castle for the kids and the opportunity to watch SA play WA

in a day/night state match. The day was a great success, with the crowd overwhelmingly agreeing to the same venue next year.

PARAQUAD SA and HOMECARE PLUS thank Adelaide Access Taxis and Adelaide Independent Taxis, for their support with the transport to the event, and the wonderful team of staff and their partners who continue to support the work of the organisation.



Speedway Greats racing to rebuild lives

Speedway Greats once again helped former Australian Speedcar Champion and 2007 Senior Australian of the Year Phil Herreen raise money for PARAQUAD SA and transitional housing projects for people suffering from spinal cord injuries. A charity auction was held during the 2008 Australian Speedway Hall of Fame dinner with items generously donated by Krikke Motorsport, Garry Rush, NASR, Tyrepower Parramatta City Raceway and Peter Tucker. A cheque for \$4,000 was presented to Phil and Michael Vickers from PARAQUAD SA by NASR General Manager Tim McAvaney and Hall of Fame inductee Bill Wigzell overlooking Colonel Light's Vision in Adelaide on 24th September, 2008.



Peer Support advocate Phil Herreen, Michael Vickers, NASR General Manager Tim McAvaney, Hall of Fame Inductee Bill Wigzell

Annual Badge Day

Friday 14th November 2008

On Friday 14th November 2008, over 40 PARAQUAD SA staff and Volunteers helped raise awareness of spinal cord injury in the community, and vital funds for the services we provide across South Australia. PARAQUAD SA's Volunteer collectors were stationed at specific locations around Adelaide, helping PARAQUAD SA raise over \$1,700. PARAQUAD SA takes this opportunity to thank everyone who joined us on the day, as well as all our regular Volunteers who continue to support our work.

2008 Channel 9 Telethon Distinctive Home & Land Lottery

PARAQUAD SA and Channel 9 Telethon congratulate the following winners in the 2008 Channel 9 Telethon Distinctive Home & Land Lottery, drawn Tuesday 9th December 2008:

- 1st Prize**
Home & Land package - Ticket # 74599, S. Hoskin
- Book Buyer Prize \$6000 Le Cornu voucher - Book # 15869, Mr. GG Tiller
- Book Seller Prize \$1000 cash + \$1000 Le Cornu voucher - Book # 15869, Childhood Cancer
- 2nd Prize (minor)**
\$1000 cash - Ticket # 122392, Helen Brown
- 3rd Prize (minor)**
\$1000 cash - Ticket # 108067, S.L. Fisher
- 4th Prize (minor)**
\$1000 cash - Ticket # 92507, Don Luca

Free comp for visitors to lottery home
\$1000 Le Cornu voucher - Barbara Mostyn

PARAQUAD SA and Channel 9 Telethon thank the thousands of South Australians who supported the lottery, helping to raise \$662,575 for South Australian charities.



Graham Docking, HOMECARE PLUS Manager Sue Houston, Desiree Davis

High School raises money for PARAQUAD SA

On Thursday 30th October 2008, Loxton High School student Desiree Davis presented PARAQUAD SA representative Sue Houston with a cheque for \$400, which was raised by the school at a recent casual day. The school raised the money on behalf of former student Graham Docking, who was supported by

PARAQUAD SA's wide range of services while recovering from a spinal cord injury recently. PARAQUAD SA acknowledges the school and its students for their community development commitment.

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PQA's Bi-Annual President's Awards Presentation at Government House

Wednesday 19th November 2008

Four South Australians were presented with PQA President's Award from His Excellency, Rear Admiral Kevin Scarce AC CSC RANR, the Governor of South Australia, for their outstanding contributions to the Disability Community. His Excellency, who is Patron of PQA, presented the awards as part of PARAQUAD SA's Annual Spinal Injury Awareness Week. The four recipients were:

- Ms Grace Bowman – nominated due to her positive outlook and fighting spirit which have made her an inspiration to everyone in the Disability Community. Grace represented Australia as our youngest ever Equestrian Paralympic Squad member when she participated in the recent 2008 Beijing Paralympic Games.
- Ms Gabrielle Aschberger – nominated due to her determination to make the most of life and by contributing positively and quietly in the community.
- Mr Martin Palmer – nominated due to his long time financial support of PARAQUAD SA's programs and services and his support of the South Australian Disability Community
- Mr Paul Anderson (deceased) – nominated due to his many professional and personal achievements and his outstanding contribution to the South Australian Disability Community as an advocate for people with a disability.



(Back) David Fabbro (PQA President), Martin Palmer, His Excellency, Rear Admiral Kevin Scarce AC CSC RANR, Mrs Judith Anderson (Front) Gabrielle Aschberger and Grace Bowman



Introducing Rebecca Young

I'm Rebecca Young and I'll be looking after Special Projects for Olivia Boffa, whilst she is on maternity leave.

I am married with three children, and a blue heeler. I enjoy dance (Salsa at the moment), reading and travelling as much as possible (which is never enough). We even took our family to live in a village in France a couple of years ago whilst my husband, a winemaker, worked vintage at a 500 year old winery in the Loire Valley. I am also quite passionate about food, and combined with the wine, this seems to lead to a lot of entertaining.

Professionally, I have worked in advertising, marketing and media for the past 12 years in a range of industries and positions. I am really looking forward to my time at PARAQUAD SA and hope that I can bring something unique to the organisation while I'm here.

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Hello all,

As many of you may already know, Megan Quirk has gone on maternity leave. In her absence, I will be taking over the role of the Co-ordinator of Volunteers. I have worked at PARAQUAD for many years in reception, and more recently, support services. I am looking forward to working with you.

Late last year, I was able to meet a number of the volunteers at the Volunteer Dinner at the Watermark Hotel, Glenelg.

Thank you to all of our volunteers who work hard to provide support and assistance to our clients – your work is truly invaluable!

Just a reminder about the FREE Volunteer Services we provide to people who have a Spinal Cord Injury and/or neurological condition. If you have never accessed our services before, please give me a ring, I would love to hear from you!

Volunteer Home Handy Persons

– provide basic gardening and home maintenance such as fixing shelves, touch up painting, changing tap washers, pruning, planting and weeding (the service is free, the only cost to you is the parts needed to do the job). You can access the service as often as you like; there is no limit, however, sometimes if there is a huge demand there may be a short wait for assistance.

Volunteer Home Visitors – provide social support, they can assist you with shopping (grocery or window), assist with a hobby or games or they can just catch up with you for coffee and conversation.

Dog Walkers – can walk your dog on a regular basis.

Dog Groomers – can brush or wash your dog (depending on the size and temperament of your dog) on a regular basis.

Phone Support volunteers – also have a disability and can phone you every 2-3 weeks for an informal chat, provide information and refer you onto other services if required.

Volunteer Vacancies

We are desperately looking for volunteer gardeners to provide basic gardening assistance for all suburbs.

I look forward to hearing from you!

Mick Occhiuto

Acting Volunteer
Co-ordinator



For more information

on any of the free services or if you would like to become a volunteer please contact Mick.

P (08) 8355 3500

E michaelo@pqasa.asn.au

Recreation Program

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

The PARAQUAD SA Recreation Program is proving to be a valuable asset in the disabled 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. I would like to take this opportunity to thank all the Support workers who have worked with the Recreation Program for all their hard work over the last 12 months.



Pam - Support Worker HOMECARE PLUS and Craig - Southern Group



Michelle - Support Worker, HOMECARE PLUS and Graham - Northern Group

For more information

on the Recreation Program please call Vicki McCartney - Recreation Coordinator

P (08) 8355 3500

E vickimc@pqasa.asn.au



Volunteer Dinner - Cheryl Montgomery



Volunteer Dinner - Neil and Irene



Volunteer Dinner - QWERTY volunteer Wouter and his wife



HEMECARE PLUS has just survived another busy Christmas and New Year period. A big thank you to all of our ever-reliable Support Workers for all of your hard work during this very busy time of the year.

It is hard to believe that 2008 has been and gone (I must be getting old).

Throughout 2008, a major challenge for HEMECARE PLUS has been the implementation of The Health Support and Competency Based Assessment of Care Workers Policy, or "DSP-15" as it has become commonly known by the Department of Families and Communities. The intent of this policy is to assist service providers, such as HEMECARE PLUS, to have clear guidelines for the assessment of the support required for people with a disability who have complex health support needs. It also includes the implementation of minimum qualifications for Support Workers being a Certificate III in Disability, Home and Community Care or similar discipline.

HEMECARE PLUS has long recognised that our clients should have access to highly skilled and experienced support workers who are well trained and supported by their employer and welcomes the implementation of this policy.

HEMECARE PLUS has been a leader in the provision of pre-employment and ongoing training of all of its staff for many years and embraces the challenge of ensuring that all of our staff meet the minimum qualification required, particularly for our existing workforce.

Early in 2008, we were pleased have our first Group of Trainees successfully complete Certificate 4 in Disability Studies and we are about to have a number of existing Support Workers begin studying to gain their Certificate III qualification. We wish them all the best as they undergo their studies.

In September, HEMECARE PLUS was pleased to welcome Leeann Hanks as our new Client Service Officer. Leeann replaces Mady Lewis, who left in August for personal reasons. Leeann, as was Mady, will be responsible for the provision of services in the Eastern Area and will be in contact with you soon, if she has not had the opportunity to do so yet.

HEMECARE PLUS has recently undergone a recruitment program in the Mid North and is in the process of commencing the provision of in home services to people with

disabilities or special needs within the region. These services will be provided by skilled Support Workers employed by the organisation, ensuring that these clients receive the same high quality services demanded by our clients in our other regions. Initially these services will be managed by our experienced team in Adelaide with the aim of establishing an office in the region early next year.

It has been recognised by HEMECARE PLUS, after consultation with Government agencies such as Disability SA, that there is a considerable need in Port Pirie and the Mid North for the provision of respite accommodation outside of the client's home, thus giving opportunity for their aging family carers who deserve a well-earned break to recover from the demands placed upon them as has been well documented in the media.

Currently the only facilities able to provide these are Aged Care Facilities, which are, I am sure you will agree, inappropriate for young people with a disability.

HEMECARE PLUS has been fortunate to locate a well secured 3 bedroom property with an additional sleep out / study, which has front wheel chair access with one accessible bathroom and toilet, a large entertaining area, provision for parking up to three vehicles and has been beautifully renovated by it's owner.

It is proposed that the property will accommodate a maximum of three clients at any one time, supported by one support worker 24 hours per day. Support Workers will be rostered for a maximum 12-hour shift with a changeover of staff to generally occur at 8am and 8pm. An additional staff member may be utilised for a shorter period of time during the day to assist with activities such as personal care, depending on the individual support needs of each client.

Although bookings for respite will generally be planned in advance, HEMECARE PLUS does have the capacity to provide emergency respite.

It is our aim that the property retains the appearance of a well maintained normal family home that has people with disabilities come and visit for periods of time.



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It is the belief of HEMECARE PLUS that the provision of this service will fill a vital need to the community and will greatly enhance the lives of people within the region who have a disability or a special need, and their families.

In November, as part of Spinal Awareness Week, the Association held its biannual President's Awards at Government House. Once again, we were pleased to invite those Support Workers who have achieved 10 years of service for HEMECARE PLUS to participate in the festivities and enjoy the hospitality of Government House. We then all enjoyed lunch at the Riverbank Café North Adelaide where the Support Workers received a certificate recognising their longevity with the organisation. It was a very happy occasion enjoyed by all of those who were able to attend.

I would like to further acknowledge the commitment and loyalty of these workers:

Congratulations go to Peter Coombe, Ron Horridge, Erica Dier, Linda Walkely, Sue Shiell, Marilyn King, Ivan Belosovic, David Medlow, Brad Edwards,

Sue Rehlaender, Rebecca Ballantyne, Jozefa Marzec, Cres Drysdale, Mark Ratcliff, Joy Turbill and Rosslyn Tucker.

It was also wonderful to catch up with many of you at our Annual Christmas Party. As you see by the photos, it was a very special afternoon. Hopefully you all enjoyed the change of venue to the Adelaide Oval and if you are a cricket fan took the opportunity to enjoy a couple overs of the cricket. A special thankyou for all that helped make the day such a success.

On behalf of all at HEMECARE PLUS I would like to take this opportunity to wish you and your families a very safe, healthy and happy 2009.

HEMECARE PLUS: Always There so please don't hesitate to contact myself or any of the HEMECARE PLUS team if we can be of any assistance.

Sue Houston
Manager
HEMECARE PLUS



Introducing Leeann Hanks

Hello everyone, my name is Leeann and I thought I could tell you a bit about myself.

My experience in disability work is many and varied. I grew up in a family with a parent who had Multiple Sclerosis, and my mother was also very involved with volunteer groups. This began my interest in spending time with people with disabilities.

In 1991, after deciding that I didn't want to be a primary teacher, I began working for Community Services Victoria in Accommodation and respite. I've also worked as a volunteer for Legacy, Victorian Council of Social Services and with the MS Society in Victoria.

I continued to work in this area until my family had the opportunity to move from Sydney to Adelaide in April last year. Since then I have worked as a support worker with HOMECARE PLUS and was lucky enough to become a CSO in September.

I've enjoyed the challenge thus far and look forward to meeting the clients and support workers that I haven't yet met.

PROFILE

News from the Riverland

HOMECARE PLUS in the Riverland continues to grow with clients who need our service and with the resulting need to employ more Support workers and the training involved.

The close contact with the Support workers, clients and myself, as Client Service Officer/ Registered Nurse, and with the assistance of Marie Halls our Administration Assistant, has been an important part of the teamwork since we first established services to the Riverland. It maintains efficient service for the clients and ensures that I am kept informed of our client's needs and any changes that may need to be addressed and allows me to make changes as required.



The service we provide to the Riverland for continence and wound care products is still appreciated and has been further enhanced by the provision of mobility and lifestyle products with customers calling in from all Riverland towns. However, we will deliver to anyone unable to come to Berri. Marie and I welcome any enquiries, our office hours are 10am to 3pm, but please leave a message outside these hours and we will call you back.

In November 2008, Support Workers enjoyed the opportunity to meet with Libby Frankish, Bev Foster and Sue Houston for an education session on Occupational Health and Safety. The education session was very well attended and all enjoyed the interaction with staff from the Adelaide office.

In December, Support workers and clients enjoyed a get together with Sue Houston, James Kinghorn and their partners at the Berri Resort Hotel to celebrate 2008, it was a fantastic evening enjoyed by all.

Here at the Riverland office, we hope everyone had a safe holiday and wish you all best for the New Year to come.

Alice Lock CSO/RN Riverland



The Ramsay Rebuild



A housing project designed and built for access and sustainability

The Ramsay Rebuild is an innovative housing project of three homes, which have been planned using the principles of universal housing design. The homes are located in Hillcrest in Adelaide's north-eastern suburbs and provide transitional housing, for those who have experienced the trauma of a Spinal Cord Injury, when they are ready for discharge from the Hampstead Rehabilitation Centre.

The homes are accessible, environmentally sustainable, and demonstrate best practice for affordable housing - particularly for people with a disability.

Following the success of the Ramsay Rebuild, five houses are to be built in Mount Gambier in 2009. The land for these houses has been gifted to

PARAQUAD SA by the City of Mount Gambier and funding has been received from the Affordable Housing Innovations Unit of the Department for Families and Communities, the Motor Accident Commission and the Australian Hotels' Association. Further fundraising for the project is under way.



His Excellency Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia, unveils the plaque to officially open The Ramsay Rebuild.



Mr. Geoff Vogt (now retired CEO of the Motor Accident Commission) announces a \$50,000 sponsorship of PARAQUAD SA's new Corriedale Park Accessible Housing Project in Mt. Gambier, at the official opening of The Ramsay Rebuild.



Some of the team behind The Ramsay Rebuild: (l-r) Ian Paull, Emilis Prelgauskas, Paul Downton, Martyn Jones, Chris Scannell and James Costello.

Well, the New Year has arrived, all the staff in the South East office would like to take this opportunity to wish everyone a happy and safe 2009.

Christmas party

Once again, the year would up with a wonderful gathering of clients and staff who celebrated the year's events with fellowship, a good meal and lots of laughter. What a wonderful combination!

The festive season was in us all and much frivolity and noise was the result. Many happy snaps were taken, with just a few in this newsletter for you to view.



Locke Street Project

HEMOCARE PLUS has been eagerly awaiting the completion of the renovation of the Locke St House and guess what! It's nearly done!

With contributions from the Community Benefit Fund and SERDE's 'Work for the Dole' program, we have undertaken a huge renovation of our house in Mt Gambier.

The renovation aimed to upgrade the property, so as to better meet the needs of clients with a disability. It involved revamping the bathroom - toilet area, kitchen, main bedroom, entrances with decking and ramps for easier access, with a final spruce up of the interior with new paint and floor coverings. The exterior was not missed with the inclusion of a veranda and covered deck, to take advantage of the outlook.

The garden will be the final part of the project, which will be completed in the near future.

This has been a substantial project, which will provide the South East with a high needs facility for the disability and aged care sector, whilst keeping that homely atmosphere.

High needs house

The South East has recently received funding to provide residential care for clients with high care needs.

The project is a joint venture, funded by both the State and Federal government via the Young Person's in Residential Care Program (YPIRCP)

This facility will provide 24hour residential support to individuals who have high care needs, so as to prevent them entering an Aged Care Nursing Home facility.

The facility is located in Mt Gambier and will accommodate up to 4 residents at any one time.

This is a wonderful new development for the South East and HEMOCARE PLUS is thrilled to be involved in this worthwhile and rewarding project.

If anyone wishes to know more about this project, contact **Nikki Ling** at Disability SA, Mt Gambier on **8725 5633**

International day of disability

We were pleased to be involved in working with an enthusiastic group of organisers to provide a rewarding and meaningful celebration on the 3rd December.

The day and night was very eventful and enjoyed by all that participated. The daytime events were held in Ripley Arcade and included 28 organisations participating in displays and celebrations throughout the day.

Special mention needs to be made of a number of treats which included:

1. A wonderful singing performance from Lucy Lovell, who had us all spell bound;
2. The Gordon Education Centre Choir who entertained us with their rendition of a number of popular songs, which we were all able to join in with;
3. The award presentations, done so ably by Mayor Steve Perryman, who aided the committee in recognising outstanding efforts for both personal achievements and exceptional participation in the disability sector.
4. The lovely BBQ, provided by the Lions club of Mt Gambier;
5. The displays and activities organised by all the participating agencies.

The recipients were as follows: Amecahi Bawden, Sheena Wood, Lucy Lovell, Maurice Pilgrim, Chris Hillier, Millicent Work Options Centre, UCWPA Kingston Supported employment Service, Gianni Spada, Jackie Rehn, Matthew Usher, Lawrence Braithwaite, Joanne Bates, Luciano Bianco, Marlene Ditekun and Gambier Contracts;

The evening event was enjoyed by all who attended, where we were treated to the expertise of Stan Thompson (ABC Radio) interviewing 3 local individuals in relation to their journey within the disability sector.

The interviewee's were: Helen Williams, Lucy Lovell and Jamie Bignell, who openly and passionately told their stories. The evening was a resounding success and discussions are occurring for next year's events already.



Equipment & continence supplies

We are very pleased to continue with this valuable service.

The shops also offers a wide range of options for 'natty' gifts, rather than socks and jocks, so check out the range OR go for a gift voucher, which can be used for anything in store. We even make up gift packs, with what ever you choose, so don't be stuck for a 'useful' gift, come to Ripley arcade.

Our Ripley Arcade store is continuing to grow its range of mobility and other aids to assist or improve individual's independence while assisting with day to day living skills, that many of us take for granted.

So, if you have difficulties getting around safely, opening that 'datted jar' or putting on your socks, need a higher seat in the toilet or even a handrail that needs to be in differing spots, come and have a look at the 'snazzy' ideas that are available.

Of course, we cannot stock everything; however, our helpful staff will endeavour to source products and give unconditional quotes, so you can think it over and let us know at your leisure.

We also have a lay-by program which is very useful, particularly with those more expensive items.

We service the whole South East, cost effective delivery can be arranged. The community outside Mt Gambier does not need to feel disadvantaged, just give us a call and we will provide all the information.

Contact **Lee, Sheena, Krys, Wendy & Gary** at the Ripley Arcade office/store on **8723 3788**.

What do you need of a law firm?

Just two things - competence and integrity. The kind of competence that can only come from expertise in a chosen field and the integrity of a lawyer who's on your side - someone who's fighting for you. That's exactly what Andersons have been bringing to South Australians for over 50 years. We provide all legal services including Personal injury claims, Professional Negligence, Family and De Facto Law, Employment Law, Wills and Estates, Contracts, Leases, Conveyancing and all Criminal Prosecutions and Traffic matters.

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* Conditions apply

PARAGUARD SA **HEMOCARE+**
Rebuilding lives *Always there*

A Wheelie Healthy Lifestyle

1st program commences February 2nd 2009

Program includes exercise, diet and nutrition, cooking, information

For more information contact Nicola Bennett or Vicki McCartney 8355 3500

This program is funded by the Australian Government Department of H&A



Upcoming events

2009 United Water Zoo Accessible Adventure Days

Friday 1st to Monday 4th May 2009

This year's event will be held from Friday 1st to Monday 4th May 2009 and offers \$7.00 entry for people with a disability, free entry for a Carer, a 20% discount for families and friends attending, free face painting between 12noon-2pm daily and give-aways. To make the event accessible to everyone, PARAQUAD SA works with the Zoo's friendly Volunteer guides, Blind Welfare Association and Deaf SA to stage a number of special guided tours for the hearing and vision-impaired guests visiting the Zoo.

PARAQUAD SA takes this opportunity to thank the supporters of this year's event, including major sponsor United Water, All Leisure Hospitality, RPH Adelaide, the Government of South Australia, Adelaide Independent Taxis & Adelaide Access Taxis, HOMECARE PLUS, Blind Welfare Association and Deaf SA.

2009 Tindall Gask Bentley

Drive for Life Golf Challenge



If you would like to register your interest in a team for 2009, contact Rebecca Young or Michael Vickers now on 8355 3500.

Friday 3rd April 2009 Royal Adelaide Golf Club

PARAQUAD SA's 5th Annual Tindall Gask Bentley Drive for Life Golf Challenge will be held on Friday 3rd April 2009 at Royal Adelaide Golf Club. PARAQUAD SA and Martin Palmer are also pleased to confirm that we have secured the support of special guest speaker, former Victorian Premier and current Chairman of Beyond Blue and 2008 AFL Premier Hawthorn FC, Mr Jeff Kennett. The 2009 event information is as follows:

Program

- | | |
|-------------------|--------------------|
| • Registration | From 7.30am |
| • Welcome | 8.10am |
| • Tee Off | 8.30am |
| • Lunch & Auction | 1.00pm |
| • Presentations | 2.30-3.00pm approx |

Competition

- Stableford Teams Event - Best Aggregate Score
- Handicap players to produce official Golf Link Handicap Card or play off 18

Includes

- Green fees to this world-class course and special gift
- Light snack at registration and drinks on course
- Gourmet lunch with beer, wine & soft drinks
- Guest speaker - Mr Jeff Kennett (Chairman of Beyond Blue, Chairman of 2008 AFL Premier Hawthorn FC and former Victorian Premier)
- Auction of "money can't buy" items
- Official event polo shirt.

Team of 4 players is \$900
(no GST - event is input taxed).



The Channel 9 Telethon Take 9 Movie Deal

The new 2009 Channel 9 Telethon Take 9 Movie Card will once again go on sale in March 2009. The Movie Card will include:

- 2 Free Movie Tickets
- 9 Movies for only \$9
- Up to \$130 Savings on Normal Priced Tickets
- A Chance to win a Wallis Gold Pass.

The card is only \$15 and can be purchased through PARAQUAD SA. Be quick to purchase the Take 9 Movie Card as the card sold out in 2008.

Channel 9 Telethon Pick-a-Prize Lottery Get Your Fingers Ready To Pick-a-Prize

PARAQUAD SA will be involved in the Channel 9 Telethon Pick-a-Prize Lottery in 2009. Prizes this year include: a Suzuki Car, \$25,000 Stratco Home Improvement Products Voucher, \$25,000 SonyCentral Package or \$20,000 Cash Prize.

All tickets for the lottery are only \$5 each with the opportunity to purchase a book and receive a FREE TICKET for only \$25.00. Tickets are officially on sale in March 2009. There are also 20 minor prizes of Telstra Next G Mobile Phones to be won.

Please contact Rebecca Young on 8355 3500 for more information and to pre order your tickets.