



**ATSIDNQ**

Aboriginal & Torres Strait Islander  
Disability Network of Queensland

**Edition 26 - April -June 2020**

## Welcome to Edition 26

In the past three months, during the COVID-19 pandemic restrictions, ATSIDNQ members have witnessed many challenges, especially in the way that we conduct our business of community engagement. ATSIDNQ connect with community through yarning groups, recruiting new members and discussions with current and emerging Champions to the Network.

To make sure we have stayed connected and continued to address systemic issues with Network members, we have used social media, video meetings like Skype and Zoom, and participated in numerous telephone discussions.

Unfortunately, due to travel restrictions to remote communities, ATSIDNQ are not permitted to visit communities. Despite the current restrictions, ATSIDNQ are eagerly planning to visit communities, once the restrictions are lifted.

In the meantime, ATSIDNQ continues to operate to ensure the Network maintains the growth and support of existing members and potentially reach new members.

ATSIDNQ are currently involved in several projects including:

### **ILC Project – Information, Linkages and Capacity Building Project –**

Establishing ILC Disability Yarning Groups within (3) Regions over the next 3 years:

- Maryborough/Hervey Bay;
- Dalby, St George, Oakey;
- Cairns.

The focus of ATSIDNQ is to constantly challenge and improve the current conditions experienced by Aboriginal and Torres Strait Islander persons with disability by listening to community stories and identifying systemic barriers. ATSIDNQ initiates proposed policy changes and regularly develops submissions to State and Federal Commissions. ATSIDNQ is currently working on a Disability Royal Commission paper, Emergency Response, Planning and Response. A questionnaire (Survey Monkey) was recently sent to all Network members asking for your input and feedback by completing the questionnaire and returning to ATSIDNQ. Thank you to members who have responded and we hope to receive more completed surveys soon.

Another very important strategy of our Network is to ensure that we continue to recruit Network Champions in each region of Queensland. Champions have lived experiences of disability challenges and can add their voice to the Network by sharing their stories and identifying the challenges that are occurring throughout their communities and regions. ATSIDNQ Champions advocate for change within their local, state, and federal platforms.

ATSIDNQ continually adopts change and welcomes all Indigenous and Non-Indigenous people to support our aims and objectives. Membership is free to join, so visit our website, or email [info@atsidnq.com.au](mailto:info@atsidnq.com.au) or call me on **1800 718 969**.



Bruce Simpson  
ATSIDNQ Project Officer

**Penda** is a free app for women who have experienced domestic and family violence and are thinking about separation and divorce. It contains financial tips, safety and legal information, and referrals. Separation can be a dangerous time. Rethink downloading this app if you feel unsafe, if your (ex) partner monitors you, or makes you feel scared, intimidated or controlled, or helped to set up your phone, had access to your phone, or has linked email or app store accounts with you.

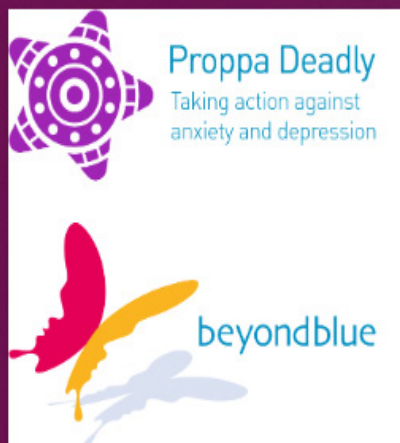
You could ask a trusted friend or family member to download Penda instead. You can also call 1800 RESPECT (1800 737 732) to find a service near you for support. Visit eSafety to learn how to be safe online and when using your devices at <http://www.esafety.gov.au/women>.



## Brisbane Indigenous Media Association Ltd

Brisbane Indigenous Media Association Ltd has operated 98.9FM as an essential service for the whole of the community. 98.9FM is best known for its unique blend of country and Indigenous music. 98.9FM is a significant contributor to the National Indigenous Radio Service (NIRS), which provides daily news bulletins and 24-hour programming to over 120 community radio stations across the country.

<https://989fm.com.au/category/community/proppadeadly/>



## Proppa Deadly

### BIMA Projects/Proppa Deadly

**Proppa Deadly** is a project encouraging Aboriginal and Torres Strait Islander people to take action against depression and anxiety through the telling of their own stories across the First Nations community radio sector.

Brisbane Indigenous Media Association is one of sixteen (16) participating radio stations, from metropolitan, regional and remote parts of the country, that will produce and broadcast personal stories of Aboriginal and Torres Strait Islander men and women sharing their experience and the action each undertook to combat depression and/or anxiety.

**Proppa Deadly** is an initiative of beyondblue.





## **Inquiry into the National Disability Insurance Scheme (NDIS) market in Queensland**

On 29 April 2020, the Queensland Government asked the Queensland Productivity Commission to undertake an inquiry into the National Disability Insurance Scheme (NDIS) market in Queensland.

The inquiry will examine the transition to the NDIS and market development in Queensland, including:

- the efficiency and effectiveness of the NDIS market
- structural, regulatory or other impediments to the efficient operation of the NDIS market
- factors affecting specific markets or market segments, including in rural and remote areas
- options for improved policies and measures to ensure the NDIS market meets the needs of participants now and in the future.

Issues paper due June 2020.

The Commission will adapt consultation arrangements to ensure that all stakeholders are able to participate in the inquiry while maintaining social distancing requirements.

# **Try our free mindfulness app.**

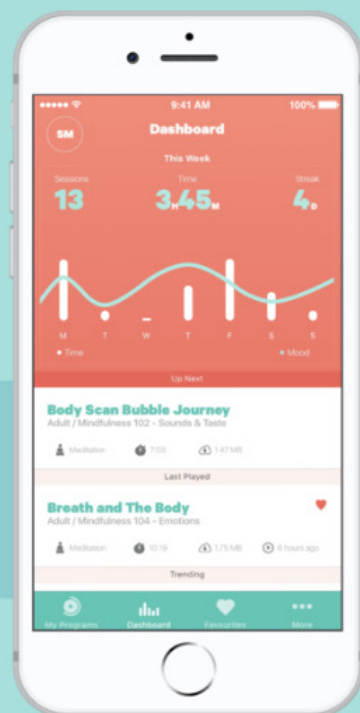
**Practice your daily meditation and mindfulness exercises from any device.**

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

We suggest 10 minutes a day.

What are you waiting for?

**DOWNLOAD THE APP NOW AND SEE FOR YOURSELF!**



# COVID-19 response could be another focus for Disability Royal Commission



The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability's latest issues paper is focused on 'rights and attitudes'.

The paper's focus is investigating people's awareness and understanding of the rights of people with disability and seeks feedback on attitudes towards people with disability.

Commissioner Andrea Mason said she wants to encourage Indigenous people with disability and their families to respond.

"Attitudes, thoughts, feelings, beliefs, and we know those thoughts, feelings and beliefs that are within people, within organisations and within governments can lead to the creating of different laws, policies, systems," she said.

"If those attitudes, those feelings, those beliefs are there and they are negative, they are excluding people with disabilities, they are creating discrimination, even segregation, then we are really interested to know that these areas can be highlighted to the Royal Commission.

"This is the very reason the Royal Commission has been set up, to ensure that our society is an equal society and that is an inclusive society to people with disabilities, including First Nations people with disabilities."

The Royal Commission also released an emergency planning and responses issues paper earlier this month.

This paper seeks feedback about how recent emergencies, like bushfires, floods and the COVID-19 pandemic affected people with disability in the hopes of improving safety and wellbeing in future emergencies.

Ms Mason said this paper was released in response to concerns from the community.

"We were receiving contact from the community prior to the issues paper being released and prior to that we'd also issued a statement of concern," she said.

"We're really open to hearing from the community about the areas that we've highlighted in that paper but also any areas that people want to bring our attention to.

"We're really hoping that the community will take the opportunity to share with us because we know there will be another emergency in Australia.

"We had bushfires earlier this year, we had floods, and now we've got this COVID-19 pandemic. We want people with disability in Australia to be at the centre of consideration and not at the edge.

"We're really keen to hear how the effort of the Australian government and all governments are being experienced by people with disability and if they feel that guidance and support coming from governments keeping them safe during this pandemic."

The Chair of the Royal Commission Ronald Sackville has recently expressed the potential for a hearing into the effect of the Coronavirus pandemic on people with disability.

Ms Mason said the issue of the pandemic is 'front of mind' at the moment.

'There'll be other pandemics'

First Peoples Disability Network CEO Damian Griffis said he thinks a focus on the Coronavirus pandemic will be important, once the Royal Commission starts their public hearings again.



"We would really hope that they would now take a specific focus on the response to Coronavirus for people with disability," he said.

"I think that's an urgent need and we're confident and hopeful that the Disability Royal Commission will now have a specific focus on this issue."

The First Peoples Disability has their own concerns about the COVID-19 pandemic and has made a number of recommendations to governments, including on ethical decision-making when it comes to intensive care

Mr Griffis said in some parts of the world a 'points system' has been used to determine care priorities, which have meant disadvantaged people missing out on the care they need.

He said he wants to avoid seeing that in Australia, not just during the Coronavirus pandemic, but into the future.

The recommendations include removing disability as a consideration for resource allocation, including First Nation people with disability in decision-making, and taking whatever steps needed to protect Elders, who are the knowledge-holders of Indigenous culture.

"These ethical principles need to always be in place really," Mr Griffis said.

"There'll be other pandemics one day and I think it's really important to set up these systems.

"What we were really concerned about - less so now - but still, what's happening overseas, you see Coronavirus impacting on people that are disadvantaged in greater proportions."

"People with disability are generally very vulnerable to Coronavirus and then you add Aboriginality, or Indigineity, then we've got an extra disadvantage.

"We wanted to get ahead of that and say 'we need to set up a set of protocols that ensure that Aboriginal people don't get triaged out of intensive care."

Pandemic could be 'transformative'

Mr Griffis said we should not only learn from this pandemic for the next public health emergency, but should take those lessons on all of the time.

"It amazes me that in some places hotels have been giving rooms to homeless people and that's a great initiative, but if we can do that at short notice, why can't we do that all of the time," he said.

"A lot of our families need care packs all the time. It's not just a pandemic, they always need access to good food and supplies.

"We need to start thinking about things in a different way. If we can do this at short notice, why can't we always be doing these things.

"The sort of perverse problem is, are we now saying to the homeless people that we've given a room to, can you go back to that piece of concrete and go to sleep on the corner?

"It's weird to be honest. I think we need to as a nation, think about how we do better into the future on a whole lot of social issues.

"This is an opportunity to change the way we do things."

"We want to ensure that our people with disability are always safe, always have access to food and supplies, and don't live in poverty like most of our people with disability do."

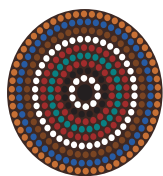
Ms Mason agrees, saying the some of the supports implemented during the pandemic are needed at all times.

"This is not a point in time to deal with a crisis and go back to business as usual, particularly with people with disability and First Nations people with disability," she said.

"We have to take on the best practice that has been created during this pandemic, providing support and continuing to improve support to First Nations people with disability then to continue that support post this health crisis."

"This pandemic has thrown up a lot of challenges but it could be transformative for people with disabilities, particularly First Nations people with disabilities because it's really compelled better practice, it's also compelled greater advocacy, and for people to shine a light early, to prevent harm."





**ATSIDNQ**

Aboriginal & Torres Strait Islander  
Disability Network of Queensland

# Members Only Facebook Page

*This private page is where people who have signed up as members can:*

- Connect with other members
- Yarn with other people about issues related to disability
- Access members-only information
- Find out what the Network is up to and when the Network team are in your community
- Find out about changes in the disability sector that may impact on you.

*Learn about resources that you may want to link in to*

To join the group you will need to:

1. Login to your own Facebook account
2. Type ATSIDNQ Members Page in the search bar
3. Click the magnifying glass to initiate the search
4. Click on the group ATSIDNQ Members Page
5. On the page select 'Join Group'.

This will take a few days for admin to approve.



## Become an ATSIDNQ Champion



ATSIDNQ would like to invite you to become an official **Network Champion** for the Aboriginal and Torres Strait Islander Disability Network of Queensland (ATSIDNQ) within your region.

The Champion **role will be vital in supporting** the Network to **grow and achieve** its aim for the future so that the **voice of Aboriginal and Torres Strait Islander people with disability can be heard.**

You will be a valuable asset in helping the Network to grow. This means setting up **Yarning Groups** so that people with a disability, their carers, families and community have a **safe place** to yarn about challenges and successes.

Please call the ATSIDNQ Project Officer Bruce Simpson for further details on **1800 718 969** or email: **info@atsidnq.com.au**



## Julie Dore



Hello! My name is Julie Dore. I was born with Cerebral Palsy. I still managed to give birth and raise three children, two girls and one boy, three years apart.

My mother Gladys died when I was seven years old. Gladys had four children, three boys and one girl which was me. I only keep in touch with Brian who is one of my brothers.

Gladys' father, Patrick Perkins, my grandfather

was a full blooded Aboriginal and buried at Monto Cemetery. Patrick married Flossy who was from the Wakka Wakka tribe from Hawkwood Station and they later moved to Eidsvold.

Seven years ago, my daughter Katrina went to Eidsvold where coincidentally our family was meeting at a local Land Title meeting. We have kept in touch with family and arranged a Barra reunion at Wivenhow Dam through Link-up. This photo (that's me in the wheelchair) is of my grandmother, my cousins and my daughters Katrina and Natasha. Katrina is wearing white and Natasha is standing next to her and behind me.

My motto in life is being around people that make you laugh, so that you always got a smile on your face and this is what I try to do each day.

## Aunty Pat O'Liffe

My people are Bulgamin, Palm Island and my mum is Kalkadoon.

I never really knew my mum and even when I was 18, I still never knew my mum. I never really loved her then, because my dad reared my brothers and me.

When I was 18 years old my mum left to go and stay with her sisters.

I had four children and when my fourth child was born, my mum came to me. It was then that I knew my mum was a beautiful person and that I loved her so much. It was like the spirit brought our mum to us. I never got angry with my mum. I am a grandmother of many grandchildren. My life revolved around mum when I had my children. Children today don't know what it is like to lose a mother. Cherish your mother.

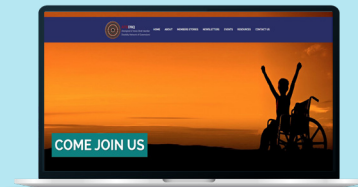
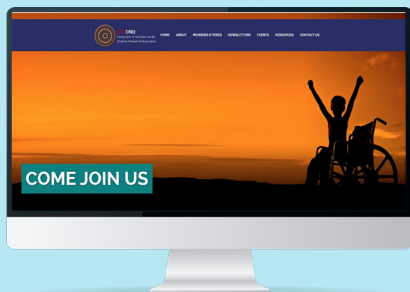
In 1926 my dad was sent to Yarrabah. In 1927 they sent dad to Palm Island and that's where my brothers

and I were born. My dad raised me from that age of 10. Dad had to put me in a dormitory because he was sick. He had worked all his life on Palm Island. In 1957 there was a big strike on Palm Island.

Dad asked me and my husband to go and look after him during his sickness. After two years, dad decided to go home to Mareeba for Christmas and New Years and then passed away in March in Mareeba. I enjoy going to Burringilly Respite Centre, where us women get together, that's our yarning circle. "You wanna join, come and have your say."

You can hate white fulla, but hate won't get you nowhere. Assimilation made me and my family happy. If you don't like what a white man does to you, walk away. Same with our mob! I live in the Murri world and the Migloo world.

I'm almost 80 years soon.....I've had a blessed life, a happy life.



## Come join us and get connected by checking out our Website

ATSIDNQ is a network of Aboriginal and Torres Strait Islander people with a disability. It was established to raise awareness of the cultural and social needs of Aboriginal and Torres Strait Islander people with a disability, their families and carers.

The ATSIDNQ Website [www.atsidnq.com.au](http://www.atsidnq.com.au) is a fantastic starting point for anyone interested in the Network and the support it provides for all visitors. The website not only showcases the great work of the Network, but also shares what is happening in your region and how you can connect to those supports and remain connected.



## ATSIDNQ Facebook Page

To keep up to date with what is happening in the Network, ATSIDNQ has a PUBLIC page that we encourage you, your friends and family to LIKE and share with your networks. Help us spread the word about the ATSIDNQ Network and how to join to make the network stronger.

<https://www.facebook.com/Aboriginal-Torres-Strait-Islander-Disability-Network-QLD-418621321682340/>



The Network can only get stronger when we hear and see the deadly stories that are happening out in the regions and communities.

When you share your story, you will be featured in our bi-monthly ATSIDNQ Newsletter and website along with your consent to include a beautiful photo of yourself.

You will also receive an ATSIDNQ Bag and Towel in addition to the Cap that you already receive when you become a member.

If you would like to share your story, please call the ATSIDNQ Project Officer for further details on 1800 718 969 or email [info@atsidnq.com.au](mailto:info@atsidnq.com.au)



# NDIS Targeted Outreach Program

Do you know someone with disability who...

- may be eligible for supports through the NDIS?
- Needs more information to understand how the NDIS can help them, and if they could be eligible?
- needs extra help with getting their paperwork together for an NDIS Access Request?
- has applied to the NDIS and had their access request denied, but thinks that they meet the access criteria and want to try to apply again?
- needs a functional assessment for their NDIS access request, but does not have the money to do this?

The NDIS Targeted Outreach program can help for free!

QDN and our partners ADAA and QCOSS are currently working in these regions:

- Caboolture, Redcliffe, and Moreton
- Sunshine Coast, Gympie, and surrounds
- Maryborough and the North and South Burnett

We can work directly with people with disability, help them get the information they need about the NDIS and if it is for them, and then link them directly with the Assessment and Referral Team (ART). ART are small multidisciplinary teams within the Department of Communities, Disability Services and Seniors who can provide free case management to help people gather the evidence required for their application to the NDIS, including free access to health professionals to assist with assessments if required. ART has been made available through collaboration with the Commonwealth Government

The NDIS Targeted Outreach program works with both organisations, services and groups in communities to help people with user friendly information about the NDIS and linking them to free assistance to help people who may be eligible for NDIS fill out the forms, talk to Doctors and Specialists and process the paperwork.

Please contact us on **1300 363 783** to find out more or email [targetedoutreach@qdn.org.au](mailto:targetedoutreach@qdn.org.au)

You can also visit the Queenslanders With Disability Network at [www.qdn.org.au](http://www.qdn.org.au) for more information.

## HELP TO ACCESS THE NDIS

**LEARN**  
about the National Disability Insurance Scheme (NDIS)

**DECIDE**  
if the NDIS is for you and how it can support you

**CONNECT**  
with QDN for free help to apply


**NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**  
giving you **CHOICE & CONTROL** over the supports you receive & who provides them

## WHAT CAN THE NDIS DO FOR YOU?


### THE NDIS CAN HELP...

 support you in managing daily life

 getting out in the community

 getting to appointments

 finding work

 caring for your home

 learning new things

 **CALL QDN 1300 363 783**

 **EMAIL [targetedoutreach@qdn.org.au](mailto:targetedoutreach@qdn.org.au)**

Funded by



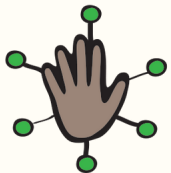
This project has been made available through collaboration between the Queensland and Commonwealth Governments



# iBobbly

A SOCIAL AND EMOTIONAL WELLBEING APP FOR  
ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

## HOW DOES IT WORK?



iBobbly is completely private and confidential and it's free! It helps by showing you ways to manage your thoughts and feelings, set goals and focus on what's important in your life.

## WHO IS IT FOR?



If you have been feeling sad or down or having thoughts of hurting yourself, iBobbly can help.

## HOW LONG DO I NEED TO USE IT FOR?



You can use it as much or as little as you like. Even a few minutes per day could help! We have found that people who use iBobbly feel much better.

## DESIGNED BY MOB FOR MOB



iBobbly has been designed by, and for, Aboriginal and Torres Strait Islander Peoples using metaphors, images, videos and stories drawn by Aboriginal artists and performers.

## iBobbly includes 4 main features:

1. **How do I feel** - walks you through a quick check in and gives you feedback on how you are going.
2. **Stuff I can use** - teaches you how to be aware of and manage troubling thoughts and feelings.
3. **How I'm gonna beat this** - helps you create your very own action plan for getting on top of your troubling thoughts and feelings and will help you monitor your progress.
4. **Help** - provides you with help and support options.

**Get in touch with us!**

We want to work with you to get it to the people who need it most. For more information visit <https://www.blackdoginstitute.org.au/> or email us at [t.schafer@blackdog.org.au](mailto:t.schafer@blackdog.org.au)