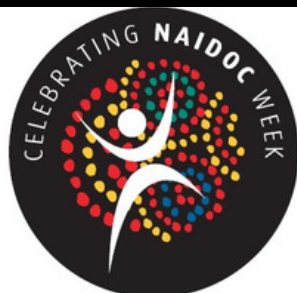


ATSIDNQ

Aboriginal and Torres Strait Islander
Disability Network of Queensland

Edition 18 - July 2018



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

FUNDING NEWS!

We are thrilled to announce the Network has received funding for another three years till June 2021. This will enable the Network to continue to grow into the future for existing and new members. Our Network of Aboriginal and Torres Strait Islander people living with disability, their families and carers now has over 800 members state wide. If you have ideas for the Network or would like to contribute to planning conversations then please contact us so we can hear your views.

ATSIDNQ team.



In the community

Nalingu Aboriginal and Torres Strait Islander Respite center in the Brisbane North suburb of Zillmere held a community open day in May. We held an ATSIDNQ information stall to meet new people and let them know about the Network. It was a beautiful day, the Elders performed by singing songs for attendees and all enjoyed lunch together.



Congratulations to Cheryl Moggs for her win in the National NAIDOC poster competition. A Bigambul woman, Cheryl's artwork "tarmunggie – Woman" portrays the courage and resilience of Aboriginal and Torres Strait Islander women, across the ripples of fresh and salt water, the travel pathways and songlines of traditional lands and skies to take up the fight for equality, justice, civil rights and social change.

What a beautiful piece to reflect the tone of this year's NAIDOC celebration of women. We can see how this theme resonates with so many of our wonderful Network women members who show strength and leadership in so many ways.



Network staff were excited to connect with existing members and welcome new members at various NAIDOC events held around the state including Musgrave Park Brisbane, Rockhampton, Koobara Kindergarten Brisbane northside, Toowoomba and Caboolture.

The Network has also recently been engaged in a number of feedback opportunities to speak on behalf of the issues impacting our members. This included raising a question at the taping of the ABC Focus Program on the NDIS, providing feedback on the Disability Worker Screening Amendment Bill and being witness to the Joint Standing Committee on NDIS marketplace readiness.



Para-sport boost for our mob



Aboriginal and Torres Strait Islander people with disability will be encouraged to be more active with the help of a government funding boost.

The \$130,000 boost from the Turnbull Government to the Australian Paralympic Committee will enable a two-year project to help improve the health and wellbeing of Indigenous Australians.

The funding will deliver community engagement and awareness events, research, education and online resources, following consultation with health, disability, education and sporting organisations that work closely with Aboriginal and Torres Strait Islander communities. The Australian Paralympic Committee will deliver the program,

"The project will connect more Aboriginal and Torres Strait Islander people living with a disability to share the countless benefits that come with participating in Para-sport and engaging with our wonderful Paralympic athletes".

For more information
www.paralympic.org.au (Source)

#ADVOCACY MATTERS

PEOPLE WITH DISABILITY IN ADVOCACY ACTION

Monday 10th September 2018 | Musgrave Park, South Brisbane

As Part of Disability Action Week

QAI invites you and your clients to join us for artistic activism in the park where we will encourage participants to share their advocacy message. We invite people with disability to share their message in song, dance, written and spoken word, and poetry. Our goal is to make sure your voice is heard as we work toward meaningful changes so people living with a disability can live a good but ordinary life. Your messages will be filmed, photographed and developed to send to politicians and decision makers as a united collective voice in advocacy. A private booth will be supplied for 'shy' activists.

If you would like to join us, please contact QAI to register your interest by 10th August 2018.

ADVOCACY IN ACTION



JOIN US FOR

FOOD VENDORS | ENTERTAINMENT | FREE PHOTOGRAPHIC OPPORTUNITIES FOR PEOPLE WITH DISABILITIES AND THEIR FAMILIES

Families, advocates and service providers are invited to bring and support as many people with disability to attend as possible.

Together We Are Better!

See below for a map of the meeting area at Musgrave Park, South Brisbane for this #Advocacy Matters event - 10th September 2018



Meet our members



Hello, my name is Thomas Kanak and I am a member of ATSIDNQ. I currently live in Brisbane. I'm of Torres Strait Islander decent, my parents came from Thursday Island and I was born in Mackay.

I carry on the tradition and creative vision of our ancestors before us. I have adapted as they did doing different varieties of visual arts and crafts.

I live with a disability that effects the nerves in my feet where I experience numbness all the time and have to wear splints to assist me with walking.

Doing my art work and creating things helps to take my mind off my problems and helps me to keep a healthy mind. I am working on growing my business CrocArt by holding workshops.

I use the medium of 100% original farmed hides from Australian crocodile, kangaroo and barramundi. As well as crocodile teeth and cow hides.

I have been blessed spiritually which motivates me to strengthen my cultural connection. I feel my ancestors are with me using my eyes and hands to help guide me to create masterpieces of artwork.

Contact me at: crocart8@gmail.com if you would like to talk about the items I make.

Hi, my name is Deanna George, I was born in Grafton and am an ATSIDNQ member in Brisbane.

I have struggled all my life with mental illness brought on by childhood trauma, and I struggle every day to keep my mind healthy.

I take medication daily to help me manage my mental illness and adapt by keeping a low stress environment. I have learned my triggers over the years and have learned to set healthy boundaries and make self-care a top priority.

One of the ways I have learned to do this is through weaving and artwork. This is a picture of one of my weavings.

I love to paint in a range of mediums and I have recently learned to weave with my "mindfulness" psychologist, who has been amazing.

I look forward to meeting and yarning with new people through ATSIDNQ.



Member Moment - Inspiring Story

You can't shut me up. You can't shut me out.

Congratulations to our very talented ATSIDNQ member Gabe Wischki on his first art exhibition at Logan Art Gallery which was held on the 15th of June this year.

Gabe's exhibition was titled: **You can't shut me up. You can't shut me out.**

Being nonverbal, Gabe's art is a way for him to communicate and express himself. His exhibition provided an opportunity for many in the community to connect together and be inspired by his art.



Drawn to earthy colours and tones, Gabe allows his art to connect him to his Aboriginal heritage.

Since his exhibition Gabe has been proud to feature in an article in the Koori Mail (late June edition).

Gabe is now also participating in other opportunities to share his story and art. He is enjoying inspiring other people with disabilities and their families.

Above Art Work: Gabe Wischki, Untitled, 2016, acrylic and collage on board

Share your story

Our favourite part of the ATSIDNQ newsletter is reading our members stories. If you would like to share your story with the Network, contact us on 1800 718 969 or email info@atsidnq.com.au.

You will receive one of these backpacks as a thank you!



Did you know?

Queensland Collective for Inclusive Education (QCIE) has announced new times for their Brisbane and surrounds Peer Support Network 'coffee and a chat' sessions for families interested in finding out more about school inclusion or joining with other families pursuing an inclusive education. Brisbane areas and Yepoon. www.qcie.org or qldcollectiveie@gmail.com



Carer Airfare Discounts - Up to 50%

If you are a carer, you may be eligible for up to 50% off the price of airfares. Both Qantas and Virgin now have programs to assist carers, with up to 50% off the price of airfares for carers to enable them to who need to be present on the aircraft to assist someone else. This makes travel more affordable. Eligibility criteria apply.

Qantas concession cards are supplied by People with Disability Australia (PWD). Contact: 1800 806 769 email: qccc@pwd.org.au Website: www.pwd.org.au (Search for Qantas card)

Virgin discounts can be accessed by connecting with the Virgin Customer Contact Center. Airfares already booked (after April 2018) may also be eligible for discount reimbursement. Contact: 1300 139 303 Website: <https://www.virginaustralia.com/au/en/help/contact-us/>

Free Computer Software Providing Full Computer and Phone Accessibility for All

New software has been released that allows anyone to turn their existing computer or phone into a fully accessible device!

When you download Alkira, it allows you to do all your online browsing through a simple navigator that reduces visual website information and allows you to enable voice narration. It is perfect for people living with a learning disability, or with visual impairment.

To learn more or to download Alkira on your device go to: www.alkirasoftware.com.au





NDIS

Questions

&

Answers

I have just found out that I am an NDIS participant – when will I get my plan?

Once you have completed the access process, the NDIA (National Disability Insurance Agency) or Partner in the Community (Local Area Coordination or Early Childhood partner) will be in contact to book you in for a planning conversation.

The time between receiving your letter confirming your eligibility for the Scheme and having your planning conversation will vary. For some people it can be a few weeks, and for others a few months.

You can choose how and when you would like to have your planning conversation. You can have a face-to-face meeting in person, or a phone conversation – you can discuss with your planner what would best suit your needs and availability. Get ready for your planning conversation by thinking about your goals for the future.

What do I need for my planning conversation?

Once you've been approved to access the NDIS, your planner will work with you to develop your NDIS plan. In your planning conversation, you and a planner will identify the reasonable and necessary supports that meet your immediate needs, as well as start to identify your goals in life. To get prepared you can use pre-planning booklets such as 'Mapping My World' from the Endeavour Foundation to help.

Their website has a lot of useful information, go to –
<https://www.endeavour.com.au/ndis/resources>

I have just received my plan, now what?

Once you have an approved NDIS plan, the next step is to start working towards achieving your goals.

Your Local Area Coordinator or Support Coordinator (if you have one funded in your plan) can help you to start your NDIS plan. This is called implementing your plan. They can help you:

- Register for MyGov and activate your myplace account
- Connect with community and government services
- Help you find services who will meet your needs and help you achieve your goals
- Make sure service agreements and bookings are in place with your providers.

If I'm living in a group home under the NDIS, who buys household items?

Household items such as fridges, beds, kitchen items and vehicles are considered day-to-day living costs that would normally be the responsibility for everyone to fund using their own money.

Some participants may use specialised assistive equipment due to their disability needs, these may be put in their NDIS plan as a support item that is funded.

Some supported independent living services may own a vehicle that can be used by participants to meet some of their transport needs. Participants may need to discuss with the provider how these transport supports will be funded using either NDIS plans or their own money.

NDIS FAQ cont....

What evidence of my disability do I have to give the NDIS?

Provide clear information about your disability and how it effects your day-to-day life. This will support the NDIA to decide if you are eligible for the NDIS.

You may need to provide evidence that:

- is up to date
- is completed by a treating professional who is relevant to your primary disability
- confirms your primary disability
- confirms the impacts of your disability on the different areas of your life
- describes previous treatments and outcomes
- describes future treatment options and expected outcomes of those treatments.

The treating professional who completes the evidence of your disability should be the most appropriate person to provide evidence of your primary disability and who has treated you for a significant period of time (e.g. at least six months).

If you need help getting your evidence together, Local Area Coordinators (LAC) will be available to assist you.



Are copies of plans given to my doctor?

No. The NDIA will not provide copies of your plan to your Doctor. It's up to you if you want to share a copy of your plan with them.

For more information on NDIS visit www.ndis.gov.au.

Mental Health and NDIS



A new website has been launched to help people living with mental illness to understand how to navigate the NDIS.

Learn how people living with mental illness can access the NDIS

- See how the NDIS can support recovery and understand what is, and what isn't covered
- Use the access checklist to find out if you may be eligible
- Learn how to plan your service and choose providers

www.reimagine.today



GETTING READY TO ACCESS THE NDIS SESSIONS



WHEN:

First Thursday of the month:

2nd Aug, 6th Sept,

4th Oct, 1st Nov & 6th Dec 2018

WHERE: Mt Gravatt Community Centre

1693 Logan Rd, Mt Gravatt 4122

Mt Gravatt Community Centre is providing individual sessions to answer questions and help guide people to access the NDIS. To book, please contact Janene on 3343 9833 or janene@mgcci.org.au.



The NDIS just hit Brisbane, Beenleigh, Gold Coast, Maryborough, Cairns and the Torres Strait on 1 July 2018.

Caboolture and Sunshine Coast will come online for NDIS roll out in January 2019.

To learn more about the NDIS and how to access it, consider attending an NDIS readiness session.

See the available QDN sessions at Mt Gravatt (picture to the left), or check out the NDIS Qld Events Calendar online for other sessions around the state.

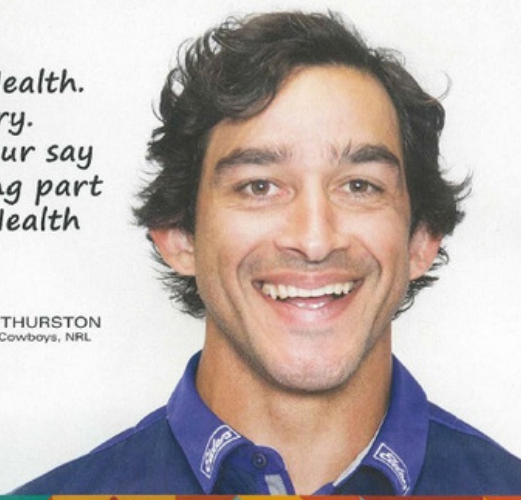
Go to:

www.ndis.gov.au/news/events/qld.html

Aboriginal and Torres Strait Islander HEALTH SURVEY

*"Your Health.
Our story.
Have your say
by taking part
in the Health
Survey"*

JOHNATHAN THURSTON
North Queensland Cowboys, NRL



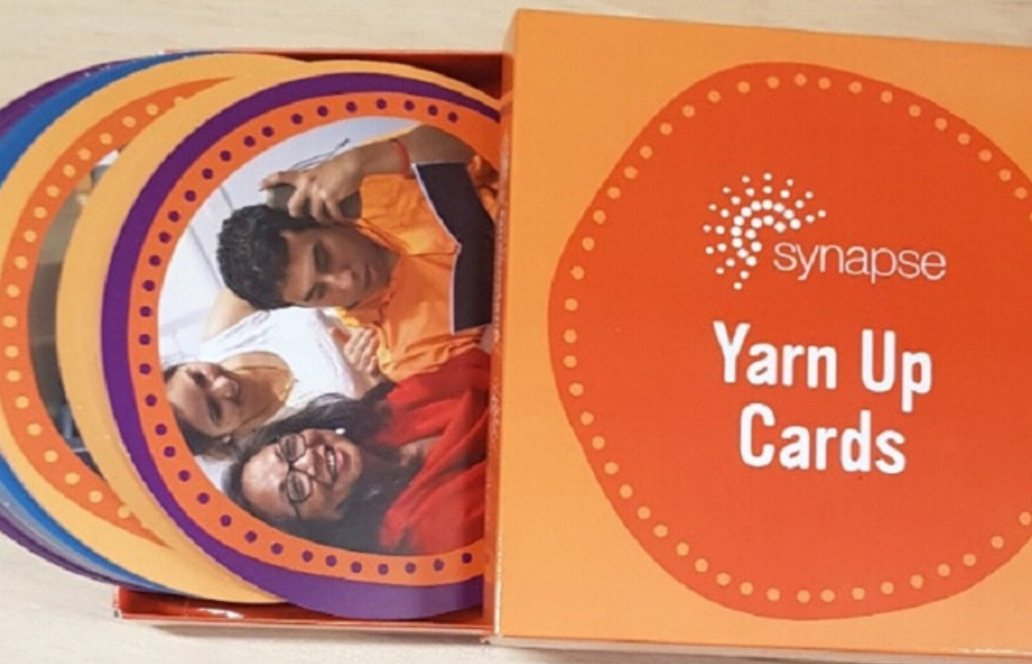
Look out for the Australian Bureau of Statistics who will be conducting Health Surveys in communities from July 2018. This is your chance to answer what health concerns are impacting your community. This information is used to allocate funding and services in different regions. Check out www.abs.gov.au

Thanks Uncle Ted



Our Network Champion Uncle Ted from Maryborough, a long standing member of ATSIDNQ is hanging up his shirt as a Network Champion. Uncle Ted is stepping into the role of a general member, and taking a well deserved break!

Thanks Uncle Ted for your valuable contribution to the Network over many years, and we all wish you well for your next adventure.



Yarn up

Synapse have launched Yarn Up cards. These cards will be used to assist in conversations with mob about preplanning for the NDIS and assist with identifying the needs each person may have.

Our very own Network Champions - Semah and Uncle Willie, with ATSIDNQ member Gabe are featured on the cards. If you would like some cards to facilitate NDIS discussions, contact Synapse:
Phone: 1800 673 074 or
Email: info@synapse.org.au

Disability rights and help guide

My Rights Qld



Check out www.myrightsqld.com.au

This free online guide gives you information about your rights as a person living with disability in Queensland.

It has a wide range of contacts and referrals so you can find help and support independently for a wide range of life issues.



ATSIDNQ

1800 718 969

www.atsidnq.com.au

info@atsidnq.com.au

If you know someone who would like to become a member, tell them to contact us!