

# ATSIDNQ

Aboriginal and Torres Strait Islander  
Disability Network of Queensland

Edition 13 - August 2017

## Welcome New Members!

Over the last two months we have been very happy to welcome 80 new members to our Network from all around the state.

**Our membership now sits at just under 700!**

Many of you deadly mob came and connected with the ATSIDNQ team and each other during NAIDOC week. It was wonderful to celebrate our languages and connect with so many people. We look forward to including these new members in our Network activities. Like, the lovely Bernice from Rockhampton (pictured) who had a yarn with our team and signed up to be a member.

The Network is excited to launch a new resource section this month on our website for members and the general public to access. This resource page offers information on some key issues that many people make enquiries about.

The topics on our resource page are: ATSIDNQ resources, NDIS, Other resources and Carers.

Check it out at:

<http://www.atsidnq.com.au/resources-3>

If you have any information you think other members could benefit from, please email us at [info@atsidnq.com.au](mailto:info@atsidnq.com.au) and we can share it on this website or in our newsletter.

## ATSIDNQ TEAM

Aboriginal and Torres Strait Islander people are warned this document may contain the images and names of people now deceased.



## Deadly Options

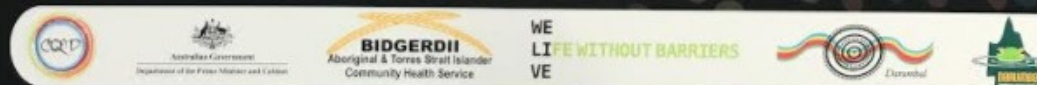
We're excited to announce that we will be holding an ATSIDNQ Disability Sporting and Careers Mini Expo in Mackay.

**Deadly Options Which Way? This event will be held on Sunday September 10, to celebrate Disability Action Week for 2017.**

Check out the flyer in this edition. You may even like put to it up in your workplace or share it around to encourage people to come down to Mackay PCYC on the day.



#ROCKYNAIDOC2017



## In the Community

This month the Honourable Coralee O'Rourke launched the **All Abilities Queensland Opportunities For All**, state disability plan. Over 1,000 Queenslanders had their say in shaping this new state disability plan. ATSIDNQ was proud to have made a contribution on behalf of our members to this plan.

The Minister also launched the All Abilities website. Have a look at [www.allabilities.qld.gov.au](http://www.allabilities.qld.gov.au) as the website has some great stories and a link to access a copy of the plan for Qld 2017 - 2020.

Our ATSIDNQ team member Jo in Rockhampton, this month met the

Honourable Jane Prentice MP (Assistant Minister for Social Services and Disabilities) this month to show her our Network's resources and discuss what was occurring for our members in the area.

Our Network also held stalls all around the state to celebrate NAIDOC week. We connected with existing and new members in Cairns, Townsville, Rockhampton, Toowoomba, Brisbane and Stradbroke Island. (Some pics of our stall visitors are seen over the page)

We also recently visited Woorabinda and connected with our members in the region.

Coming Soon - Disability Action Week - September 10-16







# NDIS UPDATE

**Heads Up Rockhampton!** If you already receive a care package from the state, phone 1800 800 110 to request access to NDIS, as NDIS rolls out for existing clients on the 1st of November 2017.

Everyone else in Rockhampton who thinks they may be eligible for NDIS can also contact 1800 800 110, but NDIS will not roll out for new clients until the 1st of January 2018.

Any enquiries or requests for information can be made by emailing [engagement.qldnorth@ndis.gov.au](mailto:engagement.qldnorth@ndis.gov.au)

**Heads up Bundaberg!** – For those in the Bundaberg local government area state clients currently receiving care can enter the NDIS from 1st of September 2017. For those clients who are new to disability support the NDIS will be available in October 2017.

**Pre-planning Workshops for NDIS** – It is important to know what you need and would like included in your package and services before you undertake your NDIS planning.

Good prior planning, especially for Aboriginal and Torres Strait Islander parents, carers and people with disability can help make access to the NDIS easier. It can also help to make sure your NDIS package fully meets your goals and aspirations.

## Local Area Coordination - Partners in Community

The NDIS now has on board a few organisations to help in the community for getting participants aged 7 years and over, in Toowoomba, Ipswich, Townsville, Mackay and Bundaberg ready with their NDIS plans.

These organisations are called Partners in the Community and they will be delivering NDIS Local Area Coordination (LAC) services.

**Therefore the organisations you may be visiting for support to help with NDIS may have different names.**

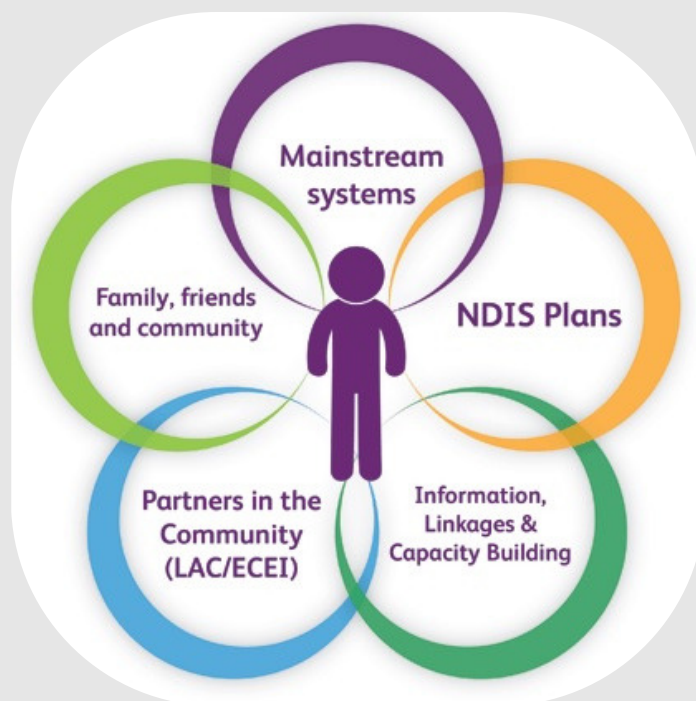
### Some examples are:

Carers Queensland – in the service areas of Toowoomba and Ipswich

Feros Care – in the service areas of Townsville and Mackay.

IWC - in the service area of Bundaberg.

For Partners in the Community office locations, go to <https://www.ndis.gov.au/about-us/locations.html>



# FAQ about NDIS

## What is a Local Area Coordinator (LAC)?

Local Area Coordinators (LAC's) can help you as you move from stage to stage on your pathway with the NDIS.

Local Area Coordinators can help you to:

- Understand the NDIS – Offer workshops or individual conversations for information
- Access the NDIS – Guide your access
- Create a first plan – Have a conversation to learn about your current situation and explore supports to connect you to your local community
- Put your NDIS plan into action – Help you find and start receiving the services you need from support providers in your NDIS plan. They may also help you self-direct or self-manage your NDIS plan and find mainstream services and community services that help you achieve your goal.
- Review your plan – Your first plan will generally be in place for 12 months before you make changes which is called a 'review'. Local Area Coordinators can help in your review process by identifying extra things in the community that you may wish to access to help you achieve your goals.
- Understand other supports – Help you to know what you can expect from mainstream supports – like education, health, housing, transport, training and employment.
- Sustain informal supports – Help you to look at ways to maintain your support from family, friends and local community members.

It is important to remember Local Area Coordinators do not provide case management, or act as an advocate for the person with disability, and they cannot approve an NDIS plan.

## How do (LAC's) work with Aboriginal and Torres Strait Islander Peoples?

Where possible, LAC's will be trusted people that are already located in the community who understand the matters of the community and respect local ways.

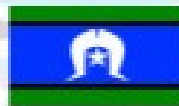
The LAC's are required to have appropriate cultural competency, and if they are not part of the local community they will work with the local community before initiating engagement.

LAC's know it will be important to sit down and listen, to understand the person and the community and to work with people in understanding what their options are and what is available.

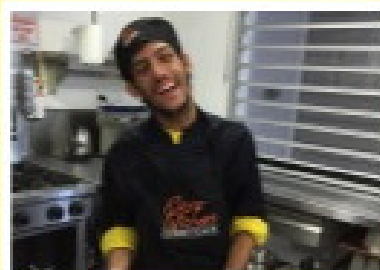


# Deadly Options -Which way?

## Indigenous Disability Sporting and Careers Mini Expo



**Come and Celebrate Disability Action Week with us!**



**SUNDAY, SEPTEMBER 10, 2017**

**FREE ENTRY**

**10AM - 2PM**

**MACKAY PCYC, OFF NORRIS ROAD, MACKAY**

### TRADE DISPLAYS

- **Employment**
- **Sporting**
- **Assistive Technology**  
**and much more**



**For more information:**  
**Ph: (07) 3637 6022 or**  
**Email: [info@atsidnq.com.au](mailto:info@atsidnq.com.au)**

### ACTIVITIES

- **Face Painting**
- **Sporting Activities**



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FOR PURCHASE**

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**ATSIDNQ**  
Aboriginal & Torres Strait Islander  
Disability Network of Queensland

**IT ALL  
STARTS  
HERE.**





# Deadly Mental Health

There are a range of services and supports available to support mental health.

## 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.

For more information go to:

<http://bimaprojects.org.au/our-work/proppa-deadly/>

## Trauma and Grief Support for Kids

Australia's First Peoples are resilient and resourceful.

We have survived through adversities; some in the past, but many of these adversities are ongoing.

There are still issues impacting on how we live today and in many times some are left feeling helpless and under supported in the face of adversities.

The Trauma and Grief Network have gathered information and resources specifically for Aboriginal and Torres Strait Islanders to help navigate and support kids and families through hard times of loss, grief and trauma.

To access this information go to:

<http://tgn.anu.edu.au/resource/indigenous/>



## Mental Health Quick Contacts

- **Lifeline** - For anyone having a personal crisis – call 13 11 14 or chat online
- **Suicide Call Back Service** - For anyone thinking about suicide, daily calls for your safety – call 1300 659 467
- **Relationships Australia** - Relationship counselling and conflict resolution - call 1300364277
- **Mi Networks** - Find mental health support networks and info - call 1800 985 944 or [www.minetworks.org.au](http://www.minetworks.org.au)
- **Mental Health Coaching** – New Access can offer free coaching to help you learn extra skills to get your mental health under wraps. Perfect for those with low level support needs. call MIFQ on 3358 4424 or go to [www.beyondblue.org.au/get-support/newaccess](http://www.beyondblue.org.au/get-support/newaccess)
- **Drug and Alcohol Counselling** – call 1800 888 236 or chat online
- **Headspace** - For 12 to 25 year olds - call 1800 650 890 or chat online
- **Kids Helpline** - For 5 to 25 years olds – call 1800 551 800 or chat online
- **Reachout** - For 14 to 25 year olds – website [www.au.reachout.com](http://www.au.reachout.com) and online forum

# Welcome Taxi Scheme News

ATSIDNQ participated as an ally among the 34 organisations supporting the return of the TSS (Taxi Subsidy Scheme), with QDN leading the way.

We were thrilled to hear the news that the Ministers for Transport and Communities announced the reinstatement of this Scheme recently in July. This will help remove significant barriers to participation for people with disability, for the remainder of the NDIS transition period.

By reinstating the Taxi Subsidy Scheme, the Queensland Government has ensured that people with disabilities don't have to wait while longer-term issues around transport are resolved nationally. With the TSS scheme back in place, there are no changes to how it used to operate.

**For those who used to receive TSS before they transitioned to NDIS:** the reinstatement will happen automatically. You will receive your new card in the mail in August, 2017 and you don't have to fill in any paperwork. You will also be able to use your new card as soon as you receive it. If you have moved address, you need to update this with TSS so you can get your new card.

**For those awaiting transition to the NDIS:** The TSS scheme will be active for you until June 2019 when the NDIS roll out has finished and other transport solutions are in place to fill this gap for NDIS participants.

**For those not eligible for NDIS who are receiving TSS:** The scheme will operate as usual and will continue for you past June 2019.

For more information, contact the NDIS on 1800 800 110 or the TSS on 1300 134 755. For more information about TSS reinstatement, including FAQs, go to: <http://personalisedtransport.tmr.qld.gov.au/taxi-subsidy-scheme-tss>



## Brett's Story

G'day! My name is Brett Stewart. I am a Network member in Mackay. I just turned 26 and have only recently started my NDIS plan. It's great I can now go to work without my Mum taking me. I can go out Tenpin Bowling with my friends and I have joined an 18+ group for a social gathering every fortnight.

***"The NDIS is helping me fulfill my dream to work in the catering industry."***

It enables me to attend Care Kitchen, a cookery school for people with a disability and we then practice our skills and learn how to get along with people and take their orders at a Market where we run the food stall and sell our food. I can now cook on the BBQ by myself.



# NDIS Emerging Leaders

The NDIS Aboriginal and Torres Strait Islander Emerging Leaders Project will be delivered until June 2018. The Project will work with 8 Indigenous Communities across Queensland, providing NDIS and business training to upskill local mentors.

The emerging leaders (pictured below) will work in communities of;

- Cherbourg Aboriginal Shire
- Woorabinda Aboriginal Shire
- Torres Strait Island (based on Thursday Island)
- Cairns (covering - Mossman)
- Yarrabah
- Moreton Bay Region (North - based in Caboolture)
- Wujal Wujal (covering Cooktown)

The mentors will:

- consult and engage with a full range of sectors within their participating communities, including Elders, community leaders, businesses, government, local councils and people with disability, their families and carers.
- support their communities to develop localised, culturally appropriate supports to people with disability that reflect the needs of people, their families and carers, and the community
- identify, support and develop market opportunities within their communities
- identify, link and where possible, expand existing community-based initiatives



- promote and provide information sessions on NDIS access and inclusion in the broader community, and;
- engage with providers already delivering NDIS readiness initiatives where the focus and outcomes of initiatives are aligned.

As part of this project there will also be Cert III in Individual Support offered FREE to people interested in these locations.

By providing this training on country the project aims to grow a culturally appropriate workforce in readiness for the NDIS.

The project will be delivered by Connections Inc. in partnership with Caboolture Community Medical (previously Murri Medical).

For more information contact Chris McGregor, a Mununjalli/Yugerapul Aboriginal man who is the Mentor Coordinator on email at [chris@connectionsinc.org.au](mailto:chris@connectionsinc.org.au), or phone: 0438 221 612 or Laurie Perkins the Project Manager on email [laurie@connectionsinc.org.au](mailto:laurie@connectionsinc.org.au) or phone: 0430 127 618.



Around one-quarter (25.5%) of Aboriginal and Torres Strait Islander people aged 15 years and over provided care for a person with disability, a long-term health condition or old age.



## Get Active with Our Network

### Do you have a story to share?

Sharing our stories can be a way of helping people to feel connected and less isolated. Members of the Network who share their story can inspire others and help build our community.

To view some of our member stories check out our website [www.atsidnq.com.au](http://www.atsidnq.com.au)

Members who share their story with our Network receive a beautiful Aboriginal art towel as a thank you.

### Help others join

We are encouraging community members to join our group, so if you have friends who would like to hear news about NDIS and what's happening in their area perhaps suggest they join the Network.

People can apply easily on line through our website [www.atsidnq.com.au](http://www.atsidnq.com.au). Help us spread the word so the Network can continue to grow.

### Our Network Contact Details are:

**email:** [info@atsidnq.com.au](mailto:info@atsidnq.com.au)

**www:** [www.atsidnq.com.au](http://www.atsidnq.com.au)

**Phone:** 1800 718 969

### Join us on Facebook

Remember the Network has a closed Facebook group just for members!

This is a great place for members to share information with each other and articles of interest. It is also a way that members from all around the state can connect.

**To join the group, go into your Facebook account and search:**

**ATSIDNQ Members Page**

After a few days (to allow admin to approve), you will then be able to connect, receive and share information with other Network members.

Some ideas for contributions could be:

- Introduce yourself
- Share your interests
- Ask questions
- Answer others questions
- Share your experience of NDIS
- Share interesting articles
- Celebrate achievements

Or just be anonymous and learn from others!



The Aboriginal and Torres Strait Islander Disability Network of Queensland acknowledge the Traditional Custodians of the lands in which we work and honour the Elders past, present and future.