

The Ripple

Edition 24

Welcome to your latest edition of The Ripple

Hello Everyone,

Some time ago I alerted everyone that Aspire would be expanding into the Support Independent Living arena heavily in the future. That time has now arrived. For some time now we have been working to expand ourselves further into the accommodation field. Over the last 5 years, we have supported just over 10 customers to live independently and with their friends and peers and this has proven to be highly successful. In the near future, we will have 2 venues available to us to use as Supported Independent Living facilities and we are now taking expressions of interest from families who are interested in this type of arrangement.

At this stage, we are looking for families that have an interest in Supported Independent Living to contact our Customer Service Team to register their interest and provide us with a few details. We expect that the demand for this type of service will be quite high so please register your interest as soon as possible. Because we are expecting significant demand for this type of service we are currently looking at additional facilities for the future. Please contact our Customer Service Team for more details.

You may have seen recently that Aspire hosted a Morning with Karni Liddell at the Commercial Club Albury. Karni is a former Paralympian, an ambassador for the NDIS Queensland and most importantly a mother. Karni provided wonderful insight into her life and she shared her journey over the past 40 years. At the end of the morning, we asked the audience some questions around how Aspire could best support people with a disability and their families into the future. Here is some of the feedback that we received:

- Families would like more opportunities for Supported Independent Living
- Programs that support the development of life skills
- Social groups
- Exercise and supporting activities
- Respite
- Community participation
- Activities like Photography and a Horticultural Program

We will now be using this information as we begin to plan and develop a new facility on our recently acquired block of land at Hoffman Rd Thurgoona. Please continue to provide us with feedback and give us suggestions on what you'd like to see from Aspire in the future.

Kind regards,



Nigel Stone
CEO

NDIS Update



Housing and the NDIS

If your goal is to live independently the NDIS can help.

The NDIS website provides information about the supports funded by the NDIS, by housing and other systems, and short term accommodation.

Below is an excerpt from the website.

Supports funded by the NDIS

- Supports that build people's capacity to live independently in the community, supports to improve living skills, money and household management, social and communication skills and behavioural management
- Home modifications to the participant's own home or a private rental property and on a case-by-case basis in social housing
- Support with personal care, such as assistance with showering and dressing
- Help around the home where the participant is unable to undertake these tasks due to their disability, such as assistance with cleaning and laundry.

The NDIS may also contribute to the cost of accommodation in situations where the participant has a need for specialised housing due to their disability.

To read more about how the NDIS can help you live independently please visit:

<https://www.ndis.gov.au/participants/housing-and-ndis>

Karni Liddell Event



A Morning with Karni Liddell

On Wednesday 14 August, Aspire hosted A Morning with Karni Liddell, former Paralympian at the Commercial Club Albury. The audience was captivated by Karni's story as she shared how she was diagnosed with spinal muscular atrophy at 12-months old and her parents were told by doctors that she would not walk or crawl, let alone swim, and was unlikely to live beyond her teenage years.

With sheer determination and tenacity, her parents set out to prove the doctors and specialists wrong so they started Karni on a rigorous exercise regime to build up the muscles in her legs and ultimately assisted her in learning to walk. During those years Karni found her passion for swimming and later went on to represent Australia in two Paralympic Games.

Karni spoke with honesty and passion about her successes, challenges, how she navigates the system and how the NDIS changed her life. At the end of her talk, Karni took the time to answer audience questions and to share her thoughts on how each and every one of us has a choice in life and that our choices should not be determined by our circumstances.

To watch Karni's interview with Prime7 News visit:

www.youtube.com/watch?v=vN_l2DbDY7E#action=share

Disability Royal Commission

Over the coming months Aspire will aim to keep you up to date with the **Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability**.

Below is an excerpt from the Royal Commission website.

Community Forums and Submissions

The Royal Commission has announced its first forum open to the community. The forum will be held in Townsville on 9 September and will allow people to hear about the work of the Royal Commission, share their stories, and share ideas about how we can better protect, care for and support people with disability.

Anyone can attend a community forum which will be fully accessible, including Auslan Interpreters and live captioning on the day, but for planning purposes, you will need to pre-register to attend. To be kept informed about the community forums sign up to the Royal Commission mailing visit: www.disability.royalcommission.gov.au

The Royal Commission is now accepting submissions from all Australians about their experiences of violence, abuse, neglect and exploitation of people with disability. There is no closing date on submissions at this time, however, the Disability Royal Commission will provide plenty of notice prior to submissions closing in the future.

To read more about making a submission visit: www.disability.royalcommission.gov.au/submissions

The information line is also available if you need assistance to make a submission or have questions about the Commission and its work. The information line is available Monday to Friday, 9:00am to 5:00pm on 1800 517 199 or DRCenquiries@royalcommission.gov.au

Community Events & Activities



WOMEN'S HEALTH WEEK

AFTERNOON OF EMPOWERMENT

FEATURING LOCAL BUSINESS WOMEN

FELLTIMBER COMMUNITY CENTRE
WODONGA

SATURDAY 7TH SEPTEMBER
1.30PM - 5PM
RSVP: SUE PRINGLE ASPIRE
02 6058 4000

Escape and enjoy some learning and connection with your Girl Tribe

Community Events & Activities



Girls and Women with Autism Spectrum Disorders Workshop

Aspire Support Services in conjunction with Intereach are proud to present Girls and Women with Autism Spectrum Disorders Workshop with Sally Rigley, Developmental and Educational Psychologist from The ASD Clinic and TreeHaus Williamstown.

The workshop will cover a brief description of Autism Spectrum Disorders, why females with an Autism Spectrum Disorder are so difficult to diagnose and how they differ from males, how females on the spectrum can present within the school environment, how anxiety affects females on the spectrum both at home and at school and, strategies for girls on the spectrum both within the home and school environment.

Date: Friday 6 September 2019
Registration: 9:30am
Workshop: 10am - 3pm (luncheon included)
Venue: Commercial Club Albury, 618 Dean Street, Albury
Cost: Parents/Carers - \$25.00, Professionals - \$60.00
Bookings: Contact our Customer Service Team on 02 6058 4000 or customerservice@aspiress.com.au



EOI - Deni Ute Muster Camping Weekend

The Solo Parent All-ability Support Group are seeking expressions of interest for 'Deni Ute Muster' camping weekend on 4-5 October 2019. This is a family event with something for everybody - a music festival, kid's carnivals, lots to do and enjoy, as well as a great environment for a camping weekend. Entry ticket includes unreserved camping and gates open for camping sites midday Thursday 3 October and checkout Sunday 6 October. For more information about what's on offer and ticket prices visit www.deniutemuster.com.au. Companion card discounts apply. This is an exciting opportunity for single parents with a child with disability to take part in a weekend away that may seem overwhelming alone but together we can gain strength and camaraderie to overcome these obstacles as a group supporting one another. Please RSVP urgently for planning to progress - we understand there is only limited tickets left for this event so we need to be quick! Contact the Customer Service Team on 02 6058 4000 or customerservice@aspiress.com.au

Save the Date - ADHD & Demand Avoidance Seminar

Rebecca Perkins, Founder of My Special Child and Christina Keeble, Founder of Neuro-Divergent Mum will be presenting a seminar with information and strategies for ADHD, Demand Avoidance (PDA) and Oppositional Behaviour in Albury on **Friday 8 November 2019**. The seminar will focus on a range of topics such as learning and educational strategies, emotional regulation and home strategies. More details will be provided closer to the date.

Community Events & Activities

Understanding the new Integrated Carer Support Service

Carers and the Carer Gateway - FREE sessions for carers by Carers Victoria

The Australian Government has re-designed services for carers to better suit carers needs. Under the new arrangements, funding for existing services are being merged into a single Carer Gateway which will commence rolling-out in November.

The program is designed for families and carers wanting to understand the changes to Carers Services.

Topics include:

- Understanding how carers support is changing
- Understanding when and how transition will occur
- Introduction to the services and supports, and how to access them

Albury / Wodonga Session

Venue: Commercial Club Albury, 681 Dean Street, Albury

Date: Tuesday 10 September

Time: 1.30pm – 2.30pm

Cost: Free

Bookings: www.carersvic.com.au/carergateway or for further information please phone Education Services on 1800 514 845.



Aspire Support Group Events

Events for September 2019

Group: Albury Wodonga Down Syndrome Family Network Group

What: You are invited to join us for a family outing to Turtle Park. Please bring a sweet or salad to share plus your own drinks

Where: Turtle Park/Fredricks Park, 1025-1029 Fairview Drive, North Albury

When: Sunday 22 September, 11:00am

Group: Albury Wodonga Home Schooling Family Network Group

What: Join us as we explore the history of the early German settlers in our region at the Jindera Pioneer Museum. Please bring your own morning tea.

Where: Jindera Pioneer Museum, 118 Urana Street, Jindera

When: Thursday 19 September, 10:00am

Group: Aspire Family Network Group/Autism Asperger's Family Network Group

What: You are invited to join us for a combined end of term luncheon.

Where: Soden's Hotel, 459 Wilson Street, Albury

When: Friday 20 September, 12:30pm

Aspire Support Group Events

Group: Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group

What: You are invited to join us for morning tea and the opportunity to meet and share in discussion with other families living with ADHD. Children welcome.

Where: Café Borellas, 117 Borella Road, East Albury

When: Tuesday 24 September, 10:00am

Group: Carers Victoria NDIS Support Group

What: Join us in taking time to relax and share with others on the NDIS journey. We will not be having a guest speaker this month to enable time for personal sharing and discussion.

Where: La Maison Café, 40 Lincoln Causeway, Gateway Island

When: Wednesday 18 September, 12:30pm

Group: Caring Grandparents Network

What: You are invited to join us for shared support, information and friendship.

Where: Café Borellas, 117 Borella Road, East Albury

When: Friday 20 September, 10:00am

Group: Dad's Group

What: This month, we are having a shared brunch at As Thick As Thieves (subsidised by Intereach).

Where: As Thick As Thieves, 441 Dean Street, Albury

When: Sunday 29 September, 10:00am

Group: Healthy Mothers Healthy Families Support Group – Albury Wodonga

What: You are invited to join us at “An Afternoon of Empowerment” featuring local businesswomen and celebrating Women’s Health Week 2019.

Where: Felltimber Community Centre, Melrose Drive and Felltimber Creek Road, West Wodonga

When: Saturday 7 September, 1:30pm

Group: Solo Parent All-ability Support Group

What: You are invited to join us for some fun in the snow, meeting at Dingo Dell Café. It will be the individuals responsibility for transport, there is no fees for entry to Mount Buffalo. Snow chains essential. Potential to car pool to share costs. RSVP essential by 5th September.

Where: Dingo Dell Road, Mount Buffalo

When: Sunday 8 September, 12:00pm

Bookings essential

Contact your Customer Service Team on 02 6058 4000 or customerservice@aspiress.com.au

For detailed information on upcoming Aspire events and activities, go to the online Calendar,

www.aspiress.com.au/calendar-of-events/

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