

# disability connect.

helping families

#### *Vision*

That people with disabilities and their families are able to lead the lives they want

#### *Core Value*

To respect and support choice

#### *Mission*

To lead change and influence change for people with disabilities and their families.

**e-bulletin – week beginning 22 January 2018**

Parent & Family  
Resource Centre  
Trading as  
Disability Connect  
[www.disabilityconnect.org.nz](http://www.disabilityconnect.org.nz)  
Phone: 09 636 0351  
PO Box 13385, Onehunga  
3B Olive Road,  
Penrose

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**Remember to click on the links to access more information about each heading below. The headings ([blue underlined](#)) are links.**

**Please note** that going forward due to increasing costs, it is necessary for us to charge professionals \$50 including GST each per seminar. There is no charge for parents.

## **DISABILITY CONNECT SEMINARS AND INFORMATION**



[Link to All 2018 Seminars](#)

### **Education Legal**

*Central Auckland*, Wednesday 14<sup>th</sup> March 12-2pm, Disability Connect, 3b Olive Road, Penrose  
*Central Auckland*, Thursday 17<sup>th</sup> May 12-2pm, Disability Connect, 3b Olive Road, Penrose

### **Individualised Funding including Respite**

*Central Auckland*, Thursday 1<sup>st</sup> March 7-9pm, Disability Connect, 3b Olive Road, Penrose.  
*North Auckland*, Thursday 5<sup>th</sup> April 7-9pm, Yes Disability Resource Centre, 3 William Laurie Place, Albany  
*West Auckland*, Thursday 10<sup>th</sup> May 7-9pm, MPHS Hub West, 27 Corban Avenue, Henderson

*South Auckland*, Thursday 7<sup>th</sup> June 7-9pm, Mt Richmond Special School, 30 Albion Road, Otahuhu,  
*Central Auckland*, Tuesday 26<sup>th</sup> June 12-2pm, Disability Connect, 3b Olive Road, Penrose,

### **Living Options**

*Central Auckland*, Tuesday 6<sup>th</sup> March 12-2pm, Disability Connect, 3b Olive Road, Penrose  
*North Auckland*, Tuesday 20<sup>th</sup> March 7-9pm, Yes Disability Resource Centre, 3 William Laurie Place, Albany  
*West Auckland*, Thursday 12<sup>th</sup> April 7-9pm, Arohanui Special School, 82 Tirimoana Road, Te Atatu South  
*South Auckland*, Tuesday 22<sup>nd</sup> May 7-9pm, Mt Richmond Special School, 30 Albion Road, Otahuhu  
*Central Auckland*, Monday 11<sup>th</sup> June 7-9pm, Disability Connect, 3b Olive Road, Penrose

### **Menstruation Seminar**

14<sup>th</sup> March, location to be confirmed, 6-8 pm, 3 health professionals will be presenting this seminar. This seminar is aimed at young adults with intellectual disabilities and parents of women with intellectual disabilities. More information to follow later. Come along to this seminar and hear a presentation by three health professionals about menstruation in women with intellectual disabilities. Topics covered include: Modern medical approach to reproductive health for women with intellectual disabilities.

Menstruation management and personal hygiene. Possible long term menstruation management via pharmaceuticals. Contraception and menstruation management

### **Planning for Adulthood**

*West Auckland*, Tuesday 13<sup>th</sup> March 6.30-9.30pm, MPHS Hub West, 27 Corban Avenue, Henderson  
*South Auckland*, Wednesday 16<sup>th</sup> May 6.30-9.30pm Mt Richmond Special School, 30 Albion Road, Otahuhu  
*North Auckland*, Wednesday 13<sup>th</sup> June 6.30-9.30pm, Yes Disability Resource Centre, 3 William Laurie Place, Albany  
*Central Auckland*, Tuesday 3<sup>rd</sup> July 12-3pm, Disability Connect premises, 3b Olive Road, Penrose

### **Sexuality**

*Central Auckland*, Tuesday 27<sup>th</sup> March, 7-8.30pm, Disability Connect, 3b Olive Road, Penrose, Tuesday  
*Central Auckland* - Wednesday 28<sup>th</sup> March 1-2.30pm, Disability Connect, 3b Olive Road, Penrose,

### **Transition**

*Central Auckland*, Tuesday 10<sup>th</sup> April 12-2pm, Disability Connect premises, 3b Olive Road, Penrose.

### **Work and Income**

*West Auckland* Wednesday 28<sup>th</sup> February 7-9pm Arohanui Special School, 82 Tirimoana Road, Te Atatu South  
*South Auckland*, Wednesday 28<sup>th</sup> March 7-9pm Mt Richmond Special School, 30 Albion Road, Otahuhu  
*Central Auckland*, Thursday 31<sup>st</sup> May 12-2pm Disability Connect, 3b Olive Road, Penrose  
*North Auckland*, Wednesday 27<sup>th</sup> June 7-9pm Yes Disability Resource Centre, 3 William Laurie Place, Albany

### **Support groups – Disability Connect**

Disability Connect offers culturally appropriate support (including three support groups) to families with children of special needs as part of the CALD service (Culturally and Linguistically Diverse Disability Information and Advisory Service):

### **Chinese Families Autism Support Group**

Runs every third Tuesday of the month. 2018 dates are 27<sup>th</sup> February, 20<sup>th</sup> March, 17<sup>th</sup> April, 15<sup>th</sup> May, 19<sup>th</sup> June, 24<sup>th</sup> July, 21<sup>st</sup> August, 18<sup>th</sup> September, 16<sup>th</sup> October, 20<sup>th</sup> November, 4<sup>th</sup> December. Please contact Sanny Chan at Disability Connect for more information on our meetings. To see flier in [English](#) or [Chinese](#) click here Contact Sanny 09 526 1298 (DDI) or 09 636 0351 or [sanny@disabilityconnect.org.nz](mailto:sanny@disabilityconnect.org.nz)

### **Parents' Support Group (Otahuhu)**

This support group runs monthly at Mt Richmond School, 30 Albion Road, Otahuhu, 5.30-8pm. 2018. Our February meeting has Starjam to present. Dates are 22<sup>nd</sup> February, 22<sup>nd</sup> March, 19<sup>th</sup> April, 24<sup>th</sup> May, 21<sup>st</sup> June, 19<sup>th</sup> July, 23<sup>rd</sup> August, 20<sup>th</sup> September, 25<sup>th</sup> October, 22<sup>nd</sup> November, 13<sup>th</sup> December. All families with special needs are welcome to join this group – we welcome everyone from any culture and any disability. It is a great opportunity for parents to share their experience and network with each other. Please contact Asoka at Disability Connect for more information or bookings – phone 09 636 0351 or 027 457 8571 or email [asoka@disabilityconnect.org.nz](mailto:asoka@disabilityconnect.org.nz)

### **Indian Families Social Group – Otahuhu**

This is held at Otahuhu Town Hall on one Monday night per month, 6-8pm. 2018 dates are 5<sup>th</sup> March, 9<sup>th</sup> April, 7<sup>th</sup> May, 11<sup>th</sup> June, 2<sup>nd</sup> July, 6<sup>th</sup> August, 3<sup>rd</sup> September, 8<sup>th</sup> October, 5<sup>th</sup> November. Indian families are very welcome to this meeting. It will follow a relaxed 'conversational' environment. Everyone is free to talk amongst themselves, make new friends, connect for support or just ask any questions you may be interested in. Please email [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) or [asoka@disabilityconnect.org.nz](mailto:asoka@disabilityconnect.org.nz) or phone 09 636 0351 or text/phone 027 457 8571 to book. If you would like to book to one of these seminars please let us know [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz) Disability Connect news

## **DISABILITY CONNECT NEWS**

### **Collaboration amongst Disability Providers and Families**

Our vision is to create connections, awareness and understanding amongst the disability community of Auckland. In 2017 Disability Connect and several other professionals from the disability sector organized and hosted three separate networking meetings for providers, schools and families in the south Auckland region. In 2018 we are expanding this project to the central/west Auckland and north Auckland regions. The disability sector includes organisations and professionals with experience and expertise that can help families. These meetings aim to inform you about the sector and various supports available. Families are central to the community - good relationships with professionals and opportunity to connect with each other are key to knowing where, what and how we can gain support for our loved one with a disability, and all work better together. Keep an eye out for our upcoming family's workshop in the West Auckland area.

### **The Present and Future Disability Sector (and some of the Past too)**

This was a forum for parents of an individual with a disability held on evening of Monday 28<sup>th</sup> August at Onehunga Community House. This is a follow up forum to the June 'What happens when we're no longer here to care for our loved one with a disability' forum. At this August forum we heard presentations by Ministry of Health representatives on the current disability services which families may be eligible for, how to access them, Individualised Funding, and information on the development of the New Model for supporting people with a disability (ie: Enabling Good Lives). Representatives from Taikura Trust, Ministry of Social Development (including Work and Income) and Housing NZ were present to address questions. This forum was filmed and is now available on the homepage of our website [www.disabilityconnect.org.nz](http://www.disabilityconnect.org.nz) If you have any questions arising from this forum and the topics discussed please forward them directly to Lisa Martin, CEO Disability Connect at [lisa@disabilityconnect.org.nz](mailto:lisa@disabilityconnect.org.nz)

### **'What happens when we're no longer here to care for our loved one with a disability'**

Click [here](#) to view the video footage of the entire forum or click on the blue title above to access the video. On Wednesday 28<sup>th</sup> June Disability Connect delivered a parents forum focussing on the issue

'What happens when we're no longer here'. This was the first such parents forum and was the pre-cursor to the above mentioned Present and Future Disability Sector forum mentioned above. This original June forum was very well attended with 97 parents and 10 staff from Disability Connect, Ministry of Health and Taikura Trust. We gathered a lot of feedback about the issues that concern parents as well as useful information from Ministry of Health about the Disability System Transformation currently underway. We welcome any further feedback or questions to [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz)

### **Disability Connect has a Social Worker**

This [social worker role](#) is to provide advocacy, support and practical help to families and individuals with a disability. Click on the link to find out more about this Service which is free to families. We welcome new referrals either directly from families or from professionals. Referral forms are available on our website.

### **Pushpay Donation for Disability Connect**

Disability Connect is a not for profit organisation and as such we continually fundraise to provide free ongoing, quality disability information and advisory services to people with a disability and their families. We now have a donation mechanism set up on our website. If you wish to donate to us please click this link to do so using your credit card [https://pushpay.com/pay/DisabilityConnect/oCYqk\\_8DUzVodWH-5uiHzQ](https://pushpay.com/pay/DisabilityConnect/oCYqk_8DUzVodWH-5uiHzQ) or you can donate using credit card via mobile phone by texting Disconn to 818 - if you are asked to state an area code either use your own (if you know it) or use 1061 which is the Disability Connect area code. All donations are very gratefully received.

Disability Connect provides information, advice and proactive support by: Face to Face meetings with disabled people and/or families to help them navigate the system, Phone/email consultations, Print Publications (Networker magazine, Four Go Flatting, Disability Support Guide), Seminars (covering topics such as Individualised Funding, Living Options, Transition out of School, Planning for Adulthood, Education Legal Issues and Work and Income Supports), Social Work service, Culturally Diverse Disability Information and Advice, Fortnightly E bulletin, Website and Social Media, Thank you for considering donating to Disability Connect. We enjoy serving the Auckland community with relevant, up to date and accurate disability information and advice. When you send 'DisConn' to 818 you will receive a one-time reply containing a link to give to Disability Connect (1msg/request). Please be aware that Msg & Data rates may apply. For full Terms & Conditions please visit <https://pushpay.com/terms>. For the Privacy Policy please visit <https://pushpay.com/privacy>. For help reply HELP or STOP to cancel.

### **Disability Support Guide**

We have now have the pdf document of our very popular resource in [English](#), [Chinese](#), [Korean](#) and [Arabic](#) for you to download.

## **LINKS TO VALUABLE INFORMATION PAGES**

[Activities – Preschool](#)

[Activities – School Age](#)

[Activities – Age 18 +](#)

[Activities - All age activities](#)

[Community Venues](#)

[Conferences / Events outside of Auckland](#)

[Counsellors](#)

[Disability / Mental Health Related Events](#)

[Disability Sector Project Information and research](#)

[Discounted Activities across Auckland](#)

[Employment Opportunities and Positions](#)

[General Health Related](#)

[Other organisations information](#)

[Support Groups](#)

*Please click on the above section links to see more information and providers*

Please look on our [Useful Links](#) section of our website for more services / organisations

## **UPCOMING SEMINARS / TRAININGS / CONFERENCES EVENTS AND ACTIVITIES**

### **ACC Paralympics New Zealand Open Days**

You, your whānau, family and carers are warmly invited to the ACC Paralympics New Zealand Open Day – a day for people of all abilities. An Open Day is way you can find out about Para sport opportunities in your area, get amongst the action and meet a Paralympian. You'll also have a chance to chat with Para athletes and coaches and find out how you can get involved. A variety of Para sports will be included at each event such as Wheelchair Basketball, Para cycling, Boccia, Para athletics, and there'll be lots more to see and do. ACC and Paralympics New Zealand want to support and encourage New Zealanders with disabilities, their families and support people to get involved in Para sport. The Open Days are free to attend, whether you're a coach, volunteer, spectator, play for fun, or aim to become a Paralympic superstar! To find out more about the Open Days and what's involved [visit our event page on Facebook.](#) [25<sup>th</sup> March – Tauranga](#), [Early April – Dunedin](#)

### **Champion your needs**

If you would like to learn more about how to be a champion for your own children, then this course is for you. It will teach you how to plan for, raise issues at and negotiate during meetings. The course covers active listening and questioning skills, negotiating, planning, and challenging assumptions. If you are interested there is also the option to learn more about our volunteer opportunities. You will be offered the chance to become a Support Parent, where you can be the listening ear and share your experience and knowledge to families new to the world of disability. Auckland (Overnight) 6-8<sup>th</sup> April. to register [https://parenttoparentnz.formstack.com/forms/champion\\_rego\\_copy](https://parenttoparentnz.formstack.com/forms/champion_rego_copy)

### **Design for Living Workshop**

Create a plan for Your life-Your way! Design for Living is an inspiring action based workshop for the whole team. Criteria applies; The person you are here to support has Autism/Aspergers and uses Individualised Funding, Limited to 10 teams (person with ASD and support people). Book your pre course appointment now!, FREE to participants-this course is fully funded by Te Pou. This course is in Albany, Auckland 9am-3pm; 20, 21, 27, 28 Feb & 6 March. Full team attendance required (not necessarily for the person with ASD).

### **Disability Gymnastics Howick**

Classes have now started Mondays 10.45-11.30am for children aged 2+. The object of this class would be to provide those children with physical and intellectual disabilities an opportunity to learn gymnastic skills in a fun and safe environment. Children would also improve their strength, co-ordination and motor skills. Parent participation would be required for this class, however numbers would be limited to 10 children to optimise what the class could offer. If this is something you or someone you know would be interested in joining, 09 576 8400 Debbie or email [enquiries@howickgym.co.nz](mailto:enquiries@howickgym.co.nz)

### **Hands on Autism Workshop Takapuna**

Children's Autism Foundation in Takapuna, a full day workshop for all who are living or working with a young person on the Autism Spectrum. This workshop will provide practical tools and strategies that you can easily implement in the home, school and wider community. Topics include - Guide to Autism, Strategies for Behaviour, Sensory Issues, Dealing with Anxiety. Saturday 24<sup>th</sup> February 2018, 9am-4pm Takapuna Primary School, 23 Auburn St, Takapuna. Free for families and carers (kindly supported by Disability Connect and Te Pou) \$175 + GST per ticket per professional, lunch included please register online at [www.autism.org.nz](http://www.autism.org.nz) or 09 415 7406

### **Horizons - Outward Bound Course**

Take your independence to the next level with an adapted 8 day Horizons course. You'll be placed in a team of 12 others with a range of intellectual disabilities, working together as a team and supporting one another to overcome the week's challenges. From sailing to high ropes, you'll try all sorts of new activities, ensuring you return home with the motivation to try out new experiences and test your boundaries. Horizons is an adapted course, so whilst you'll experience all the adventure of an Outward Bound course, there will be more rest breaks and more support available from three Outward Bound instructors and two support workers. Who

takes part in Horizons? Horizons is ideal for those aged 18+ with an intellectual disability. Past participants have included those with Down Syndrome, Fragile X Syndrome, and Williams Syndrome. See our FAQs for conditions on course entry. Support Workers, [Register your interest](#) in becoming a support worker on the Horizons course. <https://www.outwardbound.co.nz/courses/horizons/>

### **Incredible Years Henderson 2018 Course**

It is a proven parenting programme that gives New Zealand families the confidence to succeed. It's for parents of children aged 3-8 years and involves weekly sessions for 14 weeks. Over the weeks, parents develop strategies to build positive relationships with their children and manage unwanted behaviours like aggressiveness, tantrums, swearing, yelling, hitting, answering back and refusing to do as asked. These behaviours cause enormous family stress and parents can feel alone and helpless. But positive and harmonious family life is possible. Topics include -how to play / spend time together, praising and rewarding children, communicating positively, dealing with disobedience, ignoring, time-out and other appropriate consequences, helping children to problem-solve. Wednesdays starting 7<sup>th</sup> March, 9.30am-12pm, Family Works, 3 Montel Ave, Henderson. Book 09 835 1288 or [admin.waitakere@fwn.org.nz](mailto:admin.waitakere@fwn.org.nz)

### **Manukau Live Steamers**

Waitangi Day, Tuesday 6 February 2018, Centre Park, Robertson Road, Mangere. Free train rides and lunch for kids with special needs. Manukau Live Steamers invite you to come along and ride the FREE trains on Waitangi Day from 11.00am. Bring along the family and have a FREE Mad Butcher Sausage Sizzle for lunch. Caregivers ride free. If you need access to the park for your wheelchairs, please phone Lynne on 021 959 106. Bring your hats, your water bottles and ground blankets.

### **Para Athletics Training**

All ability levels, all age groups, all physical and visual impairments. All inclusive. Training dates 4<sup>th</sup> March - North Harbour Bays, 25<sup>th</sup> March - Owairaka. All sessions run between 10am-12pm, with different times for different age groups. Training for track and field events. Owairaka - Lovelock Track, 744 Sandringham Road Ext, Mt Roskill. North Harbour Bays, AUT Millenium, 17 Antares Pl, Rosedale. For more info go to [www.auckland.co.nz/athletics](http://www.auckland.co.nz/athletics) or contact [lizzie@parafedauckland.co.nz](mailto:lizzie@parafedauckland.co.nz)

### **Parafed Auckland Junior Programme**

For 5 years+, make friends, have fun, keep fit and healthy. 10<sup>th</sup> Feb, 10<sup>th</sup> March, 7<sup>th</sup> April. Whanau welcome, first 2 sessions free. Catering for visually impaired participants, and a range of physical impairments. To register and find out more info go to [www.parafedauckland.co.nz/junior](http://www.parafedauckland.co.nz/junior) or email [emma@parafedauckland.co.nz](mailto:emma@parafedauckland.co.nz)

### **Pasifika Strength and Conditioning Programme**

For those with physical and visual impairments and their whanau. Want to improve health and get in shape? Interested in meeting new people? Like to have fun? After an activity the whole family can do? Wed 4.30-6.30pm, drop in session, Auckland Spinal unit, Otara. For more info [www.parafedauckland.co.nz/strength](http://www.parafedauckland.co.nz/strength) or [james@parafedauckland.co.nz](mailto:james@parafedauckland.co.nz)

### **Safari Multicultural Playgroups – Henderson, Lynfield, Papatoetoe and now Panmure**

Henderson Baptist Church, 321 Great North Rd, Henderson, Tuesday, Wednesday & Friday.  
Safari Lynfield, Lynfield YMCA, 16 Griffen Park Rd, Lynfield, Wednesday, Thursday & Friday  
Safari Papatoetoe PACT building, 311 Great South Rd, Papatoetoe, Wednesday & Thursday,  
Safari Panmure Panmure Community Centre, 7-13 Pilkington Road, Panmure Tuesday, Wednesday and Thursday.  
All are 9.30am - 12.30pm Please contact Shoma if you are interested to know about Safari Playgroup 09 625 2440 or email [safari@arms-mrc.org.nz](mailto:safari@arms-mrc.org.nz)

### **Sculpture in the Gardens**

11<sup>th</sup> November – 25<sup>th</sup> February, Auckland Botanical Gardens, 102 Hill Road, Manurewa. Sculpture in the Gardens is a free public event held for three months at the Auckland Botanic Gardens. The exhibition's main feature is a 2km sculpture trail through the gardens. The event also features indoor galleries, guided walks, entertainment and workshops. This exhibition will be the sixth, and will celebrate 10 years of Sculpture in the Gardens.

### **Show your Ability 2018**

ASB Showgrounds, Tuesday 27<sup>th</sup> February, 9am-7.30pm

### **SibsupportNZ - Sibshops**

The SibSupportNZ programme has been specifically designed to meet the needs of the brothers and sisters of people with disabilities. The programme gives children the chance to form their own support networks by making friends with children who are in similar situations as well as having a fun time away from the day-to-day stresses of family life. Common issues faced by children with brothers and sisters with a disability or health impairment include, isolation, resentment, embarrassment, guilt, feelings of neglect, a pressure to achieve and worries about the future. SibSupportNZ programmes are run by siblings, for siblings. Auckland (Sibcamp), 23-25<sup>th</sup> February  
To register  
[https://parenttoparentnz.formstack.com/forms/sibshop\\_info\\_and\\_rego](https://parenttoparentnz.formstack.com/forms/sibshop_info_and_rego)

### **Success in Schools Course – Down Syndrome**

5 & 6 March 2018, Waipuna Hotel and Conference Centre in Mt Wellington. Facilitated by Kirsten McDonald, the Success in Schools course is for SENCO's, teachers, teacher aides, specialist staff, occupational therapists and parent educators. These are two full day courses, starting at 8.30am and finishing at approximately 3.30pm. Keep an eye on your mailbox for a separate email with further details on the course content. A booking form will soon be available on the [ADSA website](#).

### **Wise Clubs – Massey and Mt Roskill**

WISE HUB, Henderson Baptist Church, 319 Great North Road Henderson (near the bus stop). Every Monday Morning, 10am to 12.30pm.  
WISE HUB Mt Roskill, Wesley Community Centre, 740 Sandringham Road Ext. Mt Roskill, Main floor, "Tarapunga Room" Every Friday Morning 10am to 12.30pm.

### **Women's Wheelchair Basketball Training Sessions**

Monthly Sundays, Spinal Unit Gym, 3.30-5.30pm, 25<sup>th</sup> Feb, 25<sup>th</sup> Mar. Leading up to the Kelly Griffin Challenge 14/15<sup>th</sup> April. Suitable for experienced and beginner players, 12-112 years old. Chairs provided. For more info [www.parafedauckland.co.nz/wwcbb](http://www.parafedauckland.co.nz/wwcbb) or [lizzie@parafedauckland.co.nz](mailto:lizzie@parafedauckland.co.nz)

### **Young Adult Groups running in Counties area**

Did you know that IDEA Services have a Young Adults group running in the Papakura and Pukekohe areas? These groups have been created to enable young adults to build on their life skills through a variety of activities including sports, recreation, and volunteer work. For more information please contact Community Liaison Coordinator Iris Philip on 09 529 8714, 022 010 8243 or email [iris.philip@idea.org.nz](mailto:iris.philip@idea.org.nz). To gain an understanding of what the groups do, especially the Pukekohe group please visit their Facebook page (Youth Activities Pukekohe).

## **NOTICES**

### **2018 Census - 6 March**

The Census is used as the baseline for all local and central government funding (including health, education, police etc), so it is vital that we encourage and enable everyone in the community to participate, areas of high focus in CALD communities include - High CALD populations (TOP4: Chinese, Indian, Filipino, Koreans), Young Working Age CALD (People aged 15-29 years), International Students, Seasonal Workers and Visitors, MELAA (Middle Eastern/Latin American/African), visit [www.census.govt.nz](http://www.census.govt.nz)

### **Access4all**

ACCESS4ALL is a New Zealand-wide Accommodation and Activity Guide specifically designed for anyone, young or old, who has mild to major mobility difficulties. It is mainly visual so travellers and their support team can see and decide for themselves whether accommodation and/or activities in a particular destination might suit – because they are the experts. We do have some knowledge of this field as we have a few mobility impairments ourselves. Contact Richard 09 479 7702.

### **Assistive Technology Survey - participate and spread the work please**

An action point in the New Zealand Disability Action Plan involves the collection of information in relation to assistive technologies for disabled people. Assistive technologies takes the widest view possible i.e. products and related services that help people take part in everyday activities. They can be specifically designed for people with cognitive, physical and/or sensory impairments, or everyday technology that has been modified. Examples range from hearing aids, to smartphone apps that assist with communication, to power wheelchairs. The research, being conducted on behalf of the Disabled People's Organisations, ACC, and other government agencies, examines how assistive technology makes a difference to the lives of disabled people; which technologies are being used, and what disabled people think of current government funding. People can participate by completing the survey on-line, over the phone or by postal hard copy which includes an Easy Read version. Please circulate

the information through your networks. Most importantly, we encourage you to participate and to provide your feedback by taking part in the survey. Go to <https://www.acc.co.nz/about-us/news-media/latest-news/disability-survey>. If you would prefer to do the survey over the phone or by postal hard copy (including an Easy Read version) please contact: Andrew Whitsed on 0800 825 5867 or email at [andrew@umr.co.nz](mailto:andrew@umr.co.nz). The results of the study will contribute to strengthening and updating the Disability Action Plan 2014-2018 <https://www.odi.govt.nz/nz-disability-strategy/disability-action-plan/>

### **Auckland Emergency Management**

Auckland Emergency Management coordinates a group of different agencies, who all work together before, during, and after an emergency to help our communities. These include emergency services like – fire, police, ambulance, non-government organisations like (Salvation Army and Red Cross) and providers of essential services including water, power, and telecommunications. In order to protect people, property, and essential services all of these agencies need to work together, in a well-co-ordinated way. We also work with communities to help them to develop their ability to help each other to get through emergencies with their own support networks and resources. Information to share with your community: Make a plan with your family to get through an emergency

<https://www.happens.nz/make-a-plan/> Sign up to Auckland Emergency Management's txt or email alerts to give you warnings about emergencies. [Subscribe to SMS and email alerts](#). There's also lots more information on hazards and how to be prepared on our website: <http://www.aucklandcivildefence.org.nz/> Download the Red Cross Hazard App on to your phone to identify hazards, reduce risks and stay informed. Learn about it here:

<https://www.redcross.org.nz/what-we-do/in-new-zealand/disaster-management/hazard-app/> For people who have physical, medical, sensory or cognitive disabilities, emergencies such as fires, floods and acts of terrorism present a real challenge. The same challenge also applies to the elderly and other special needs populations.

<http://www.aucklandcivildefence.org.nz/get-ready/people-with-disabilities/> Tsunami evacuation maps

<http://www.aucklandcivildefence.org.nz/community/tsunami-evacuation-maps/>

How to get help? Neighbours, friends, work colleagues and those around us will often be the first to help. It is how we are work together that will make the biggest difference, If life is at risk, dial111.,For disruption like landslides or flooding, contact Auckland Council 09 301 0101,For power outages contact your power company

Chinese Resources are [here](#)

### **Autism Outreach Co-ordinator Job Available**

Join our Team!! We are seeking an experienced and empathetic person who wishes to make a positive contribution to their local autism community as a Regional Outreach Coordinator for the Auckland branch, based in Mt Albert. This key position will effectively coordinate and deliver outreach and support services within the wider regional autism community, and in conjunction with the National Office. Part-Time 30 hours per week (Monday to Friday, but days/hours can be negotiated)

The successful applicant will have:

- An in-depth knowledge of the Autism Spectrum and related conditions. Including knowledge of the Autism Spectrum Disorder (ASD) Guidelines and NZ Disability Strategy, and the ability to work within these principles.
- Experience in providing high-quality and appropriate Autism information and support to individuals, families/whanau/caregivers, and professionals - preferably within the Education or Health & Disability sectors.
- Prefer experience in delivering training/education to both families/whanau and professionals, who work with and support people on the Autism Spectrum.
- Prefer experience working independently - yet part of a regional/national team.

To apply, or for a full job description, please email Karen Lonergan with your CV and cover letter. [Karen.onergan@autismnz.org.nz](mailto:Karen.onergan@autismnz.org.nz) state 'Auckland Outreach Coordinator' in the subject line. Applications close Friday 2February 2018. For more information on Autism New Zealand, visit our website [www.autismnz.org.nz](http://www.autismnz.org.nz) For enquiries, you are welcome to contact Karen Lonergan on 021 288 4762. Applicants for this position should have NZ residency or a valid NZ work visa.

### **Diabetes Survey to Identify Support Needs for young people with type 1 diabetes**

The Ministry's diabetes team has commissioned some work to identify the support needs for young people with type 1 diabetes as they transition to self-management. One component of this work is an online survey, which can be completed by any one of the following: people aged 14-24 years with type 1 diabetes, a parent or caregiver of someone aged 14-30 years who has type 1 diabetes, a friend or other family member/whanau of someone aged 14-30 years who has type 1 diabetes. The survey will be available until the second week of January 2018. We would love to hear from as many young people and their caregivers or whanau as possible. Where appropriate, please could we ask that you share this link with your relevant networks

### **The Disability, Spirituality and Faith Network Aotearoa New Zealand has initiated planning a Disability Spirituality Conference in 2020**

At this stage a conference planning group is forming with people from a range of backgrounds and organisations we are keen to engage with other interested stakeholders. This conference welcomes all faiths and those with no particular faith to explore the landscape of spirituality and disability. The conference landscape of spirituality and disability. The conference will focus on such themes as: Spirituality of people with disabilities, opportunities for the disability community to explore their own spirituality. This is critical as there is little opportunity in the disability community where spirituality can be freely explored. How can religious institutions hear and receive the experience and insights of people with disabilities? Ensuring faith communities are made accessible, so that people with disabilities can access and be nurtured in a community of their choice. The conference is inclusive of ALL faiths and the planning group welcomes contact from interested stakeholders. Please contact Reverend Vicki Terrell at [vterrell@actrix.co.nz](mailto:vterrell@actrix.co.nz) for further information.

## **Disability Support Guide**

We have now have the pdf document of our very popular resource in [English](#), [Chinese](#), [Korean](#) and [Arabic](#) for you to download.

## **Emergency Mobile Alert**

The Ministry of Civil Defence and Emergency Management (MCDEM) is leading the implementation of a new nationwide emergency alert channel. Emergency Mobile Alerts are due to be available by the end of 2017. What are Emergency Mobile Alerts? Emergency Mobile Alerts are messages about emergencies sent by authorised emergency agencies to [mobile phones enabled to receive Emergency Mobile Alerts](#). They can be targeted to areas affected by serious hazards. If your phone is on, capable and inside the targeted area, you should get the alerts. You don't have to download an app or subscribe to a service, just [ensure your phone is capable](#) and updated. Emergency Mobile Alert does not replace other emergency alerts. If you feel your life is in danger, don't wait for an official warning. Take immediate action.

## **Enabling participation for disabled young people**

What facilitates full citizenship and participation for young people with vision, hearing and mobility impairments in Aotearoa/New Zealand? This question is the basis of our current mixed-methods Health Research Council-funded research with young people aged 12-25 years. What do young people experience as enabling accessibility and participation? What do they experience as barriers? Where are the margins for change, for expanding 'possibility'? Like all citizens, disabled young people have major contributions to make to their communities, yet they can face substantial barriers to access and inclusion. The built environment and social attitudes can undermine mobility and participation. In collaboration with the disability sector this study is working with young people living in Auckland aged 12-25 years with mobility, hearing and vision impairments to understand their everyday life experiences. The study combines interviews with questionnaires about everyday interests and activities, and getting around. We accept the New Zealand Disability Strategy definition of disability as "the process which happens when one group of people create barriers by designing a world ... taking no account of the impairments of others". We want to hear your views, and we will use the research findings to educate local government and the wider community, and to support disability sector activism. If you are interested in being involved and would like some more information, please contact us Penelope Carroll, Shore and Whariki Research, Massey University, [p.a.carroll@massey.ac.nz](mailto:p.a.carroll@massey.ac.nz) 027 431 6867 or 09 366 6136 or Octavia Calder-Dawe, Shore and Whariki Research, Massey University, 09 366 6136, 027 351 5385 [o.calder-dawe@massey.ac.nz](mailto:o.calder-dawe@massey.ac.nz)

## **Engaging Priority Families**

The Engaging Priority Families programme is funded by MOE with the better public service goal to support all 3-5 year olds to access a quality ECE and start Primary School with a solid foundation. Our EPF team promote the value of education by walking alongside parents/caregivers in preparing their child for the 'big school'. We believe that we can achieve this through working in collaboration with community services and Primary Schools while keeping each child at the centre of our educational vision in the hope to minimise future school absent issues. We work alongside

families to identify the barriers to accessing education, how to address them and move forward. In order to reach more children and their families we need the support of the community to identify children who might benefit from registering with the EPF programme. Our team covers the following areas in Auckland: Puketapapa, Manurewa-Papakura, Otara-Papatoetoe, Manukau. There are other EPF providers covering Maungakiekie, Whau and Henderson-Massey and I will gladly share their contact details if there are families living in those areas who might benefit from the EPF programme. Please feel free to contact me if you require further information. Petro Schoombee, [PetroS@atwc.org.nz](mailto:PetroS@atwc.org.nz) 09 276 3729 x 9403

## **Firstport Website Information**

Got a burning question – then #AskFirstport! New website seeks ideas from users about content that matters to them. A new national website is asking users what they want to be able to find out about when it comes to disability in a new campaign called #AskFirstport. The recently launched Firstport website currently provides information, tips and advice to users about a whole range of topics including funding assistance, education, grants and subsidies and support groups. But the site wants to widen its offering by asking users what else they want to know about and what topics they want to see featured. "We want to be the first port of call for anyone wanting to find out about things like getting funding assistance for equipment or housing modifications, or where they can find their local disability information centre," says Amanda Cockburn, who manages the project to develop the website. "But we also want to offer extra value to people by providing information about other things that really matter to them – everyday concerns or difficulties that make living independently harder." #AskFirstport features characters who interact with users through social media and ask them what they want to know. End users of the site are being invited to suggest topics that might not necessarily be covered otherwise and offer an insight into the everyday lives of people who are living with a disability or impairment. "We hope that the #AskFirstport campaign will give us some great ideas about topics to cover on the site in terms of signposting people to the information they require, and also allow us to create some great articles and materials for people based on the information they want and need," adds Amanda. The campaign is running from the 11<sup>th</sup> January until the 12<sup>th</sup> February. To get involved you can go to @FirstportNZ on Twitter or Facebook and take part using the hashtag #AskFirstport. You can also visit [www.firstport.co.nz/askfirstport](http://www.firstport.co.nz/askfirstport) for more information about how you can contribute to the campaign.

## **Little Bites – Help for Challenging Eaters**

I'm Rose Anne – a challenging and selective eating specialist. I have been working on expanding diets with very selective eaters in special schools and I have loved seeing them thrive and enjoy the tasting sessions. If these very selective eaters can learn to enjoy new food, then you can teach your child to enjoy new food! At Little Bites, I work with families to support you through those difficult times when it feels like no matter what you do, your child will not eat what you want them to, when it feels like people are judging you, when you dread social meals, when you wish that dinner time could be happy and relaxed... It can! I will work with you, giving you the strategies

and resources to help your child confidently taking more and more little bites. I offer 1 to 1 sessions; either face to face or online. After working with children with various food issues and special needs, I have found that even the most selective eater can learn to try new food, new colours, new textures when given their own personalised eating plan. If you would like to talk to an expert you can register for a no cost evaluation in the bookings section. Meal times can be relaxed, enjoyable and no longer stressful. Located in Mellons Bay, Auckland, Mon-Fri, 9am-3pm

### **Mind and Body Free Youth Resources Launched**

Mind and Body and [www.rethink.org.nz](http://www.rethink.org.nz) are delighted to announce the release of the new Like Minds, Like Mine youth resource Conversations for Change, which is available online now for free download! It aims to encourage young people to reach out for support and to include and support each other. The resource contains comprehensive facilitator's guides to five group activities which challenge stigma and discrimination and generate safe conversations about mental distress. Discussions encourage critical thinking about the impact and origin of different attitudes toward mental distress and encouraging empathy. Conversations for Change is part of the Like Minds, Like Mine Community Partnership Fund. The first two activities are compulsory and involve young people considering what mental illness "is" and then confronting the impact of some common negative attitudes toward mental health conditions. Each activity is about an hour in length and ideal to be used in classrooms, youth groups or other community settings. The three additional pick-n-mix activities encourage empathy and critical thinking in the areas of hearing voices, eating issues and holistic wellbeing.

### **NZ health and disability system information to new migrants and international students**

Promote multilingual videos and materials to your communities, particularly during student Orientation days. This is to increase awareness of essential health system information and the role of a family doctor. <http://www.yourlocaldoctor.co.nz/Usefullinks.aspx>

### **Paraloan**

Paraloan is a charitable organisation which provides financial assistance for people with physical disabilities. I have attached a flyer to refer your staff and clients to. The flyer provides a brief summary about paraloan and the type of loans we provide. Our website [www.paraloan.org.nz](http://www.paraloan.org.nz) provides the details of our service, criteria and the documentation required when applying for a loan.

### **Parenting Videos made in NZ for Disability Community**

Videos are

Episode 1: [Mums on Diagnosis](#)

Episode 2: [Mums on Education](#)

Episode 3: [Mums on Friendship](#)

Episode 4: [Mums on Where to seek help](#)

Episode 5: [Mums on Future](#)

### **Shirley McKenzie Scholarship Open**

Each year Deaf Aotearoa offers the Shirley McKenzie Scholarship for Deaf People. Applications are now open. You may apply for the Shirley McKenzie Scholarship to: 1 Get more education, 2, Get a professional qualification, 3 Access professional development for your current job, 4 Get training or

experience e.g. theatre, arts, crafts, photography, video making etc. Applications close on the 31 January 2018. [The application form is available here.](#)

### **Spirit of Adventure Voyage 2018**

This special 5 Day voyage provides an opportunity for physically challenged young New Zealanders to take part in an adventure of a lifetime. Thirty young people from across the country, aged 16-20 years, come together to face challenges outside of their usual boundaries, gaining confidence and achieving tasks that previously might have looked impossible. The annual Inspiration voyage is sponsored by the combined Lions Clubs of New Zealand, led by the Karori Lions Club. We take thirty physically challenged young people to sea on this special 5 Day voyage. Inspiration voyage participants are partnered with a support person (usually one to three ratio). Support personnel are recruited from experienced Spirit volunteers who have participated in 10 Day voyages. They offer support and personal assistance to the participants as required. Our unique voyage focuses on the following life skills activities: building self-confidence - climbing the mast, swimming alongside, developing leadership skills - putting up the sails, communicating with new people - helping cook a meal, learning to be resilient - helping clean the ship, working in teams - rafting ashore, dealing with close confines - sleeping in cots, learning new skills - sailing the small boats. Participants must be aged between 16-20 years, meet the medical criteria of the voyage, agree to the terms and conditions of the voyage, 19<sup>th</sup> Feb-23<sup>rd</sup> February please register your interest.

### **Starjam Spaces Available**

StarJam workshops are starting up again in February and we would be grateful if you could pass on our flyer to anyone that has young people in their care who live with disabilities (between 6 and 25 years old) so that they can make friends and gain confidence in themselves. We have Drumming, Singing, Music and Dancing workshops all over Auckland from Manurewa, Onehunga, Pakuranga and Western Springs all the way up to New Lynn, Takapuna and Albany and these workshops are held weekly during the school term. Spaces have become available for 2018 so we'd love to hear from some new potential StarJam youth. Contact Ash - 021 243 6588 / 09 300 6257, [auckland@starjam.org](mailto:auckland@starjam.org) Here is the [flyer](#) and [information sheet](#)

### **Total Mobility Scheme**

The Total Mobility scheme helps people with serious mobility constraints access subsidised door-to-door transport services. The Total Mobility scheme offers eligible registered individuals a 50 per cent discount (up to a maximum subsidy of \$40) on fares charged by contracted taxi transport providers in the Auckland region. The discount applies to the card-holder and one support person or carer travelling with you. To receive the discount, you must present your ID card to the driver at the start of the trip so the correct fare is calculated. At the end of the trip, you must have your ID card swiped and pay your portion of the fare. [Who is eligible for Total Mobility scheme](#)

The Total Mobility Scheme is designed to assist qualifying Auckland residents/ratepayers. The eligibility assessment identifies whether you have an impairment that prevents you from undertaking any one or more of these components of a journey unaccompanied, on a bus, train or ferry, in a safe and dignified manner: Getting to the place from where the

transport departs, Getting onto the transport, Riding securely, Getting off the transport, Getting to the final destination point.

The scheme, which is run throughout New Zealand, allows for reciprocal arrangements with other local authorities for Auckland residents to receive discounted travel while travelling outside of Auckland. [How to apply for a Total Mobility AT HOP card](#)

To register and receive a Total Mobility AT HOP Card, please follow these steps:

Step 1 - Contact a Total Mobility disability agency to discuss eligibility and arrange an assessment

The AT public transport call centre, (09) 366 6400, can provide the contact details of a number of suitable disability agencies. The disability agency will ask you a series of questions about your impairment to determine your eligibility, and if they consider that you are likely to qualify, they will arrange an assessment appointment with a trained facilitator.

Step 2 - Complete the eligibility assessment and registration forms

The assessment must take place face-to-face with an assessment facilitator, filling out the registration forms together. If the assessment facilitator determines that you are eligible, the assessment form must be signed by you and the assessment facilitator, and you must sign the photo ID card form.

Step 3 - Submit the registration forms, photo, and card issue fee

Return the assessment form and photo ID card form to the disability agency with the appropriate payment. This may include a disability agency membership fee and an assessment fee, although some agencies do not charge these. The payment will always include a card issue fee of \$10.00 to cover the administration and production costs of the ID card (payable to Auckland Transport).

The disability agency will review the registration forms and forward them to AT with the card issue fee.

Step 4 - Approval

Once the registration has been approved and processed by AT, you will receive a letter from AT confirming your registration.

You will normally receive your ID card within 10 working days, with a letter about the rules of the Total Mobility scheme and how to use the TM AT HOP card. If you have any questions or need an accessible version of a document, please call the AT Public Transport contact centre, phone (09) 366 6400.

### **Using Medicines Safely**

Translated cards (English, Chinese, Korean)  
Promote the online cards to your communities, this is to help patients and whānau understand and use their medicines safely.

English <http://www.yourlocaldoctor.co.nz/Portals/0/UsingMedicinesSafelyENGLISH.pdf>

Chinese

<http://www.yourlocaldoctor.co.nz/Portals/0/UsingMedicinesSafelyCHINESE.pdf>

Korean

<http://www.yourlocaldoctor.co.nz/Portals/0/UsingMedicinesSafelyKOREAN.pdf>

### **WFDYS Children Camp 2018 – Applications Open**

Deaf Aotearoa is looking for two young deaf people aged 9 to 12 to represent Deaf Aotearoa and New Zealand at the WFDYS Children Camp in Buenos Aires, Argentina. We are also looking for a Leader aged 21 to 30 to accompany the young people and help facilitate at the camp. If you are interested in this

amazing opportunity or would like to find out more, please see the application form [here](#).

### **Articles of interest:**

[Determined athlete Sam Muir-James pulls off Lake Taupo swim, wins inspiration award](#)

[Agency wants to inspire more people with autism to travel](#)

[Horizons - Outward Bound course](#)

***In order to keep informed about important issues, seminars and changes to any seminars it is important that you LIKE us on Facebook !***

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# **NEWSLETTERS**

[Altogether Autism](#) – Issue 3 2017

[Altogether Autism](#) – Journal 2018

[Auckland Down Syndrome Association](#) – December 2017

[Be Accessible](#) – December 2017

[Brainwaves](#) – Summer 2017

[Carers NZ](#) – November 2017

[Children's Autism Foundation](#) – 15 November

[Communitycations](#) – 18 January 2018

[Communitycations](#) – 20 December 2017

[Dance Therapy](#) – Summer 2017

[Deaf Aotearoa 1 February](#)

[Deaf Aotearoa 22 December](#)

[Talking Hands Magazine](#)

[eCald News](#) – December 2017

[Health Quality & Safety Commission E-update](#) – December 2017

[Improving Life Outcomes](#) – December 2017

[Infolink Quarterly Newsletter](#) – December 2017

[Kia Maro](#) – November 2017

[NZDSN Newsletter](#) – January 2018

[Parent Aid](#) – December 2017

[Parent to Parent newsletter](#) – November 2017

[Magazine](#) – September 2017

Parent to Parent [info](#)

[Recreate NZ newsletter](#) – Term 4 2017

[Sands](#) – Spring 2017

[The Asian Network Newsletter \(TANI\)](#) – Summer 2017

[Vaka Tautua](#) – December 2017

[Wise Newsletter](#) – 13 December 2017 [Wise Newsletter](#) 17 January 2018

**disability  
connect.**

*helping families*

**From the Disability Connect Team**

**Lisa, Virginia, Robyn, Sanny, Angela and Asoka**

[www.disabilityconnect.org.nz](http://www.disabilityconnect.org.nz)

Join us on [Facebook](#) and follow us on [Twitter](#)

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