



Advance

Spring
2016



From the EO

As I write this column I am thinking about the big changes that are upon us. I am wondering how we are going to manage. It is said that the changes to services for older people and people with disability are bigger than when government introduced Medicare back in 1970. The changes are more significant than, when in the 1980s, the governments across Australia supported the policy to close large institutions and move people with disability to live in the community. **The governments are funding Home and Community Care (HACC) services to support frail elderly people, younger people with disability and their carer, to live independently and prevent them from going into care before the need arises.**

We have already seen changes to the way services are delivered for people over 65 years old. The Australian Government has introduced a single point of contact, assessment and referral for older people called **My Aged Care**.

It is now less than a year before the National Disability Insurance Scheme (NDIS) will be rolled out to Southern NSW and Northeast Victoria. It is now time to start planning. For people with disability and families, find out if you are going to be eligible. In this edition you will read how DAIS is able to run information sessions for people with disability and their families so that they can get ready for the NDIS.

DAIS, as an organisation, needs to plan for the future and change to meet the challenges of the new way of providing services. The DAIS Board is seriously considering merging with Disability Advocacy Network based in Wagga. You can read a letter from the Boards of both organisations, providing the reasons for the merger and giving members and clients an opportunity to let us know what you think at the AGM.

Martin Butcher
Executive Officer

THIS IS YOUR INVITATION

DAIS Annual General
Meeting
27 October 2016
1:00 to 3:00 pm
DAIS Shed
132 Melbourne Road
Wodonga

**You are invited to attend the
26th Annual General Meeting
of Disability Advocacy and
Information Service Inc.**

- Come and celebrate our achievements during the past 12 months
- Presentation of the Jack Irvine Award
- Hear, and have your say, about our plans for the future
- Enjoy afternoon tea together.

During the meeting we will discuss the plan to merge with Disability Advocacy Network based in Wagga Wagga.

Come with questions - have your say.

RSVP by Friday 21st October

- Phone: 02 6056 2420 or
- Email: admin@dais.org.au.



DAIS and DAN Intend to Join Forces

The Boards of Disability Advocacy and Information Service Inc, and Disability Advocacy Network Inc based in Wagga Wagga, have signed a Memorandum of Understanding with the intention of working towards merging the 2 organisations.

The aim of the merger is to create an organisation that will be in a position to provide services to people with disability across the Murrumbidgee and South West Slopes Districts in Southern NSW, and the Ovens Murray District in North East Victoria. The aim will be to provide equal services to all people with disability living in these districts, including people who live in more isolated parts.

The new organisation will be in a position to provide high quality independent advocacy in their local community. The advocacy is to be provided free of charge and free of conflict of interest. The organisation will be in a position to provide advocacy type activities through funding from within and outside the NDIS to advocate for a better life for people with disability and their families.

The new organisation will be a consumer lead organisation with at least 50% of the board being people with disability or a family member. The remainder of the board will also have the professional skills to govern the organisation.

As part of the due diligence process we are seeking feedback from members, client and other stakeholders regarding the proposal. You will have an opportunity to find out more and have your say at the AGM of each organisation, which will be held at the end of October.

Yours sincerely,

Joan Page
Chairperson DAN

Jen Tait
Chairperson DAIS

Information Sessions for the NDIS

THE NDIS IS COMING!

Southern NSW
July 2017

Northeast Victoria
October 2017

Are you going to be an NDIS participant?
Is your organisation going to provide a service to participants?
Do you know a person or organisation who requires information
regarding the NDIS?

Dave our NDIA trained Advocate has all the up to date NDIS information
and can provide this to you or your organisation.

To speak with Dave contact DAIS on (02) 6056 2420.



As an independent agency DAIS is in a position to train people with disability and family members to plan to get the best from NDIS. DAIS recognised the need for people with disability to have an understanding of the NDIS to enable them to make choices as the scheme is rolled out in Southern Riverina NSW and North East Victoria. To achieve this DAIS invested in having Mr Dave Seiter (a DAIS advocate) attend a number of training sessions. Dave provides the following in relation to his most recent training experience:

In August I attended NDIS training in Adelaide provided by The Australian Federation of Disability Organisations (AFDO) on behalf of the National Disability Insurance Agency (NDIA). The 3-day 6 workshop program outlined in detail topics including:

- How the NDIS will work.
- What the NDIS considers reasonable and necessary.
- Planning and Standing Strong.
- What happens after a plan is made?
- Plan Management Explained, and
- Plan Self-Management – Is it for me?

I found value in each of the 6 workshops, however what I found most interesting and valuable was the background on how the NDIA intends the NDIS to be implemented and operate utilising the guidelines of reasonable and necessary supports directly from the NDIA. The NDIA through AFDO are very excited that this change of service delivery, the biggest since the introduction of Medicare, will provide support to those in the community with significant and permanent disabilities. The new funding which will come from existing Government funds means that the chronic shortfall and ill-fitting service provision for those with significant disabilities will be a thing of the past according to the NDIS Act 2013, and participants will have greater control and choice of funding attached to them rather than an organisation or a State.

I have returned from Adelaide with the required knowledge, skills and resources to educate those who feel they lack the quality information needed to become an informed participant when the NDIS begins rollout in the Albury and southern NSW area in July 2017, and the Wodonga area in October 2017.

I am available to deliver presentations informing organisations and participants alike based on the information provided by the NDIA.

For more information contact me at DAIS on 02 6056 2420 or email: dave@dais.org.au.

Empowering women of all abilities through access, choice and respect

DAIS recently welcomed Jane McRoberts back as Admin Assistant. Jane shared her experience of being part of the Enabling Women Leadership Program.

In April I had the opportunity to be a participant in the Enabling Women Program run in Wangaratta by Women with Disability Victoria and Women's Health Goulburn North East.



Women's Health Goulburn Northeast EO Susie Reid presents Jane McRoberts with her certificate following the completion of the Enabling Women Leadership Program.

The program aimed to increase participants understanding of the rights of Women with Disability, and the services available to assist people with disability, and how to access services.

The participating women were encouraged to be included and involved as part of the community.

Part of the program was to identify barriers to participation in the community, we were then encouraged to brainstorm ideas on ways to overcome those barriers.

It was inspiring to hear women in the group learn about rights and to then identify areas in their own lives where they could self-advocate to ensure their rights are upheld.

The course was also about building confidence and to identify personal strengths.

I enjoyed the craft, experience sharing, and presenting elements to the program.

I had the opportunity to speak to the group about DAIS to broaden participants understanding of how DAIS could assist people with disability to have their voices heard.

GREAT IDEAS IN ACTION

DAIS and Employment Circles of Support recently ran ***The Art of Asking Workshop*** in Wodonga during September.

A report on the workshop will be in our next edition. In the meantime, below are some resources and videos by the presenter, Ric Thompson:

[Ric Thompson Powerpoint Presentation](#)

View: [Ric Thompson's Website](#)

View: [Art of Asking Document](#)

The first step is to see if you are eligible for a package under the NDIS. To check go to www.ndis.gov.au and see if you meet the [access requirements](#) for the NDIS. Not everyone who has a disability will receive an NDIS package.

Before you go and meet a planner, write down what you want to achieve for your life. What do you want to be doing in five years time and what you need to do to get there? Think about what supports you will need to get there.

Find out more about what you can achieve with your NDIS plan. Below are links to websites which have stories from participants in the trial sites. These people talk about what they have been able to achieve and how they have been able to get there. Participants in trial sites say to make sure you have a good think about what your goals are for your life before you meet your planner or local area co-ordinator. So it should pay off if you start thinking about that now.

Things you could have in your 5 year plan may include:

- learn to drive
- live in a house with mates who do not have a disability
- find a job.

To help you the make a plan there is a [workbook](#) on the NDIS website. It would be good to work through it with a family member before meeting with a planner. The workbook will take you through your current activities and supports, what's working, and what you'd like to achieve or change.

Useful links:

www.ndis.gov.au

[Imagine More](#)

[Every Australian Counts](#)

If you need help, contact DAIS on (02) 6056 2420 or 1300 886 388.

1. Start today

Your first NDIS planning meeting could be a pivotal moment in your life and it might be only months away. It's time to start thinking about how you want to live your life and what you need to achieve your goals.

2. Think big

The NDIS will transform disability services and it's for life. It's time to stop worrying about barriers you might have run into in the past and start thinking about the big picture. What do you want to achieve in your life and how do you want to live it? It might take some time to get used to the idea that the NDIS could actually change your world. It helps to talk through your goals, aspirations and dreams with people that know you well.



3. Write a list or keep a diary

It's also important to think about your day-to-day reality. What are the barriers you encounter every day that make life harder than it could be? A good way to monitor this is to start documenting them now. You could write a diary, take photos or keep a list. This will provide concrete examples you can use in your first planning meeting to help you get the most out of your NDIS plan.

4. Be specific

There's no doubt that the NDIS could be truly transformative – but it's up to you to make sure you take advantage of it. Try to be as specific as you can about what you need and what you want, what your goals are and how you want to live. Write all of these down and take them along to your first meeting.

5. Learn the language

There's a whole world of NDIS jargon out there and it's a good idea to start getting your head around terms like *funded supports*, *planners*, *centre-based service* and *support plan*. This will help you to better understand the resources that are available and navigate the process. Check out the Every Australian Counts [NDIS Dejargonater](#) and for a full list see [NDP's glossary](#).

Continued on next page ...

6. Research, research, research

There's a reason that the NDIS was rolled out in trial sites first, and that's so that we can all learn from the experience of others. Try to get as much information in advance – this way you'll be better prepared to deal with any challenges and also to take full advantage of the opportunities of the NDIS. The Every Australian Counts website is a great place to start.

7. Get the paperwork done early

It's a good idea to fill in your planning workbook well before you go in for your first meeting. It contains important questions about your life and your future and you don't want to have to come up with an answer on the spot! You can download the NDIA's planning workbook [here](#).

8. Don't sweat the detail

Have you previously felt pressure to list your needs in a priority order or compare the cost of one service or equipment over another? The NDIS changes all of that because it guarantees you all the reasonable and necessary supports that you need to help reach your goals in life. It's time to stop worrying about the detail and start re-imagining your future.

9. Get all your documents ready

Before your first meeting get all the documentation you have together so you can streamline the process with your planner. This will help you to explain who you are and what you need. Try to collate all your medical, education and health documents to have it ready.

10. Take someone with you

You don't have to do this process alone. Take along to your meeting people who know you well. That might be family, friends, support workers or advocates. They'll help you to make sure you aren't forgetting anything important and can assist with explaining your situation to your planner.



From www.everyaustraliancounts.org.au

Welcome to the DAIS team ...

Jo Wilson ~ Intake Worker

Jo started with DAIS in June 2016 as the Intake Worker. Jo has a career history of working with people with a range of disabilities, more recently with Life Without Barriers assisting people in transitioning to the NDIS funding system.

Jo is kept busy with responding to the continual flow of intake applications, and does so with a cheerful face and in a professional manner.

Melanie Gillies ~ Trainee Advocate

We welcome Melanie who has taken on the position of Trainee Advocate. Mel has previously worked in Home Care services for Aboriginal people, she was already undertaking studies to further her knowledge of disability but this traineeship will provide Mel with study and other opportunities in learning.

Mel is a great asset to the Advocacy Team and has settled into DAIS very well. We wish Mel all the best in achieving her goals and passion to support the rights of people.

Eliz Mitchell ~ HACC Access and Support

Eliz commenced with DAIS in June 2016 as the Access and Support worker for the Central Hume regional area. The catchment she covers includes, Benalla Rural City, Shire of Mansfield, Rural City of Wangaratta and parts of the Alpine Shire. Since Eliz commenced she has visited almost every township in her area and is receiving referrals 'thick and fast'.

Eliz has a background in HACC Assessment Services as well as Mental Health Services. Her skills and experience will enhance the position and is already achieving great outcomes for people.

Do you live out of town?

Would you like someone to come and talk to you about support services to enable you to stay living at home?

An Access and Support Worker can come and talk to you about some of the services available to you, and assist you to access the services.

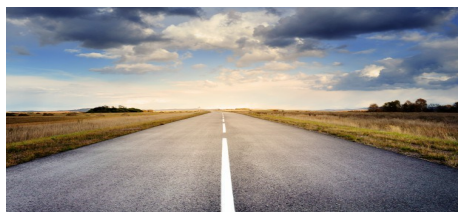
Make an appointment on 02 6056 2420.

A HACC funded service for people living in North East Victoria

We can come to you ... OUTREACH and EDUCATION

DAIS provides individual advocacy and information to people with disability, their carers and families in Northeast Victoria and Southwestern NSW.

**THIS
IS
A
FREE
SERVICE**



DAIS representatives will be visiting **Corowa, Finley and Deniliquin** on the dates below, or we can visit any of the locations on request.

Outreach Locations	
Please contact DAIS to make an appointment Phone 1300 886 388	
HOLBROOK	Library Meeting Room, Bowler Street
CORRYONG	Community Neighbourhood House, 39 Hanson Street
MYRTLEFORD	Gateway Community Health, 32 Smith Street
BRIGHT	Library, 14 Ireland Street
MANSFIELD	Library, Collopy Street
COROWA	18 October Corowa Community Hub, Shop 18-20 Corowa Arcade, 113 Sanger Street 1:30 - 3:30 pm
FINLEY	3 November Intereach Community Hub Shop 1, Central Arcade, Mur- ray Street 10:30 am - 12:00 noon
DENILIKUIN	Neighborhood Centre, Cnr Trickett & Napier Sts 3:00 pm - 4:00 pm
BENALLA	Library, Fawckner Drive
WANGARATTA	15-17 Ely Street

>> Presentations <<

DAIS provides **community education**.

Headlined by one of our Advocates, Paige, we have commenced an education campaign in relation to Human Rights and its role in society. In recent weeks Paige has delivered Human Rights education presentations to organisations such as Albury Wodonga Health, Kalianna Industries, Aware Industries, Wodonga TAFE, Albury TAFE and Wodonga Community College.

We need your help to get the word out.

If you or your organisation feels that an education session run by one of our Advocates would be beneficial, please contact DAIS to arrange a time for us to visit.

DAIS Human Rights education sessions take approximately 45 minutes and cover topics including:

- * Basic Human Rights
- * Personal Rights
- * The Disability Discrimination Act
- * Why and how discrimination occurs
- * What to do if you experience discrimination
- * What is advocacy
- * DAIS and our role in the community

Educations sessions can be tailored to meet your specific needs.



Phone: (02) 6056 2420 or 1300 886 388, or
Email: admin@dais.org.au



Contact DAIS

Phone (02) 6056 2420

Toll free 1300 886 388

Email admin@dais.org.au

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15-17 Ely Street Wangaratta

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Web www.dais.org.au

Have you looked at our new infoTree yet ! www.dais.org.au/infotree

It is continually being updated with new information

■ Events ■ Conferences ■ News ■ HACC ■ Disability
■ Meetings ■ Activities ■ Training opportunities ■ Transport issues

Alternate formats: This newsletter is available in audio and in electronic format.
If you would prefer to listen to it or have it emailed to you please contact DAIS.



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