



Directions

Disability Support Services

— for individuals & families —

MEMBERS' NEWSLETTER MARCH 2017

Welcome to the first quarterly newsletter of 2017. We have had a good number of families take up membership in the last couple of months and have now reached a grand total of 78 members which is excellent progress, thank you! Three families that we support now have members on the Board and this has further increased our family focus behind everything we do.

Congratulations to Directions' member Stephen Dawson who is now Minister for Disability Services!

ECU MEDICAL GENETICS LECTURE



Harry and Jenny Young presenting with EJ Leong (Directions OT)

Directions was proud to present a medical genetics lecture at ECU again this year. Three people we support and two of their mothers talked about the lived experience of a genetic disorder, respectively Down syndrome, Prada-Willi syndrome and Hurler's syndrome. It was a large group of nearly 70 students who were fascinated by the stories they heard. The people we support relished the opportunity to speak in public. They were open about their experiences and witty in their responses to questions, creating an exceptional lecture that will no doubt have a significant impact on the students and their future careers.



Craig Siggins (support worker) with Owen and Sue Hinchcliffe

FITNESS AT DIRECTIONS

Quite a number of people we support have challenges with their fitness and weight, and many of us have better fitness as a goal, so Directions has a team in this year's Run for a Reason on 28 May. You are very welcome to join us, or to sponsor someone in your family through the Directions website donation page. In preparation for the big event we will run fun fitness sessions at the Maddington Community Centre throughout April and May.

4.30pm – 5.30pm on 4 April, 11 April (Outdoor Easter special!), 18 April, 26 April, 3 May, 9 May, 16 May, 23 May
You do not have to attend all sessions, and you don't need a support worker to come, there will be plenty there!

NEW DIRECTIONS PUPPY



Our Office Coordinator, Tania, has recently adopted an adorable Boston Terrier. He is called PJ and he spends his days at our offices in Maddington. He is a wonderful addition to the team bringing delight into our office space. He has also been a great hit with the many people we support who have popped in to visit him.

ENTERTAINMENT BOOKS

We are selling Entertainment Books this year to raise a little extra funds for Directions and the people we support. If you would like one, you can order the 2017/18 Entertainment Book or Entertainment Digital Membership via the website link:

<https://www.entertainmentbook.com.au/orderbooks/94c1714>

For the cost of \$70 you'll receive hundreds of offers giving you over \$20,000 of value for everything you love to do, and help our fundraising at the same time! The books are valid from June to June however there are some early bird offers for those that purchase online now. If you prefer to purchase a book using cash, drop in to the office from April onwards and ask Tania ☺

BUILDING RELATIONSHIPS THAT MAKE THE DIFFERENCE

POSITIVE BEHAVIOUR SUPPORT

At Directions we do not see people as having challenging behaviour, rather that their needs are not being met at that moment. This may be because a person may not be able to communicate what they need, or that we don't know them well enough yet to recognise the signs. This is why it is so important that we build relationships with the people we support. We also put in comprehensive plans for supports to ensure that we meet people's needs as much as we possibly can, and have an extensive incident reporting system for when things go awry.

You may have seen the recent Four Corners programme which highlighted the vulnerability of people with disabilities. One of the ways Directions guards against anything like this happening is through our Positive Behaviour Support Panel. The Panel monitor our Positive Behaviour Support plans, discuss any incidents that may have arisen, problem solve and refine plans. At the moment our Panel consists of a Board member, a Coordinator, an elected support worker, and a qualified and an external disability advocate. We would very much like a family member to join our panel to provide further valuable insight, and we invite you to consider it. If you would like to know more, please get in touch with our Occupational Therapist EJ Leong on 9262 4900 or ej.leong@directions.asn.au



JOY MARTIN STORIES

Joy Martin was a long standing board member with Directions who was person-centred, creative, and always approached problems with a positive attitude and innovative ideas. Joy passed away in 2009 and we commemorate her connection with Directions by sharing stories about staff who demonstrate these qualities.



Noah and his support worker Daniel Nokes really wanted to travel to Esperance to see the beautiful coast line. They needed a second support worker to go with them and Damaris Kyalo, who had a great relationship with Noah but had left Directions since gaining her nursing qualification, enthusiastically agreed to come back as a support worker so that she could join them!

Noah's mum Danielle said "I am very grateful for Directions, Daniel and Damaris for making this all possible!"

Noah, a very talented photographer, got to see the spectacular southern beaches and sent us one of his beautiful photos that he took while he was there.

Bridget has a fantastic relationship with her support worker Lily Macpherson. The photo shows them preparing for the school ball together.

Bridget is very keen on having variety in her supports, and most of all to start taking charge and running things. She did a fantastic job of assisting with the craft workshops at Christmas and now with the assistance of our two Occupational Therapy students, Erin and Nadia, she has developed a school holiday dance programme. Bridget will be running this at 1pm on both Thursdays of the school holidays at the Maddington Community Centre. All are welcome and it's free!

Jane's mother rang our Coordinator Georgie Atwell to say how happy she is with everyone Directions. She has heard lots of people out there singing the praises of Directions, and she is so glad to be with a provider who thinks outside the box and gets creative rather than just doing the same old thing!



If you would like to send in a story about your support worker or coordinator, we would love to hear from you.

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