



Directions

Disability Support Services

MEMBERS' NEWSLETTER JUNE 2018

Welcome to our latest members' newsletter! You can find out more about what has been happening at Directions on our website www.directions.asn.au and on our Facebook page www.facebook.com/DirectionsDSS/   

DISABILITY SUPPORT AWARDS

In this year's disability support awards, Directions had more finalists than any other organisation for the second year running, and our support worker Samantha Warne won her award category and the overall medal! We are extremely proud of our support workers, and very pleased to see them recognised at such a significant event.



LOTTERYWEST GRANT

In June our local MLA, Chris Tallentire, presented us with a Lotterywest cheque for \$89,614 at a ceremony attended by families who currently receive Directions therapy services. The ceremony was beautifully catered for by our Young Adult Transitioning to Independence group.



Chris Tallentire, Mark Pescud (Chair), Therapists and CEO

The Centre will provide much needed office space for our Occupational Therapists, Speech Pathologist, Physio and Registered Psychologists.

There will also be a large room with a kitchen for therapeutic group activities and a fully equipped sensory room. This will be available to all the people we support as a complimentary enhancement to services and, at a small hourly hire charge, to anyone else who would benefit.

Finally, the huge bathroom will be a publically available Changing Place with accessible toilet, a ceiling hoist, full length shower bed and change table, and even a washer/dryer.

OUR KITCHEN RULES



Our Occupational Therapy team have been running some brilliant kitchen skills classes. So much more than cooking! The students write their goals for each session, then carefully follow their chosen recipe, developing new techniques as they prepare their choice of meal. At the end of each session the students evaluate their own performance, make notes on their achievements that day, and agree on homework that will further advance their skills before the next session. Students have been absolutely thrilled with their progress, and families have been telling us how delighted they are with the innovative recipes and cooking tips that they are all enjoying!



BUILDING RELATIONSHIPS THAT MAKE THE DIFFERENCE

CAMP FOR YOUNG ADULTS



Declan, Mason, Ewen and Leah kite flying

Groups are becoming a roaring success at Directions! Our Claremont group is 10 young people who left school last year and now get together twice a week at the Tigers Football Club in order to learn important skills such as cooking, budgeting, interview techniques, and using public transport. They even deliver coffee to the local council every Tuesday morning!

To introduce this year's Claremont school leavers to what will be in store for them at a new group starting in November, we took some keen participants on a camp together with some of the Tigers group. The campers had a jam-packed weekend enjoying a disco, archery, kite making / flying, a movie night, and an afternoon at the Fremantle markets. They all got along famously with one another, forming strong and lasting friendships.

HUMMINGBIRD HOUSE

Hummingbird House in Forrestdale is a great place to go when supporting people to develop life skills such as cooking and house maintenance, or to spend some quiet time doing arts, crafts, reading and writing. Last year Directions replaced the couches through a kind donation from GIVIT, and installed a new hoist and change table. Earlier this year the City of Armadale upgraded the bathroom, and installed new cabinets, flooring, lighting and blinds. A fantastic group of volunteers from Woodside then spent a day with us in May, joining some people that we support in painting the house throughout. The house now looks fantastic. We are very grateful for all the donations and hard work of everyone involved!



Woodside volunteers with Emma Bamford

JOY MARTIN STORIES

Joy Martin was a long standing Directions board member 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 by sharing stories about staff and volunteers who demonstrate these qualities.



Imogen is a highly intelligent little girl of 7 years whose autism makes it hard for her to regulate her emotions and build relationships. Michelle Steenkamp has been supporting Imogen for a while now and together they have made amazing progress towards her goals. Imogen is now able to enjoy herself more and get on really well with her siblings.

Imogen's mum Rachel really appreciates the work Michelle has been doing and is happy that Imogen is doing so well. She told us "Since Michelle has started coming to support Imogen after school we have noticed Imogen has been much calmer and more able to manage the transition between school and home. Imogen looks forward to the support and has particularly enjoyed planning, presenting and creating characters for a puppet show which she then shared with the family!"

Nic has been receiving services from Directions for quite a few years now. Recently his mother Jenny rang the CEO to pass on her thanks for all the amazing work of Nic's support workers and coordinator team.

Nic's support worker, Nicola Jones, has been supporting him in his love of music and drumming. She has found Nic a drum teacher who has helped him, with Nicola's support, improve his skills dramatically. Nic's other support worker, Mal Phillips had been a superb mentor for Nic, encouraging him to achieve so many goals, including improving his cooking, and becoming a confident speaker at our Inductions and at the ECU medical genetics lecture. Supported by Nicola and Mal, Nic also took on the role of leader of the Breakout group. Nic is pictured with Nicola (left), receiving his leadership award from our Occupational Therapist, EJ Leong.



BUILDING RELATIONSHIPS THAT MAKE THE DIFFERENCE