

PQSA News



July 2016

The Official Newsletter of the
Paraplegic and Quadriplegic
Association of South Australia

Approved to provide services
under state and federal disability
funding schemes, including NDIS

PQSA
PARAQUAD SOUTH AUSTRALIA
Living your potential

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Front Cover

Accommodation Adviser Heather Hales, Lifestyle Advisor Nicola Bennett, HomeCare+ Operations & Business Development Manager Sue Houston, Gill Hicks, Public Relations and Events Officer Olivia Boffa, Family Support & Home Counselling Officer Sharon Neeson, Chief Executive Officer Peter Stewart and Administration Officer Annie Leane at Leading Ladies Luncheon. Find out more on page 7.



PQSA

Our Purpose

PQSA is the peak community body supporting people with Spinal Cord Injury (SCI) to live their potential.

We also provide individualised and quality services and support that are accessible to the broader community.

Our Vision

We will be the voice, advocate and support to enable every South Australian with SCI to fully participate in their community and live their potential.

Core Values

At all times, we will demonstrate:

- Excellence
- Innovation
- Responsiveness
- Equality
- Ethical Behaviour

Patrons

His Excellency, Hieu Van Le, AO
Governor of South Australia

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From the CEO



Hi all

It's amazing to consider what has changed only since the last newsletter at the end of Autumn. We are now well and truly settled in to our new head office at Dulwich, which means we not only have

a fantastic footprint for the future, but the capacity to increase our services and plan for innovative change.

Members should have received notification about our Special General Meeting to be held at the Dulwich Office on Thursday July 28. The Board has been working on a new and contemporary constitution and is proud to present that to our membership for discussion and ratification. I strongly urge all members to read the documents that have been circulated and come along on the night to hear our President, Craig Clarke, outline the essential changes that are being proposed.

PQSA continues to advocate on behalf of current and future members and clients in its discussions with SA Health regarding the relocation of state-wide rehabilitation services to The Queen Elizabeth Hospital – we submitted our evidence to the South Australian Select Committee for Transforming Health with other key stakeholders and the findings of the Committee suggest we were given a very fair hearing. PQSA is committed to adding value to the state government's plans for this service to ensure the future of spinal cord injury rehabilitation and support is sustainable, effective and world-class.

As I mentioned in my last article, we will be continuing to support all of our members and clients by providing updated information regarding the National Disability Insurance Scheme, which is evolving very quickly. As with all aspects of our operations, we welcome feedback from consumers regarding how we can best support them in this process. Our staff are here to help and answer any questions and we look forward to engaging with everyone as the state completes full transition to the scheme.

At our Annual General Meeting in 2015, we announced that PQSA will be launching the Kevin Duke Scholarship, which will assist in funding individuals with studies and, ultimately, vocational pursuits and reintegration. The scholarship is a significant initiative, which demonstrates our commitment to ensure every person has the capacity to live their potential. We will be releasing details of the scholarship and the application process over the next few weeks, so stay tuned.

Thank you to those of you who supported our Leading Ladies Luncheon in June – we have been blessed with some amazing ladies sharing their stories, and this year was no exception with Gill Hicks keeping the entire room captivated. What a beautiful and engaging lady she is, and we all marvelled at how gracious and generous she was to share time with anyone who wished to talk to her.

You all take care now and we shall not speak of the current fortunes of our footy teams... (at least at the time of writing)

*Cheers,
Peter Stewart, CEO PQSA/HomeCare+*

Volunteers Wanted:

Choice and control - Client and caregiver perspectives informing best practice

Want to be involved in research that will be helpful for improving the lives of people who experience an injury and their family members in the future?

Did your injury happen in the last 5 years?

Or are you a family member of someone with a spinal cord or brain injury?

We would love to talk with you about your views regarding choice and control. If you have an hour or two available, and are willing to talk with one of the team, please contact us.

Dr. Michelle Guerin from the University of South Australia can be contacted at michelle.guerin@unisa.edu.au or **Dr. Mandy Stanley** from the University Of South Australia mandy.stanley@unisa.edu.au ph. 83022795.

This research study has been approved by the UniSA Human Research Ethics Committee.



Recreation Program

The first 6 months of the year have continued to be busy for the Recreation Program, visiting a number of different venues.

Some of the outings that the Groups have been on recently include:

Southern Group:

- St Peter's Cathedral
- Ayers House Museum
- Adelaide Central Market
- Samstag Museum

Northern Group:

- Ayers House Museum
- St Peters Cathedral
- Churchill Centre
- Adelaide Central Market
- The Waterloo Station Hotel
- National Railway Museum

"Since I joined up with the Recreation Program in 2015 I thoroughly enjoy the outings and look forward to catching up with everyone that I have met through the Program.

The venues are always accessible. Also through the program it has made me aware of places that I didn't know of, and has broadened my awareness "

*John Hannan
Recreation Program Client*

The PQSA Recreation Program provides adults of all ages, who have a spinal cord injury or neurological disability and require the use of a wheelchair for their primary mobility, with the perfect opportunity to get together with others in a friendly and welcoming environment. Outings are held fortnightly, on Tuesday and Friday of pension week.

PQSA has two Recreation Groups, the Southern Group and the Northern Group. If you are interested in joining the Recreation Program, or would like more information, please contact Mick Occhiuto on (08) 8355 3500 or email michaelo@pqsa.asn.au



Rods & Wheels

PQSA has been given the opportunity to be involved in a number of recreational fishing outings. These outings were separate to our normal Recreation Program outings and are open to any of our PQSA clients.

The latest fishing trips were to Garden Island in May and Henley Beach in June.

The closing ceremony, to celebrate the conclusion of the successful program, was held on May 10. Participants received certificates, photos and a souvenir stubby holder.

Due to the winter weather, there may still be a couple of outings to be held. These will be held during the warmer weather of Spring.

Teachfish SA will provide all the fishing expertise and equipment needed for the day.

You do not need any previous fishing experience. You just need to be willing to give it a go.

Numbers are limited – 6-8 participants per outing.

If you are interested in any of the fishing outings, please let either Mick Occhiuto or Annie Leane know on (08) 8355 3500 or michaelo@pqsa.asn.au or annel@pqsa.asn.au



HomeCare+



Back row: Coula Ilijevski, Belinda Buck, Naida Kalderovskis
Front row: Liz Evans, Tracey Ralph, Vicki McLaren

We have now settled into our new office premises at 225 Greenhill Road at Dulwich. Thank you for all your support and patience during the weekend of the move. Thankfully, all of the contingency plans we had in place worked well, with minimal disruption to client services. The move was a massive undertaking, and I would like to thank everyone for their hard work and support. I think we would all agree that it was well worth it.

Demand for the provision of HomeCare+ services across the state continues to grow, forcing us to once again look at our internal staffing levels and structures within our Adelaide Team.

This has resulted in two additional Client Service Officers (CSOs) commencing, growing the team from four to six.

The CSO team consists of Tracey Ralph, Belinda Buck, Naida Kalderovskis, Elizabeth Evans, Coula Ilijevski and Vicki McLaren. Coula has transitioned across from her previous role of Team Leader/Client Administration and Rostering Services, while Vicki is new to HomeCare+, coming with a wealth of experience within the community services sector.

The addition of two new staff has resulted in a change of CSO for some clients. All clients should have been formally advised of this change, and will be contacted by their CSO in the very near future.

The CSOs also include Carlene Allen and Jeni Jackson in the South East Office. As with the Regional Team Leaders, Ann Hofmann, Danielle Joyce, Ann Davies and Jules Percival, the CSOs work Monday to Friday and are responsible for ensuring that the provision of the client's individual service is implemented and maintained.

To achieve this, the CSO role includes, but is not limited to:

- Initial interview with Client, family members and Case Managers
- Recruitment, pre-selection, and training of Support Workers in accordance with Direct Health Support of People with a Disability Guidelines

- Ensuring initial and ongoing Client choice of Support Workers
- Roster changes and updates to Support Team details
- Drafting, implementation and review of Support Plan
- Ongoing review of service requirements and quality including Workplace Health and Safety Audits
- Open and ongoing communication with Client
- Ongoing reporting to Case Managers as required

Each CSO and Team Leader also participates as the Emergency Response Supervisor and is responsible for ensuring appropriate attendance in the event of any emergencies that may occur overnight when the Adelaide office is not staffed.

HomeCare+ is very lucky and extremely grateful to have such high quality committed staff undertaking these roles across the state.

Krys Howard (Manager, South East) and I always appreciate and welcome the views of our Clients, their family/friends and staff regarding the services we provide. Whether it is a thank you or a constructive comment that you feel will help improve the service we provide, we welcome all feedback.

Your comments can be made by contacting Krys on 8723 3788 or by email krystineh@homecareplus.asn.au or myself on 8355 3500 or email sueh@homecareplus.asn.au

Please take care of yourselves, as we all struggle to fight against the dreaded lurgies associated with this time of the year. At the time of writing, we only have 58 days of winter left to go!

This year more than ever, I have certainly found the following to be true: "Winter bites with its teeth or lashes with its tail" ~ Montenegrin Proverb

Warmest wishes

Sue Houston

Operations and Business Development Manager HomeCare+

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PQASince1963

Social Scene



In conversation with Gill Hicks Leading Ladies 2016

Friday 3rd June 2016

The 2016 Leading Ladies luncheon was a fantastic day filled with lots of laughter, great conversation and the amazing Dr. Gill Hicks as our special guest speaker.

Dr. Gill Hicks is an amazing person with an astonishing story to tell. At PQSA's Leading Ladies luncheon she captivated the audience with her amazing warmth and fabulous sense of humour. If you ever have the opportunity to hear her speak I strongly suggest you do so.

Dr. Gill Hicks is considered to be one of the most thought provoking, powerful and life affirming speakers in Australia and the UK. She is known globally as a survivor of the London Terrorist Bombings on 7 July 2005.

The luncheon was attended by 170 guests, who all enjoyed a 3 course meal served by the fantastic team at the Highway and quality wines by Bird in Hand Wines. Special thanks to Andersons Solicitors, Buzz Solutions and Lisa McAskill for being partners of this event. Also we would like to thank Homecare+, Simone Perele and Pantry Packers for contributing to the raffle.



Okay, it's not a walk in the park...



Andersons gets that.

That's why we're enormously proud to have been a supporter of PARAQUAD SA for 20 years. To assist people in securing the compensation they deserve and to play a part in rebuilding their lives gives us at Andersons Solicitors all the motivation we need to keep supporting PARAQUAD SA and provide some very special benefits for PARAQUAD SA staff and members.

The benefits to PARAQUAD SA members & staff are significant

- No Win No Fee*
- First Interview Free
- Free Simple Will

Freecall 1800 653 655



**conditions apply*

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Social Scene



Determined2

PQSA is happy to be partnering with Determined2 a local company focused on delivery of better health through positive experiences. Determined2 introduce people to an underwater SCUBA experience in a fun and safe environment with the aid and training of professionally certified Dive Instructors. This program has had success with participants with a C4-C5 complete spinal injury and participants with lower complete spinal injuries. All participants have recorded a high level of both mental and physical stimulation.

On Monday 20th of June, PQSA gifted a trailer to the team at Determined2 to help with the transporting of all their SCUBA gear. Determined2 were extremely grateful for our gift and have since used the trailer to travel to Port Lincoln where they have introduced the program.

PQSA also had two of its team members, Nicola and Thayne, experience the Determined2's Give-it-a Go Program and had an absolute ball. The Give-it-a Go program is open to everyone and was developed to give a fun and safe way to experience SCUBA within the clear warm waters of the Adelaide Aquatic Centre.

For more information regarding this great program please visit www.determined2.com.au.

"I had the opportunity to try the Controlled Scuba Experience with Determined2, and I loved it! It was absolutely fantastic, being underwater for nearly an hour, and seeing the world from the other side. I would highly recommend the experience" Thayne Jackman, Coordinator Information Services, PQSA.

"Wow what a great experience to get in the pool with the Determined2 crew. The underwater experience gave me a great insight into the benefits the Immersion Therapy is for all participants. It was fun safe and really enjoyable and I encourage everyone to give it a go" Nicola Bennett, Registered Nurse Consultant – Community Lifestyle Advisory Service, PQSA.





buzz solutions

Buzz Solutions are a specialist business solutions provider to companies throughout South Australia.

A proud South Australian company, Buzz Solutions specialise in providing coffee and office products solutions to businesses of all sizes. With a range of options available, Buzz Solutions are able to tailor a solution to suit the needs of each individual client.

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Social Scene

Hampstead SCIU Lunch

On Saturday June 25, PQSA held our bi-monthly lunch at Hampstead SCIU. The lunches are funded by one of our sponsors Tindall Gask Bentley Lawyers (TGB). People undergoing rehabilitation, along with family and friends, have an opportunity to socialise and experience a change from hospital food.

The menu included roast chicken, chips, peas and gravy, followed by apple pie, cream, custard and ice cream for dessert.

The day also featured the usual entertainment, which included Celebrity Heads and Vicky's sit down comedy.

A big thank you to our helpers on the day, Tim White and Olla Kutieleh from TGB, Tim's son William, and Megan Quirk and Michael Arthur from PQSA.

We look forward to our next Lunch in August with Pizza the order of the day!

Vicky and Graham (Peer Support Advocates)



(From Left) Olla Kutieleh, Tim White and William White



**Mount Gambier
and the South East,
you're invited to...**

**DISCOVERING THE
POWER IN ME**



PQSA will be visiting the
South East soon!

For more information visit [pqsa.asn.au/
services/discovering-the-power-in-me](http://pqsa.asn.au/services/discovering-the-power-in-me)

or

contact Annie on 8355 3500 or
email anel@pqsa.asn.au

Events for 2016

**New Office Launch
& Special General Meeting**
Thursday 28th July

International Spinal Cord Day
Monday 5 September

Spinal Cord Injury Awareness Week
Monday 5 - Sunday 11 September

2016 Disability, Ageing and Lifestyle Expo
Friday 23 September

KYD-X Expo
Saturday 15 October

PQSA & HC+ Client Christmas Party
Sunday 27 November

President's Awards
November

Annual General Meeting
Tuesday 15th November

International Day of People with Disability
Friday 2 December

NDIS Update

How will the NDIS be rolled out in South Australia?

The NDIS is being introduced in stages, because it's a big change and it is important to get it right and make it sustainable. Existing service users and new participants will enter the scheme progressively. The NDIS is expected to cover all of South Australia and all age groups by July 2018, ultimately providing support to about 32,000 people with disability.

- From 1 February 2016, children aged between 0 to 14 years of age across South Australia continue to enter the NDIS.
- From 1 January 2017, young people aged between 15 and 17 years of age across South Australia will begin to enter the NDIS.
- From 1 July 2017, adults aged 18 to 64 years of age will begin to enter the NDIS based on where they live.

When the NDIS commences in a region, people currently receiving supports through South Australian Government specialist disability services will be moving first. Existing Commonwealth and state-based services and supports will continue until eligible people with disability start their plans with the NDIS.

For adults aged 18 to 64 years of age receiving supports from the existing South Australian specialist disability system, the start date for transition to the NDIS will be based on where they live. The roll out areas are listed below.

If you have any questions regarding the NDIS, PQSA/HomeCare+ are here to help.

PQSA clients can direct queries to Sharron Neeson, Manager Support Services, on 8355 3500 or email sharronn@pqsa.asn.au

HomeCare+ clients can direct queries to Sue Houston, Operations and Business Development Manager, on 8355 3500 or email sueh@homecareplus.asn.au

Adelaide Metropolitan areas

Northern Adelaide

The Northern Adelaide region covers the local government areas of

- City of Playford
- City of Salisbury
- City of Port Adelaide Enfield (East)
- City of Tea Tree Gully

The NDIS will become available for adults aged 18 to 64 years in the City of Playford, City of Salisbury and City of Port Adelaide Enfield (East) local government areas from 1 July 2017.

The NDIS will become available for adults aged 18 to 64 years in the City of Tea Tree Gully local government area from 1 October 2017.

Western Adelaide

The NDIS will become available for adults aged 18 to 64 years in the Western Adelaide region from 1 April 2018.

The Western Adelaide region covers the local government areas of

- City of Charles Sturt
- City of West Torrens
- City of Port Adelaide Enfield (West)

Southern Adelaide

The NDIS will become available for adults aged 18 to 64 years in the Southern Adelaide region from 1 January 2018.

The Southern Adelaide region covers the local government areas of

- City of Holdfast Bay
- City of Marion
- City of Mitcham
- City of Onkaparinga

Eastern Adelaide

The NDIS will become available for adults aged 18 to 64 years in the Eastern Adelaide region from 1 April 2018.

The Eastern Adelaide region covers the local government areas of

- City of Adelaide
- City of Burnside
- City of Campbelltown
- The City Of Norwood, Payneham & St Peters
- City of Prospect
- City of Unley
- Corporation of the Town of Walkerville

Greater Adelaide area

Adelaide Hills

The NDIS will become available for adults aged 18 to 64 years in the Adelaide Hills region from 1 April 2018.

The Adelaide Hills region covers the local government areas of

- Adelaide Hills Council
- District Council of Mount Barker

Barossa Light and Lower North

The NDIS will become available for adults aged 18 to 64 years in the Barossa, Light and Lower North region from 1 July 2017.

The Barossa, Light and Lower North region covers the local government areas of

- Barossa Council
- Town of Gawler
- Light Regional Council
- District Council of Mallala

Fleurieu Kangaroo Island

The NDIS will become available for adults aged 18 to 64 years in the Fleurieu Kangaroo Island region from 1 January 2018.

The Fleurieu Kangaroo Island region covers the local government areas of

- Alexandrina Council
- Kangaroo Island Council
- City of Victor Harbor
- District Council of Yankalilla

Country regions

Eyre Western

The NDIS will become available for adults aged 18 to 64 years in the Eyre Western region from 1 January 2018.

The Eyre Western region covers the local government areas of

- District Council Ceduna
- District Council of Cleve
- District Council of Elliston
- District Council of Franklin Harbour
- District Council of Kimba
- District Council of Lower Eyre Peninsula
- City of Pt Lincoln
- District Council of Streaky Bay
- District Council of Tumby Bay
- The Corporation of the City of Whyalla
- Wudinna District Council

Yorke Mid North

The NDIS will become available for adults aged 18 to 64 years in the Yorke Mid North region from 1 January 2018.

The Yorke Mid North region covers the local government areas of

- District Council of Barunga West
- Clare & Gilbert Valleys Council
- District Council of the Copper Coast
- Regional Council of Goyder
- District Council of Mt Remarkable
- District Council of Orroroo Carrieton
- Northern Areas Council
- District Council of Peterborough
- Port Pirie Regional Council
- Wakefield Regional Council
- Yorke Peninsula Council

Murray Mallee

The NDIS will become available for adults aged 18 to 64 years in the Murray Mallee region from 1 October 2017.

The Murray Mallee region covers the local government areas of

- Berri Barmera Council
- The Coorong District Council
- District Council of Loxton Waikerie
- Southern Mallee District Council
- District Council of Karoonda East Murray
- Mid Murray Council
- The Rural City of Murray Bridge
- District Council of Renmark Paringa

Far North

The NDIS will become available for adults aged 18 to 64 years in the Far North region from 1 January 2018.

The Far North region covers the local government areas of

- District Council of Coober Pedy
- The Flinders Ranges Council
- Port Augusta City Council
- Municipal Council of Roxby Downs
- Anangu Pitjantjatjara Yankunytjatjara

Limestone Coast

The NDIS will become available for adults aged 18 to 64 years in the Limestone Coast region from 1 October 2017.

The Limestone Coast region covers the local government areas of

- District Council of Grant
- Kingston District Council
- Naracoorte Lucindale Council
- City of Mt Gambier
- District Council of Robe
- Tatiara District Council
- Wattle Range Council



NDIS Update



NDIS and your personal injury claim

The National Disability Insurance Scheme - I know a mouthful let's just go with "NDIS" like everyone else.

The National Disability Insurance Agency – your second mouthful is also known as the "NDIA". The NDIS is managed by the NDIA.

The NDIS is the national statutory insurance scheme which aims to "support a better life for hundreds of thousands of Australians with significant and permanent disability and their families and carers. The NDIS will mean peace of mind for every Australian – for anyone who has, or might acquire, a disability."

The NDIS does not replace the rights you have to compensation for personal injury whether the injury is from medical negligence, a motor vehicle accident, work injury or other negligent act.

If you participate in the NDIS you will need to tell the NDIA if you receive or will receive compensation for a personal injury. NDIA may even be able to make you make an application for compensation as a result of your personal injury – but this is a topic for another day.

If you receive compensation for a personal injury, the parts of the compensation which pay for supports like personal care and medical equipment which the NDIS may have helped you with or will help you with, may be affected.

If you have received funding and supports through the NDIS you may need to pay them back if you have also received compensation payments. If you have an NDIS participation plan for your ongoing and future needs your plan will be reassessed in light of compensation you receive.

"The NDIS does not replace existing compensation arrangements for personal injury – make sure you stand up for your rights."

However, and very importantly, there are parts of compensation for personal injury which do not normally affect your participation plan with the NDIS; these include areas like pain and suffering and economic loss, which are commonly "lump sum payments".

The legislation underpinning the NDIS is complex and the compensation section of the legislation has special Operational Guidelines and Accounting for Compensation Rules to get your head around.

If you have suffered a personal injury and are participating or will be participating in the NDIS you need to speak to a lawyer who specialises in personal injury and understands the complex legislation and rules.

So, the important information to take away from our chat today is:

1. The NDIS does not replace existing compensation arrangements for personal injury – make sure you stand up for your rights.
2. Talk to a lawyer who knows personal injury and knows the NDIS. Make sure your lawyer knows their stuff.

*Dionne Franklin
Andersons Solicitors*

<https://www.andersons.com.au/lawtalk/2016/june/ndis-and-personal-injury/>

NDIS Update

NDIS Nuts and Bolts



Due to unprecedented demand, JFA Purple Orange are running the NDIS Nuts and Bolts events again in August and September.

Attend one of these free events with Sam Paior, parent and advocate from The Growing Space, to learn the nuts and bolts of the NDIS - what it's all about, how it works and how to make the most of it. This event is for people living with disability and families.

You will come away understanding:

- What the NDIS is
- Who is eligible and how to apply
- How to plan for your planning meeting
- What supports the NDIS can fund
- How the money stuff works
- How to choose providers and support workers

There will also be time for a Q&A session.

The event will be run on two occasions - a day session on Wednesday 10 August and an evening session on Tuesday 13 September. Both sessions will be held at JFA Purple Orange, 104 Greenhill Road, Unley. Some accessible parking is available on site. Light snacks and drinks will be provided.

Day Session

Wednesday 10 August 2016
11:00am - 1:00pm

Evening Session

Tuesday 13 September 2016
7:00pm - 9:00pm

Spaces are limited - get in quick

JFA Noske Christmas Fund



Applications are now open for the JFA Noske Christmas Fund.

The JFA Noske Christmas Fund distributes grants of up to \$200 to assist eligible adults living with physical disability, acquired brain injury or neurological disorder, to celebrate Christmas.

The Fund was established in 2009 in honour of the late Mr. Noske who generously set aside funds to spread the joy of Christmas.

Eligible people have received grant assistance for various personal items including short holidays, electrical goods, presents for loved ones, personal gifts, clothing, food for Christmas day and more.

Applications close 5:00pm Thursday 25 August 2015

Volunteer Program

National Volunteer Week

Established in 1989, National Volunteer Week is an annual event held in May to honour and highlight the work of volunteers in our community and to say thank you. To coincide with our office move, we had a belated National Volunteer Week celebration at our new office on 19 June. Over 20 volunteers and their friends/partners came along for lunch and a tour of the new building. Certificates were also given out on the day to volunteers who have reached 1 year and 10 years of service. Thank you to all who could make the celebration!

Congratulations and thank you to Paul Griffin, who has been volunteering with us for 10 years at QWERTY IT Hub.

Our annual rose pruning started in June and will continue until late July. We would like to extend a special thank you to all the volunteer gardeners who work very hard in the cold weather during this period.

Research shows that people who volunteer are happier! If you would like to get happier and learn more about our Volunteer Program, please contact Megan Quirk or Mick Occhiuto on 8355 3500.



Stories from Neil's Corner



I am all of them! Womad & Art, Smart What!

So, there I was, sitting on the wheelchair viewing platform at WOMAD, looking across a sea of people enjoying the performance when this insight flashed through my mind. I am all of them! I am regularly confronted by this realisation, particularly when watching TV. Like seeing refugees fleeing from persecution. How would I survive fleeing? The wide-eyed

innocent children playing together in war-ravaged cities. They are so beautiful and it is all so, so sad. It makes me cry. I cry often.

I also get very sad when I consider the lives of many Aboriginal Australians; what they have to endure, how they have been dispossessed and incarcerated. And I am so inspired and up-lifted when I see Bangarra Dance Theatre perform. I was deeply moved at the 'Welcome to Country' performed at the opening event at the Adelaide Oval of this year's Adelaide Festival of Arts. Tears of anguish and joy.

49 people dead. A massacre at Pulse gay nightclub in Orlando, Florida. Someone's sister, someone's brother, someone's daughter, someone's son. My brother, my sister. So much grief. I cry a lot.

"Roll of the dice". "Twist of fate". "There but for the grace of God go I".

I do love WOMAD. They have wheelchair viewing platforms, which gives me an inner giggle as I conjure up an image of a platform

packed with wheelchairs that the crowd can view with admiration and desire. Better than going to a used car sales-yard!

WOMAD reminds me of Enid Blyton's book *The Magic Faraway Tree*. At the top of the Tree, you step through a hole and discover a new land - the Land of Spells, the Land of Treats, the Land of Do-As-You-Please, to which I have added the Land of Womad. So much to do, to see, to hear; an amazing magical adventure. I hope to see you there next year.

Adelaide Festival of Arts, Womad, Machu Picchu, Bangarra Dance Theatre, and Writer's Week; it all sounds like art to me. I like Brian Eno's definition of art: "And my definition is quite simply art is everything that you don't have to do." To listen to the lecture, or read the script, please visit the PQSA website. I think you will find that you are both an artist - your hair style, your clothing, your room - and a person who appreciates art - the music you listen to, the movies/TV you watch. It is a significant part of who you are.

It was a real hoot having some feedback from my last corner carry-on about accessible accommodation. Chris contacted me and suggested having a look at "Trip Adviser" where you can give feedback on places you have stayed. I think it could be helpful, but it is not dedicated to accommodation accessibility for people with a disability, so you will have to sift through a lot of inaccessible stuff. Lizzy put me onto "Euan's Guide - Disabled Access Reviews by disabled people for disabled people". This looks really good but has a very European/UK focus.

I've been given a smart phone, so I will now be able to take photos of accessible places I visit and download them onto that app when it is developed. Smart phones? That's another story...

Volunteers Wanted For Online Study:

Getting Back To Work

The University of Adelaide, with the support of PQSA, is inviting people to participate in an online study on job skills training. Anyone who is a working age adult (18+ years) with a spinal cord injury and internet access can participate. For further information, please visit www.surveymonkey.com/r/Work_SCI



DISCOVERING THE POWER IN ME

for more information on upcoming workshops visit pqsa.asn.au/services/discovering-the-power-in-me

or

contact Annie on 8355 3500 or email annel@pqsa.asn.au

Free Legal Service

As a service to our members, clients and staff and their immediate families, PQSA and HomeCare+ are pleased to be able to offer a free legal service from two outstanding South Australian law firms. Long time supporters of PQSA and a number of our annual events, Andersons Solicitors and Tindall Gask Bentley Lawyers are offering up to 30 minutes of free legal advice at our Head Office (by prior arrangement), their centrally located offices in Adelaide, or their branch offices.

Andersons Solicitors

Andersons Solicitors have supported the work of PQSA for many years, with events including our Annual Leading Ladies Luncheon and programs such as our Discovering the Power in Me workshops. Andersons Solicitors' Marketing Manager, Robyn Clissold, is a current PQSA Board Member. Andersons Solicitors are also offering a free simple Will to our members, clients and staff. Andersons Solicitors free legal service includes advice on personal injury matters including motor vehicle accidents and workers compensation, Family Law, Wills and Estates, business law, superannuation and criminal law. To book your free 30 minute interview with Andersons Solicitors, please contact Robyn at Andersons Solicitors during office hours on 8238 6682.



Andersons Solicitors offers the service from their central offices at 69 Franklin Street, Adelaide, or at PQSA's Marden office (by prior arrangement) or at any Andersons branch office: Morphett Vale, Port Adelaide, and Murray Bridge. For more information about Andersons Solicitors, please visit www.andersons.com.au

Tindall Gask Bentley Lawyers

Tindall Gask Bentley Lawyers joined PQSA as supporters of our Annual Golf Challenge at Royal Adelaide in 2006, and also support our bi-monthly Spinal Unit family lunches. In November 2010, TGB partners Gary Allison and Tim White joined the Board of PQSA. Tindall Gask Bentley Lawyers free legal service includes advice on injury and work cover matters, wills and estates, family and divorce, commercial and property law. To book your free 30 minute interview with TGB Lawyers, please contact Andrew Montesi at Tindall Gask Bentley Lawyers during office hours on 8212 1077. Tindall Gask Bentley Lawyers offers the service from their central offices at 76 Light Square, Adelaide, or at PQSA's Marden office (by prior arrangement). For more information about Tindall Gask Bentley Lawyers, please visit www.tgb.com.au



Media Liaison Team



PQSA is leading the way in the disability sector and you are invited to play a major role!

The Association is the peak body supporting people with Spinal Cord Injury (SCI) and is frequently asked by the media to respond to, or to give professional advice on, a range of topics relating to SCI or disabilities in general.

PQSA is looking for people who are living with SCI or have an association with someone with SCI to apply to join our Media Liaison Team. The role of this team will be to speak to media regarding their stories, opinions and experiences.

The frequency of each member speaking to the media will be on an as needs basis and we will ensure it does not interfere with your daily lives; PQSA will always work with you when linking with the media for interviews.

Each individual will be offered professional training in speaking to the media and will be fully compensated for any costs associated with participating as a Media Liaison Team member.

For more information regarding this great opportunity and how to apply, please contact Olivia Boffa on 8355 3500 or email oliviab@pqsa.asn.au

Client Policy Corner

The below policy has been recently been updated. Please ensure that you read the policies on our website www.pqsa.asn.au/services/client-policies and become familiar with them.

- Transportation of Clients Policy and Procedures

Staff Profiles

Each PQSA Newsletter will feature 2 staff members. Keep an eye out for familiar faces!

Name

Nicola Bennett

Position

Registered Nurse Consultant
CLA Program

How long have you been working for PQSA / HC+?

10 and a half years

What do you enjoy the most about working at PQSA / HC+?

The work environment it is such a great place to work as my colleagues are some of the nicest people I know. The clients, the opportunities to increase knowledge and expertise and the variety in my work make it so enjoyable.

Who is your favourite sporting team?

Jamaican Bobsled team! Seriously no particular favorites.

If you were stranded on a deserted island, what is the one item you couldn't live without?

Food (that includes coffee and wine!)

Who is your favourite singer/band?

Variety is the spice of life! Blues, Pop, Reggae, 70's, 80's, modern will listen to it all.

If you could have one super power, what would it be?

Ability to heal others. I guess that means I will be out of a job!

If you had 24 hours to spend 24 million how would you spend it?

Set up benevolent funds, buy a business for both my offspring, furnish my house, invest a third of the money and throw a massive party oh and go on a shopping spree!

What is the best advice your parents have given you?

Always try and be nice and kind to others and have good manners.



Name

Elizabeth Frankish

Position

Manager, Human Resources

How long have you been working for PQSA / HC+?

8 years 10 months 19 days or
280,400,400 seconds but
who's counting.

What do you enjoy the most about working at PQSA or HC+?

The people

Who is your favourite sporting team?

Waikerie Swim Team – I coached them for 4 years.

If you were stranded on a deserted island, what is the one item you couldn't live without?

Water, they say it can be turned into wine.

Who is your favourite singer/band?

David Bowie, I was sixteen when he released MY song – "Sorrow"

If you could have one super power, what would it be?

Eye power, so when I gave people the "stinky eye" they would feel the power and feel bad about what they were doing.

If you had 24 hours to spend 24 million how would you spend it?

"Quickly"

What is the best advice your parents have given you?

"Smile and the world smiles with you, Cry and you cry alone"



Shopnate

Do you like to shop online? Do you like to donate to charity? Would you like to donate to PQSA and not spend any extra money? Sign up to Shopnate to make your online shopping worth even more! Selected sites will donate a percentage of your sale towards your chosen charity.

Download the Shopnate Browser App to remind you when you are on a site to make sure your purchase counts towards PQSA. Visit www.shopnate.com.au/ for more details.



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