



CONTACTS

Sue Rittmeyer

Director, Specialist Support
Coordinator & Support
Coordinator

0409 026 163

sue@safesolutionscare.com.au

Bethany Pellington

Support Coordinator

0433 952 853

beth@safesolutionscare.com.au

MESSAGE FROM OUR DIRECTOR – SUE

Hi All and welcome to our second edition of Chatterbox,

Thank you to all that gave us feedback on our first edition.

We have fixed the layout problem, so you will be able to read the news on your phone, tablet etc.

We have also put the newsletter on our website to make it available to all.

We've had a busy start to the year, and are really looking forward to exciting times ahead.

Tracy, unfortunately, had to leave us due to personal reasons, we were disappointed to have her leave, as was she, but we enjoyed having her with us briefly.

We are on Facebook and would love for you to join us there, and check out our information, share with family and friends and spread the word.

Some of you know that Louie had a small op recently to remove a growth, thankfully the results came back and it is not nasty, so Louie will be his cheeky self again soon! Thanks for the well wishes for the puppy, he was grateful for the pats and concern.

With the unfortunate closure of Encompass, we are able to offer support coordination to anyone needing the support. If you have friends looking for support please let them know they can contact me to enquire and arrange a meet and greet.

We have exciting news in this edition, so browse on and don't forget to shout out if you need anything, we are here to support you.

Cheers Sue

REMINDER



With the months seemingly flying by, we will be in the midst of winter and cold and flu season before we know it! To protect yourself from the dreaded flu, it is a good idea to contact your GP or participating pharmacy and book in your flu shot. Your immunity is strongest and most effective for 3 to 4 months after you are vaccinated. Flu season in Australia usually runs from June to September, peaking in August, so it is important to get your flu shot in April or May.



MEET THE TEAM - CLINT PICKIN

Clint is a qualified chef who joined our team back in 2018 after he had an accident that left him a below knee amputee.

Clint was not deterred and turned this tragic accident into a positive with his can do attitude.

Clint exercised hard and became a Para-triathlete, representing Australia and gaining 6th in the World in his category. We were very proud to be Clint's major sponsor during his career.

In 2020 Clint won the My Sports Live Male Sports Person of the year at the 2020 Victorian Disability Sport and Recreation Awards.

Clint has been a great asset to our team and currently provides administration support and our invoicing.

Once our registration for plan management is passed through NDIS, Clint will transfer to working in that area full time.

On a personal note, Clint has just become a father and is loving this role.

He has announced his retirement from Paratriathlon due to a shoulder injury but is working towards a new sporting career.



**SAFE
SOLUTIONS
CARE**
We Care for You

CHATTERBOX

February 2023

REMINDER

Safe Solutions Care is attending the 'Have a Say' Conference held at Deakin University's Costa Hall, on the waterfront in Geelong. Have a Say conference is held on 20th & 21st of February and anyone is welcome and highly encouraged to attend.

You must register your interest to get your tickets at www.valid.org.au

If you require any assistance to get your tickets, please give your Support Coordinator a call and they will assist you.

We hope you can make it, and would love for you to pop by our stand and say g'day!



Spooky Night Fun!

Sue and Tracy along with our NDIS participants Nicole and Sue were invited to attend the first Spooky Night hosted by Full Spectrum Solutions to celebrate their first year providing supports in the Geelong region.

The event was held at the wonderful Geelong Museum Of Play and Art (MOPA). As you can see, a great time was had by all and don't those outfits look fantastic!

SAFE SOLUTIONS CARE HAS A NEW HOME!

REMINDER

Safe Solutions Care's annual participant survey is being mailed out this week. If you could please fill it out and post it back with the self addressed stamped envelope that is included, it would be greatly appreciated!



After months and months of searching for the perfect space, Safe Solutions Care has finally moved into it's new home in Herne Hill. 31 Fraser Street Herne Hill is our new base and is available as an alternative to home visits by appointment.

All in home visits will still be conducted moving forward. Watch this space for more exciting news in the coming months!

NDIS Improving The Lives Of Australians With Cerebral Palsy

The latest insight into cerebral palsy participants on the National Disability Insurance Scheme (NDIS) shows children, adults and their families were seeing a major boost to their independence, choices and social lives.

There are 34,000 Australians living with cerebral palsy and 17,334 are active participants on the National Disability Insurance Scheme (NDIS).

The NDIS insights shows:

- 80 per cent of participants aged 15 years and over with cerebral palsy said the NDIS had helped them have more choice and control, an increase of 13 percentage points compared to their first reassessment.
- 52 per cent of participants aged 15 years and over with cerebral palsy said they were actively involved in a community, cultural or religious group in the last 12 months, an increase of 11 percentage points compared to baseline.
- 73 per cent of family/carers of school children with cerebral palsy (up to 14 years of age) felt their child had become more independent, an increase of 16 percentage points compared to their first reassessment.

According to the 2023 Australian Cerebral Palsy Register (ACPR) Report Australia now has the lowest rate of cerebral palsy at birth in the world.

The ACRP report, released today, shows that that the rate of cerebral palsy has fallen 40 per cent to one in 700 children in 2023 from one in 400 just two decades ago.

In the new report, researchers analysed data from almost 11,000 children with cerebral palsy across the nation.

The Honourable Bill Shorten MP, Minister for the NDIS and Government Services, said while it was great news there was a reduction in the number of children with cerebral palsy, thousands of children, adults and their families needed NDIS support to manage the complex physical disability.

“Australia is the world leader on cerebral palsy research and it is phenomenal that the number of children being diagnosed with the disorder has been almost halved in only 20 years,” Minister Shorten said.

“However, we do not forget the ongoing day-to-day challenges that remain for people with cerebral palsy and their families.

“Nor the fact that the deficit-based approach so often adopted can cloud society’s ability to see the individual, their capability, and their myriad contributions.

“Rest assured the Labor Government understands cerebral palsy is a unique, strong community.

“We also recognise that co-diagnoses are common, meaning tailored and targeted supports are required. The NDIS was created for this very reason.

NDIS Improving The Lives Of Australians With Cerebral Palsy

“The fact that people with cerebral palsy are living better lives because of the NDIS is a milestone to be celebrated – without the ACPR, we would not be able to track and report these important trends and show so effectively the impact of new clinical interventions and improvements.”

The ACPR was established in 2008 and has grown to be the largest database of its kind in the world. More than a dozen research and academic institutes, state health departments and health networks support the register, with Cerebral Palsy Alliance, The University of Sydney serving as the coordinating institution.

Cerebral palsy is the most common physical childhood disability and is a lifelong condition. It is caused by a brain injury in utero or shortly after birth.

In Australia there are approximately 34,000 people with cerebral palsy, which can affect a person’s posture, balance and ability to move, communicate, eat, sleep and learn.

Key NDIS cerebral palsy facts:

The primary disability count for cerebral palsy (CP) as at 30 September 2022 was 17,334 (3% of the 554,917 active participants in the NDIS). Of these:

- 58% (10,027) of participants with cerebral palsy are aged over 18 years;
- 25% (2,467) of participants with cerebral palsy aged 18 years and over are in supported independent living, compared to 10% for all participants aged 18 years and over;
- 80% of participants aged 15 years and over with cerebral palsy said the NDIS had helped them have more choice and control, an increase of 13 percentage points compared to their first reassessment;
- 52% of participants aged 15 years and over with cerebral palsy said they were actively involved in a community, cultural or religious group in the last 12 months, an increase of 11 percentage points compared to baseline; and
- 73% of family/carers of school children with cerebral palsy (up to 14 years of age) felt their child had become more independent, an increase of 16 percentage points compared to their first reassessment.

The ACPR report can be found here: <https://cerebralpalsy.org.au/our-research/get-involved-research/cp-register/>

EXPRESSIONS OF INTEREST - AUTISTIC ADULT SOCIAL GROUPS - (GEELONG BASED)

The aim of the group is to provide a neurodiversity affirming space for Autistic adults to be themselves and make friendships. The groups' purpose is socially orientated, with social wellbeing and development occurring through informal means. For example, interest groups will be developed and materials/activities in place to support individuals to engage with one another through shared interests. This will not be a social group whereby individuals are brought out on a social event (i.e., to go to the movies as a collective group) but will instead focus on building strong relationships through shared interests that will allow for external connections and friendships to grow.

There will be access to a trained, neurodivergent (Autistic, ADHD) allied health professional during the session for support and facilitation, however the group does not aim to be a therapy session in which social skills are targeted in a 1:1, or scripted formal program. We aim to encourage and foster the social needs and expressions of Autistic individuals and not change these to suit neurotypical standards. Stimming, sensory breaks, wearing your favourite cosplay - whatever it is that makes you your unique wonderful self, is encouraged and celebrated here. This is your tribe and a judgement free one at that.

Further research is needed to work out logistics, however the group aims to accept both NDIS and non-NDIS participants, with low-level costs associated with attendance to cover incidentals such as room hire and materials.

To register your interest in attending the group please go to <https://lnkd.in/gQdGKaTA>

If you need any assistance to register your interest please contact your support coordinator.

Depending on the size of the group, there may be opportunities for individuals to volunteer to assist in the set-up, facilitation and engagement in groups. If you feel as though you know someone, or would be interested in doing this yourself, please use following link: <https://forms.office.com/r/R7TjJUPV4A>