

Yumba Yarn



≈ SUMMER | 2023 ≈

Emerald Show

We meet Sam Elsdon and ask her about her mission to ensure all community members with diverse needs have a space and place at the Emerald Show



CATHERINE'S STORY

One phone call to the NDIS shifted Catherine's life from very little support to a highly supportive, responsive team

THUMBS UP!

We hear from Julie, mother of Ashley on her almost 2 year journey to seek more suitable NDIS funding for her son.

2023: The year of accessible tourism





Providing support
services for individuals
with disability across the
Central Highlands and
Western Qld Region for
25 years.

Hello!
SUMMER

HERE COME THE SUN

**“The world needs
all kinds of minds.”**
DR TEMPLE GRANDIN

A MESSAGE FROM THE CEO

“A place of belonging”



Rachel Freeman

When I was a very young child growing up in Ipswich in the late 1970's I was so privileged to be nurtured by a micro community of 'Countess St' families. A street where our neighbours were genuinely extended family. A place where a seemingly ridiculous number of children gathered to watch Young Talent Time on a Saturday night and attempted to recreate outstanding performances. A place where we would congregate on the street in the evening to play cricket and tennis (Please let it be known here that I was always Rod Marsh! And with respect to Young Talent Time recreations, I was always Tina Arena). Countess Street was a place where kids were enshrouded by a strong sense of family, community, values and security. A place of belonging.

Countess Street was a place where the adults swapped home grown produce and chatted endlessly over the fence. It was a place where people genuinely cared for, supported, and nurtured each other.

I remember as a child a time when 5 women came to live in a vacant house in our street. My favourite of the 5 was Jenny. I recall as a child that Jenny and her housemates would play with us in the street for hours, catch the school bus with us on their way to work and were the recipients of incredible kindness of the Countess Street families. I recall the sense of energy and fun they brought particularly to the kids on our street.

As an adult now, I understand that these women were people living with disability and were probably some of the first people in Queensland to be 'deinstitutionalised' and transitioned to community living. These women, who became my childhood friends, were being transitioned out of the notorious Challinor Centre into what we now know as disability accommodation or community living.

This week I had the chance to reflect on this period of history with my mum. She recalls that the women were moved from the confines and regimen of Challinor Centre to the house in our street with no support except for an occasional visit from a community social worker. Whilst she and many on Countess Street embraced and supported our new neighbours, she recalls this period of deinstitutionalisation as a political hot topic in the wider community where the government was heavily criticised for their new approach to disability and community inclusion. Clearly in the 70's and 80's there was a general sense of fear of people with disabilities living in community. I of course as a child was oblivious to the social and political environment.

I often wonder now if Jenny and her housemates knew how significant their transition out of Challinor Centre was in the history, psyche and evolution of disability in Australia.

Some 40 years later, I am, together with an incredibly dedicated and skilled team, in a highly privileged position to work intimately

with people with disabilities and their families together with community to challenge and break down stereotypes and barriers affecting people living with disability. I am so proud of how far we as a society have come in not just acknowledging, but genuinely embracing and advocating for the human rights of people with disabilities to live the lives they want and desire.

Ashley's story in this edition is one of the highlights of my many years in the sector. This story has come to full fruition only by the incredible love, dedication, and fierce determination of his family. The Yumba Bimbi team are incredibly privileged to be a part of this amazing journey. We can't wait to see what the next chapter of Ashley's story brings as he transitions to independent living in his new home embraced by a community of support enshrouded by strong sense of family and community.



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Acknowledgment to Country

Yumba Bimbi Support Services acknowledge the Traditional Custodians of the lands on which we meet, work and learn. We pay respect to the First Nation's peoples; their elders, past, present and emerging.

We value cultural diversity in our region and view Aboriginal and Torres Strait Islander cultures and heritage as integral in a shared national identity.

We have a strong commitment to building inclusive and vibrant communities. We are committed to providing services and opportunities that are respectful and accessible to all members of the community.

SUMMER SNIPPETS

02 Congrats Donna!

Congratulations to Donna for her well deserved Citizen of the Year Nomination at the Australia Day Awards. We think Donna is brilliant and now the wider community get to know her too. Woohoo!



03 GIVIT Have Once Again, GIVEN!

We thank GIVIT for their generous donation of restored IPADS and IPHONES to our participants in need; for young YB children to access necessary educational apps for their development; to providing a method of accessing tele-health therapy services to our rural participants as well as one individual being able to have a smart phone for the very first time. We thank you!



01 Disability Action Week 2022

YB hosted a basketball match with YB participants and community members to celebrate Disability Action Week (DAW).

We celebrate DAW to create awareness of the capabilities of people living with disability. Also acknowledges our local businesses and organisations who support inclusive workplaces.



Bruce's Summer Joke

What does the duck do
when it goes to the shop?

It puts something on its bill!



04 Christmas Dance Concert

Facilitated by Support Worker Katarina who is also a dance teacher, Ngaire, Nan, Demi, Lizzy, and Jasmin performed their dance routine to a medley of songs in front of a grand audience at the Groove-n-flow Christmas dance concert. Thank you Groove-n-Flow for inviting us back year after year to perform. It is certainly a highlight for us each year!



05 Group Programs

New year, new group programs! We are excited to continue offering our most popular group programs throughout 2023!

Our programs aim to create social & community inclusion; self-awareness; independence; confidence and development. Contact YB for more info.



ONE CALL THAT CHANGED IT ALL.

"I was finally accepted in the NDIS"

01

One phone call to the NDIS shifted Catherine's life from very little support to a highly supportive, responsive team. This is the story about how Catherine's life changed forever.

02

"I had the NDIA call me to request my assistance with Support Coordination for Catherine – even though her plan didn't have Support Coordination in it. I took the initiative to complete a plan review which is typically the job of a Local Area Coordinator (L.A.C)."

Donna, from YB's Support Coordination team

03

"I was diagnosed with ADHD last year. It makes sense why I struggled at school. Teachers called me dumb. They thought I was being lazy. I was a quiet kid with low self-esteem."

Catherine

Growing up in a remote area, as well as the lack of knowledge around ADHD, Catherine had little support around her.

Now, her world has changed...

04

Catherine's life is full all thanks to the NDIS for recognising without specialised supports, she would not be able to accomplish her goals or reach a quality of life she has so longed to strive for.

Another grand step for Catherine has been enrolling in a Certificate III in Business administration. Angela, her Support Worker assists Catherine with her course. Yumba Bimbi's partnership with Better Rent recently stepped in to give Catherine a quality refurbished laptop as Catherine was having difficulty completing her studies with an old computer.

05

Catherine has a sole trader Support Worker (Angela) to assist with her day-to-day operations including attending social activities and helping her with her studies. Catherine also has Grant Hancock from You Move Health and Rehab to assist Catherine in achieving her fitness goals, Psychology appointments with Fiona Hardgrave from CQ Rural Health, Dietician appointments with Annette Billiau from Highlands Nutrition, cleaning services, yard maintenance and transport through J-LO Rides. Catherine attends the Neighborhood Centre a couple of times a week to join in on their social activities and recently began volunteering at Lifeline.

"My laptop at home was so slow. Donna offered to give a laptop", says Catherine.

Sandy, YB's Information, Technology and Communications Officer helped Catherine set up the laptop. **"We are very fortunate that we have a 3-year lease with a company called Better Rent. We came to the end of the lease and they said instead of sending the laptops back, would there be any participants in need of them. The answer was yes!"** comments Sandy.

There is a strong, supportive team that has been built around Catherine which is reflected in her success. An example of how Catherine is supported to achieve her fitness goals is explained by Donna. She says, "Grant and I talk often too as he is also in the Hub. Catherine loves that she is involved in everything as the email group includes her as well and we set goals for her and assist in her trying to hit them and talk about them frequently, so she keeps on track. Grant has an app on her phone with an exercise routine which she also does at home and ticks off, Ange helps with this also and they swim a few mornings each week."

Donna elaborates on the social and emotional support Catherine currently receives informally and formally by her team. Donna states, "She pops into my office on a

weekly basis – sometimes just to talk and gain reassurance and some direction and assistance with different things. We have an email group with her psychologist, her Support Worker Angela and myself to ensure we all use the same strategies with Catherine to assist in building her confidence and trust in others."

The enthusiasm and gratitude from Catherine is evident. "Catherine is so giving and a breath of fresh air. I think she comes to see me sometimes just for a hug. She is super motivated to lose weight so she can have her hernia operated on. Catherine always turns up to appointments which she utilises J-Lo rides mostly for this. This she pre-plans herself. She is a wonderful lady whom I love assisting as

she is always so appreciative. Catherine is just a go getter and someone who gives back to her community so much – I think this was always her pre YB being involved – but with more people in her court, her confidence has grown, and she knows people are there to help her and she isn't on her own," says Donna.

Catherine explains, "YB are so good. So supportive."

The future is bright for Catherine, she will continue to do what she enjoys such as gardening along with the recent additional supports that have her day's filled. Catherine comments, "I love gardening at home. I've learned to grow desert roses and zinnia from seed. I am also looking forward to more beautiful relationships with YB, learning more about craft and finishing study."

The right balance of supports can make a profound difference in a person's life. It certainly has for Catherine.

“ I can now breathe. ”



WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder

ADHD (Attention Deficit Hyperactivity Disorder) affects about one in twenty Australians, that's about 1 million people, but is frequently misunderstood and under-diagnosed. Key features are inattention, distractibility, hyperactivity and impulsivity, and it may also be linked to other co-occurring mental health conditions.

Untreated ADHD can cause lifetime impairment; however there are effective ways of managing ADHD.

ADHD is diagnosed using criteria outlined in the 'Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition' (DSM-5) by the American Psychiatric Association.

ADD or Attention Deficit Disorder is an outdated term that was once used to describe the inattentive form of ADHD. ADHD is now considered to be the correct name of the disorder irrespective of a person's predominant traits.

The type of ADHD diagnosed depends on the most predominate set of symptoms.

To be diagnosed with ADHD the symptoms of inattention and/or hyperactivity and impulsivity:

need to be excessive for the developmental age of the individual

need to be present before the age of 12

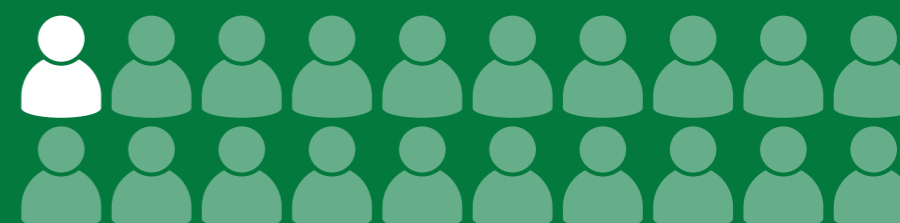
must have persisted for longer than 6 months

must contribute to impairment across multiple settings i.e. home, school, childcare, work, etc.



ADHD

Affects about **one in twenty** Australians



CURIOUS TO KNOW ABOUT THE NDIS?

The National Disability Insurance Scheme is a scheme of the Australian Government that funds costs associated with disability. The scheme was legislated for in 2013. Central Qld started the rollout of the NDIS at the beginning of 2018.

To gain access to the NDIA:

- ✓ You need to be aged 7– 65 (over 65 are referred to 'my Aged Care.')
- ✓ Children under 7 will connect with early childhood intervention partners such as Bush Kids in Emerald.
- ✓ Must live in Australia and have residency.
- ✓ Must require support for a significant disability.
- ✓ May require special equipment because of the disability.
- ✓ Must supply recent supporting evidence such as: report from treating health professional relevant to your disability and confirms your type of disability; known you for 6 months or more and provide date of diagnosis.
- ✓ Must confirm how your/childs disability impacts different areas of life such as mobility, communication, social, learning, self- care, self-management.
- ✓ Must describe treatments and outcomes.
- ✓ Must describe future options.
- ✓ Decisions are reviewed against the NDIA Act.
- ✓ If denied you can reapply within 3 months.

To apply, you need to complete an access request form or call the NDIA on 1800 800 110.

Plan

By an external organisation ie: Yumba Bimbi Support Services

Can utilize non-registered providers, great for rural and remote individuals

Self

By the participant or their nominee

Makes things super flexible and negotiable

NDIA

By the agency – must use registered providers

Limits choice of providers

How NDIS Plans are managed

People are funded under certain categories

If any of what you read may apply to you or your loved one, please phone the NDIA on 1800 800 110

Assistance with daily life:

- Assist with self care
- Short term accommodation
- Domestic assistance
- Yard maintenance
- Health supports

Transport

- Assistance to travel to/ from appointments
- Assistance with travel to work/programs

Assistance with social and community participation

- Group activities in a community/in a centre
- Employment supports
- Accessing community

Consumables

- Continence aids
- HEN products
- Low cost assistive technology

Home modifications/ specialised disability accommodation

- Design, construction of modifications within the home
- SDA for very high support needs

Assistive Technology

- Specialised/modified assistive technology (aids and equipment) ie: wheelchairs, hoists, specialised chairs, customised orthotics.

Improved learning

- Transition from school to further learning

Improved health and wellbeing

- Exercise physiology
- Personal training
- Dietician

Improved relationships

- Specialised behaviour support
- Social skill development
- Behaviour management plan

Finding and keeping a job

- Workplace assistance
- School leaver employment supports
- Employment counselling

Improved life choices

- Plan Management
- Training in Plan Management

Improved daily living skills

- Early childhood interventions
- Counselling
- Therapy assistance
- Nursing care
- Psychology
- Play therapy
- Occupational therapy
- Speech pathology
- Physiotherapy
- Hearing supports
- Skill development
- Training for carers/ parents

Support Coordination

- Level 1 – Support Connection
- Level 2 – Support Coordination
- Level 3 – Specialised Support Coordination

Improved Living arrangements

- Assistance with accommodation/ tenancy obligations

Increased social and community participation

- Individual skill development in maintaining contact with others
- Community participation
- Travel training



Registered NDIS Provider

Do You Know Someone Who Needs an Interpreter?

CALD = Culturally and Linguistically Diverse.

Australia is one of the most culturally and linguistically diverse countries in the world. However, some people from CALD backgrounds face greater challenges when seeking support. Language barriers and difficulties navigating an unfamiliar system put them in a vulnerable position and at greater risk of poorer quality health care and service delivery compared with other Australians.

The NDIS recognises that people from CALD communities may have found it difficult to engage with their services. Therefore they have launched the Cultural and Linguistic Diversity (CALD) Strategy 2023–2027. The aim is to co-design a new strategy by directly consulting with CALD people with disability, their family and carers and ultimately allow them to achieve access to, and outcomes from, their NDIS Plan on an equal basis with the broader population.



Some points to be aware of when working with people from CALD communities:

- We need skilled people in Support Services to help our CALD participants. We assume they are understanding all the info but they aren't.
- CALD people are financially vulnerable under the NDIS – they may not understand the financial aspects and can be taken advantage of.
- NDIS site is difficult and complex for CALD community. Navigating and even knowing where to find the info is almost impossible as English is the barrier.
- We assume they have internet access at home and have computer literacy and even English skills... this is not always the case.
- Additional complexities involve residency, citizenship and social isolation when you are from a different culture.
- Some people in these communities are leaving the NDIS as it is too overwhelming for them due to lack of understanding of their plan/ child's plan and lack of support.
- In some languages, there is no word for disability. We need to be aware and work with people to support their understanding of disability in a respectful and positive way.
- Some cultures do not have much awareness as others about disability. There can be judgement, misunderstanding, bias etc. We need to support these individuals through education.
- People need to be aware of their rights to an interpreter. There are on site, telephone and video interpreters.
- Interpreters are often necessary even if there is a family member 'providing the interpretation' as there could be a personal conflict of information/ misinformation to the individual.
- Can keep requesting preferred interpreters so you do not have to keep telling the same story.
- Pay attention with humour. Other cultures may not understand. Keep sentences short and simple.

The Translating and Interpreting Service (TIS National) provides interpreting services to National Disability Insurance Scheme (NDIS) registered providers for the delivery and implementation of supports in NDIS participants' plan.



AN EMERALD SHOW EXPERIENCE FOR EVERYONE

We asked Sam Elsdon – a very active member of our community – a few questions about herself and her contribution to ensuring all community members with diverse needs have a space and place at the Emerald Show.

“Never doubt that a small group of thoughtful, committed individuals can change the world. In fact, it’s the only thing that ever has.”

- MARGARET MEAD -

Can you tell us about yourself?

I’m Samantha Elsdon, I first came to Emerald in 2005 to teach at Emerald State High School. I married my husband Derek in 2012 and we now have two amazing children, Felicity (6) and Alfie (3) and run our family cropping farm just outside of Emerald.

Tell us about your involvement in the local community.

I’ve always loved being involved in community events and organisations that provide value to the community. I was always involved in the show growing up so when I first met the late Bob Ingram, he convinced me that the Emerald Show Society would be a great place for me.

Show Societies are a really great way to meet a whole range of different people as there are so many facets to a show. It also means that it is something super fun to think about outside of a work environment.

Connect 4 Children came while I was on maternity leave, I had volunteered in the local mothers group during my maternity leave as well, but C4C group was a way to contribute to future growth and improved outcomes for children which obviously with two young children is quite important to me.

Volunteering on the Central Highlands Cotton Growers and Irrigators Association was a way for me to gain more knowledge of the local industry and to give back to the community through agriculture. Most recently, I have been employed

as the Executive Officer at Outback Exploratorium, this is hugely fulfilling as a place to engage and inspire children in STEAM. It’s all the fun, inspiring parts of teaching while still giving me the flexibility with a young family and my other personal projects.

What is your role in the Emerald Show Society?

I originally joined as the Showgirl and Rural Ambassador coordinator in 2009. I was the CH Rural Ambassador soon after and went to the Ekka which opened my eyes to the passion behind keeping our show movement alive. I became the treasurer in 2017. I have really enjoyed being part of the growth of the show and its social media presence. In 2022 I became secretary just to change the executive around a bit and to improve my skills further.

Sam with her son Alfie



Can you explain how you have incorporated inclusive practices at the Emerald Show?

We started the 'Tour for Children with Diverse Needs' in 2018. The suggestion had come from a parent who had seen something similar at an event in NSW. We used to have school groups come to the show during the Tuesday morning but that hadn't happened for a few years but it is the perfect time for groups to attend as it is much quieter part of our program. We hold it on Tuesday from 9am - 3pm before the after-school rush starts. The showman's guild and all our entertainers are really on-board with it, sometimes even providing free rides. The sounds and lights are turned off the rides and the entertainers turn down any loud music or sounds to help those with sensory needs and our entertainers provide more time to interact with the children. We advertised just on our facebook page and had about 80 participants including children with diverse needs, their carers and some had brought their siblings along as well. Since then we have held it every year and have had a really great response. Woolworths came on board to sponsor the initiative with free snack showbags. Its been quite overwhelming when you hear from children and their families that they have never been to the show until now because it was always thought to be too much. Siblings have been so excited that they can attend with their brother or sister for the first time and parents get to see their children have the time of their lives.



What do you envision moving forward with regards to inclusion as the Emerald Show continues to strengthen every year.

Most of our competition sections have some classes that encourage participation for people with diverse needs. We want to hear from the community about how these can be improved and be more inclusive to everyone in our community. We'd love to see more people in our show society, volunteers are always welcome, especially in setting up the show, we have a job for every body and every ability.

Do you have advice on how you think other organisations and events can introduce similar concepts as the Show Society?

We have had quite a few show societies contact us about how we set up the tour and the sections in the hope they can do similar. It hasn't been a huge task for us, it was mostly communication with our suppliers who were all on board straight away. Sometimes it's just a small modification that will make a huge difference to our community members. Listening to feedback openly always helps us think of other options that can be brought in the following year.

Anyone can email Yvonne or even message us on social media with suggestions.

If a someone wants to contact the Show Society with ideas, volunteer, or simply keep up to date with the Emerald Show Society how can they do this?

We'd love to have more volunteers, especially the weekend before the show taking and displaying entries but there are all sorts of jobs that need doing. Best thing would be to contact Yvonne via email at admin@emeraldshow.org.au and become a member. That way you can receive all the meeting notices, working bee invites and all the volunteer requests.

YB Participants at the 2022 Show



2023

QLD's Year of Accessible Tourism

Queensland has Declared 2023 The Year of Accessible Tourism, with \$12 million in new funding to be invested into initiatives that will help the Queensland tourism industry better cater to visitors of all abilities. This will enable everyone to participate in a tourism experience with choice and confidence.

“Dedicating 2023 to The Year of Accessible Tourism will drive change and create opportunities for both industry and travellers and create a legacy our State can be proud of.

QUEENSLAND PREMIER ANNASTACIA PALASZCZUK



ACCESSIBLE AUSTRALIA APP

Know before you go!

Finding your way around a new place can be a challenge for anyone, but throw into the mix accessibility requirements, and it can feel like an impossible task.

Often, it can be difficult to find the right accessibility information online, whether you're simply grabbing a coffee with friends or planning a dream holiday with your family.

Accessible Australia is a free online resource where you can read first-hand reviews about venues, services and facilities, and share your own experiences to help others.

Developed by Spinal Life Australia, this web-based app is focused on providing relevant and real-time information to empower its users – so they know before they go.

Listings include hotels, restaurants, cafés, bars, shopping centres, public bathrooms, beaches, parks and more, with number of reviews growing every day.

Accessible Australia allows you to search and find points of interest, see user reviews to make a more informed decision (including whether the person used a mobility device when visiting), and share your own feedback.

TTNQ ACCESSIBLE TOURISM HUB

An experience for every kind of traveller

Tourism Tropical North Queensland (TTNQ) has added an Accessibility Hub to the Cairns & Great Barrier Reef destination website. The hub was developed to showcase experiences and accommodation accessible to all visitors and assist holidaymakers with accessibility needs plan their trip with confidence. Travellers can find information on a range of activities including:

- Wheelchair-friendly beaches,
- Quicksilver's water-powered lift to lower people into the water
- Marlin Coast's accessible scuba diving instruction with certification courses based on DDI (Disabled Divers International) protocols
- Personal tour companions, respite or personal carers with Out There Travel Care
- Which rainforest boardwalks are most accessible
- Accessible restaurants and accommodation

Travel

without limits

Travel Without Limits is a magazine which aims to inform and inspire people of all needs and abilities to travel. Featuring stories told by people with lived experience, the magazine brings together contributors with a range of expertise from a variety of areas of the disability community. With a diverse selection of topics covered, it is a treasure trove of travel and adventure information to inspire your next holiday.

You can purchase the magazine, subscribe to their mailing list or scroll through their social media and website to gain ideas.



Dane out on the water with Sailability in Cairns

YOU NEVER HAVE TO WALK ALONE

We asked Jennie, a YB parent who has been with us for many years if she would like to offer personal insight of her journey with son Bruce in the hopes that her words resonate and perhaps help another parent in a similar situation. Here is what she had to say.

At the start of our unexpected journey with our disabled son many years ago, I would have devoured even a brief supportive comment from someone who had faced a similar pathway.

Unfamiliar terminology of “extremely rare chromosome disorder”, “likely behavioural difficulties”, “very poor immunity”, “intellectual deficits” and “never-heard-of-it” from experts, were to say the least, terrifying and very disconcerting!

Although Dr. Google holds potentially great information and support these days, nothing can erase those initial feelings of drowning when an irrefutable assessment or confirmed diagnosis is delivered to you as a parent.

I would be overjoyed if, by recounting a few reflections of our journey, I could give a little encouragement or hope to even one family.

I feel great empathy for families beginning their journeys and every journey is unique, so there are no truly prescriptive answers or directions.

However, there is one big plus - there is a great deal of wonderful support out there these days, even in rural and remote areas.

I would suggest that you investigate thoroughly what help is available, and consider all available resources such as therapies, medical assessments,

government agencies, tailored programmes and community support etc, and then make your choices based on your own personal understanding of your child's needs. Never forget that it is family, especially Mum, who knows a dependant child's needs best of all as they live with them, care for them and see what works best for them day by day. Amazing support often materialises within your circle of extended family and friends and is a priceless resource. An understanding, kind, calm and respectful environment gives the best chance for growth and development to flourish

as time proceeds. Challenges, meltdowns, backward steps, tears, exhaustion, unique medical issues and a million other things loom hugely in daily life, and can be unbearably wearing on everyone, but...

the joy and satisfaction of even the smallest achievement is indescribable, for everyone involved!! These are magic moments where love triumphs – truly nothing compares! These hard-earned successes gradually build towards the long-held goal for every disabled person –

“to live their best life”, which is after all, what we all aspire to do.

The majority of expectant or new parents have fleeting, if any, thoughts of having a disabled child. Quite understandably it is not on our radar amidst the excitement of impending birth and the incomparable joy a new family member brings.



Bruce and Jennie

Nor is it within our comfort zone of our dreams for the future, so we find ourselves in the early days shell-shocked, confused and isolated from all we've known. It can be heart-rendingly hard to get your head around what may lie ahead for them and many tears are to be expected – but hang in there!! The rewards are so many and the blessings unexpected.

Don't be defined by generalised predictions or statistics. They are there for us to defy. Our son Bruce is proof of that! His syndrome is extremely rare – there are only 126 recorded cases in the world. I read recently one set of statistics saying that the expected average life expectancy is 11.4 years. Bruce turned 44 in July 2022!!

So much angst can be unnecessarily laid upon parents - remember, every journey is unique.

Keeping a balance in your life is an important part of self-care, and mental, emotional and physical self-care is essential. You cannot pour from an empty cup. I encourage you to consider some respite for your loved one at Yumba Bimbi's Park Avenue facility. It provides a wonderful opportunity for them to build new experiences and make new friends, and I

believe, offers an exceptional opportunity for parents and siblings to have quality time together – often a challenge

for our families in the hustle of daily life. It has meant the world to our family over the years.

Lastly, if possible, make sure you share and talk regularly with others in similar situations. Such support can prove a lifeline. My heartfelt good wishes to you all involved in the journey. Hopefully, like me, you can look back in years to come and know in your heart that not only has your journey ensured your loved one is living their best life, but that your life has been enriched in a way you would never have imagined.

Thank you to Jennie for sharing her story with her son, Bruce.



Therapy supports beyond the specialist's room

BRUCE'S OT SESSIONS

Here, Bruce is having a great time in his own home exploring properties of playdough to increase hand strength and dexterity, and having a lot of fun in the process.

At YB, part of our role is to ensure we follow the guidance of therapists to achieve maximum positive outcomes for our participants. Therapy supports under the NDIS may include; Occupational Therapy, Physiotherapy, Personal Training, Dietician Education and Speech Therapy.



SURROUNDED BY A COMMITTED TEAM

Mel from North West Rural Health (NWRH) delivered a training session to Taylor's main YB Support Workers who will continue to explore the many features that Tobii (Taylor's communication device) has to offer.

Every person has unique communication traits, therefore, the optimum way to decipher which features are best for Taylor is through trial and error. Mel explains "We need to model how to use Tobii with Taylor, to show everyone is learning together and mistakes are okay."

Primarily a symbol based communication method where Taylor uses her eye gaze to choose what she would like to wear, participate in, eat and to communicate her feelings, ongoing adaptation and refinement will always be part of the process. For example, Mel explains how Skype accessibility will be added to Tobii so that Taylor can contact family members when she chooses. Mel comments, "Taylor is already a really good eye gazer and with the device, Taylor can also do more of what she enjoys which is taking photos."

Vas, a YB Senior Support Worker commented on the benefits of Tobii. She says, "Recently whilst Taylor was staying at YB's STA (Short Term Accommodation), she was able to tell us that she had a headache by using Tobii."

An advantage of working collaboratively between Taylor, Taylor's family, Mel and YB, is that collectively everyone can remain on the same page, delivering consistent approaches of support alongside Taylor. Even in Taylor's absence, the team at YB can explore

Tobii's features on their laptop which enables the team to not only keep abreast on how to effectively use the device, but it also allows the team to search for other possible features that may suit Taylor's communication style. Taylor also has a private Support Worker at her home who also assists Mel with regular updates. A transdisciplinary approach to supporting Taylor will always result in better outcomes and quality of life, that is why working alongside committed teams are an essential part of YB's delivery of services.



A photograph of a man with short dark hair, wearing a light blue t-shirt, giving a thumbs up gesture. He is outdoors with green foliage in the background.

IT'S A THUMBS-UP FROM ASHLEY

At times, the challenges of advocacy in the disability sector can be difficult. We hear from Julie, mother of Ashley on her almost 2 year journey to seek more suitable NDIS funding for her son.

THE PURPOSE

As Ashley's needs for greater independence and suitable long-term accommodation changed, so too did the need for Donna (Ashley's Support Coordinator) to, on behalf of the family, request a revision of Ashley's NDIS Plan. Unfortunately, the plan review process was more difficult than anticipated, but with a team around Julie striving for the human rights of Ashley, their requests were answered. For Julie, she hopes that insight into their family's challenges in advocating for Ashley may help one family with the tools to successfully navigate around some of the complexities of the NDIS process.

THE PROCESS & THE PRESSURE

The process was not easy for Julie and the team around her. Donna explains,

"Whilst they (from the NDIS) were all good people, they didn't have authority to make the final decision."

This led to an arduous journey filled with high uncertainty and trepidation. After all, it was Ashley's wellbeing, his quality of life in the hands of the NDIS.

One area that impacted the efficiency of this process was that Emerald no longer has a Local Area Coordinator (L.A.C), a great disservice to rural and remote families. Donna states,

"If we could have gone directly to the L.A.C who is a local, knows the individual, the family and the community, the process would have been easier."

Implicating how crucial it is to have local face to face representatives.

When the initial outcome was not favourable, Julie stated,

"I had 2 days of tears and a day on the computer being flipping angry." Despite a 200 page report compiled of proven reasoning on the importance of Ashley receiving a better ratio of supports and home modifications due to his complex needs, the NDIS had rejected the new proposal. Comprehensive efforts from multiple professionals and a heartfelt letter on behalf of Julie to help explain the necessity and urgency to have Ashley's new plan approved at times felt like a very steep uphill climb. "They (NDIS) had to realise they were dealing with a person," says Julie. No was not an option for Ashley so their persistence continued.

As many families who have a child with complex needs can appreciate, the decisions made on behalf of Ashley for his current and future wellbeing impacts heavily on his immediate family – mother and father but as Julie also elaborated, the ultimate

outcome affects the extended family too. Indicating if an individual's Plan is rejected, then it would be up to the extended family unit to look after that person due to ageing parents. Julie explained whilst her situation is different, she can imagine all the families who will have no choice but to rely on extended families to be responsible for their son or daughter with disability, something that they should not have to do.

"No one should go through the upheaval,"

says Julie. Openly discussing how her own mental health suffered throughout the process.

"I don't know how many tears I cried," says Julie.

Julie explains bumping into a fellow YB mother of a participant and shared her story. The mother replied, "Keep fighting" and that is what she continued to do.

THE OUTCOME

Reaching out to a representative from Queensland Advocacy for Inclusion was the pinnacle for a successful outcome.

With every detail of Ashely's circumstance passed over to the organisation acting on behalf of Ashley and the family, a response from the NDIS of "I think we can resolve this today" was expressed. For Julie, this was a grand relief.

"The emotional stress had been lifted. I was excited for Ash," she said.

Julie explains the importance of being surrounded by a team. "You have to look at the whole process, no one can do this on their own.

You have got to have your support team. Having all of your therapists, and Donna at the top guiding people. You have got to have a Donna!" Donna responds, "You have got to have a mother like Julie that wants the best for her son."

THE FUTURE

Finally, with a positive outcome, Ashley's family and his team can focus on his future. That is, to transition Ashley into his own home with the right level of supports which will come from a team of committed YB Support Workers. Julie has already made Ash's house a home, bringing in ornaments and pictures that he has grown up with.

"I can't wait to move forward and allow him to have his independence," says Julie.

"This now allows Graham and I to move on as we are getting older and I don't want to have to think about what will happen when we are not here," explains Julie.

Amanda, YB Client Services Coordinator for SILs comments, "I'm excited for Ash to have a BBQ or Breakfast at his own house as he often goes to his friend's Bruce's place for a meal that he prepares. I'm also looking forward to seeing Julie's new lease on life.

I can imagine a huge weight has been lifted."

As for Donna, Ashley's Support Coordinator who has been instrumental in the entire process, she explains what she is most looking forward to as a result of this long, but worthwhile effort of advocacy. "Now we have the opportunity to see Ash flourish, and to see the amazing journey he will go on," says Donna.



"You have to look at the whole process, no one can do this on their own. You have got to have your support team. Having all of your therapists, and Donna at the top guiding people. You have got to have a Donna!"

- Julie

"You have got to have a mother like Julie that wants the best for her son."

- Donna

GROUP PROGRAMS

Yumba Bimbi Support Services is excited to continue offering our most popular group programs across to 2023! Our programs aim to create social & community inclusion; self-awareness; independence; confidence and to develop life-long skills in each individual.

Underpinning all of our programs is an emphasis on self-worth, kindness and belonging. We believe this will ensure more meaningful learning experiences with participants and see life-long skills emerge or enhanced within our programs.



Gardening Group

The YB Gardening Group is thanking the community garden for allowing us to use a parcel of land to plant our sweet corn! The photo above was taken at 8 weeks and our plants are thriving. The group has been taught how to do land prep, proper spacing and planting. They've listened to lectures about pollination, did some weeding and fertilisation to maintain the garden. We are hoping for a wonderful gardening group next year! Anyone know any good sweet corn recipes?



Book Club

The Emerald Book Club have continued to strengthen their literacy skills moving beyond short stories and onto chapter books. We are thrilled to hear just how successful this program has been for our participants!



Life Tutorials

At Life Tutorial Group we looked at the concept of 'Creativity' and we certainly got our creative juices flowing! Looking through magazines we found and cut out pictures that we thought were creative and discussed why. We then used these pictures to start making our own creative creations!

HEARTY & HEALTHY

It was all hands on deck with our new Hearty and Healthy program, facilitated by Julie – probably one of the best cooks in Emerald! Our YB participants have certainly practiced their cooking skills over the years and what better way to continue to refine these skills than surrounded by friends. We cooked up a storm and made a sweet potato cottage pie and the outcome was delicious.

Try the recipe yourself!



INGREDIENTS

- 1 tbsp olive oil
- 1 medium brown onion finely chopped
- 1 medium carrot, peeled and finely chopped
- 2 x stalks of celery, trimmed and finely chopped
- 250g beef mince
- 420g tin lentils, drained and rinsed
- 2 tsp Worcestershire sauce
- 2 tbsp tomato paste
- 400g can crushed tomatoes
- 1 tsp Italian herbs
- 2/3 cup frozen peas or mixed veg
- 600g sweet potato, peeled and chopped
- 1/4 cup of milk and 20g butter
- 1/3 cup grated cheese

COTTAGE PIE WITH SWEET POTATO MASH

METHOD

01

Cook sweet potato in a saucepan of boiling water. While the potato is cooking prepare the mince.

Heat oil in large saucepan over medium heat. Add onion, carrot and celery. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned.

02

Add, Worcestershire sauce, tomato paste, tin tomatoes, lentils and herbs, bring to a boil. Reduce heat to a low simmer for 20 to 25 minutes or until thickened. Stir in peas, or frozen vegetables. Preheat oven to 180 deg C or 160 deg fan- forced.

03

Meanwhile, drain the potato when cooked and return to the pan. Add milk and butter, mash until smooth.

Spoon beef mixture into a 5 cm deep, 6 cup capacity ovenproof dish.

Top with potato mixture. Sprinkle with cheese. Bake for 20 to 30 minutes or until golden. Serve

Serving suggestion:
Serve with green vegetable or a side salad



GROUP PROGRAMS



Life Tutotials
Run by Deborah



Book Club
Run by Vasma



Walkers Club
Run by Colleen



Creative Minds
Run by Nikki W



Technos and Gizmos
Run by Sandy



Teens Social Club



Gardening Club
Run by Yasser



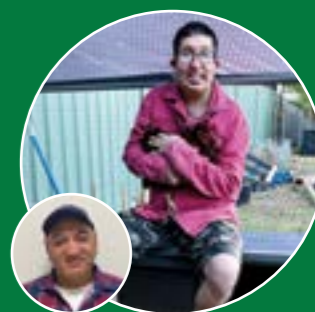
Fitness Squad
Run by Maureen



Social Club
Run by Nikki W



Baking Group
Run by Steph



Surviving the Outback
Run by Shane



Women's Club
Run by Nikki D



Mindfulness Matters
Run by Nikki D



Hearty and Healthy
Run by Julie



Social Saturdays
Run by Maureen

WE WANT TO SAY THANK YOU!

IGA | Crave | Post Office | Theos | Hoopers | Office National | Golf Club | King's Coffee House | Fair Dinkum Meats (Coles) | Chemist (Coles) | Chemist (Big W) | Maraboon | Gloria Jeans | NAB | Fair Dinkum Meats (Old Woolies) | Fair Dinkum Meats (Mayfair) | Fair Dinkum Meats (Mayfair) | Studio 62 | Cracked Pepper | Tourist Park, Roberts Street | Yolo Shoes | Elders | Bidfood | Chemist (Old Woolies) | Inner Bean

RANDOM ACTS OF KINDNESS DAY



To the locals helping locals

Have you spotted our donation boxes in Emerald? We appreciate the local businesses who hold a space on their counter for us. Every donation provided by you, helps a community member be directed into the programs and services we offer. Your ongoing support is part of the reason why we think our community is pretty awesome! So thanks!

Make kindness the norm!



As Random Acts of Kindness Day and Valentines Day both fell in the same week this year, our participants took the opportunity to let our community champions know how much they mean to us and how much we appreciate their support. We created hand-made cards (because we know it means so much more) and distributed them out to our community champions to say thank you.



Did you know?

Liam from our rostering team has crunched some numbers and provided us with great insight into the daily operations here at YB. Below are some fun facts!



 **15,136** 

shifts allocated to YB participants in 2022

That equates to

42,947

hours of support



The number of **Km's travelled** to support our participants was

129,435


the same as going

3.22

times around the world!




What do our Plan Management and Support Coordination clients & families think about our services?

 The service Yumba provides is amazing. We are so fortunate to be able to access the services you provide. Thankyou.

I appreciate the respect I receive and fast response when I email with enquiry into our funds. I am terribly confused by some aspects and not very good with managing the amounts we have left and categories etc. Yumba Bimbi plan management has been a godsend to me since we signed up. Many thanks , I appreciate the service.

The NDIS is a minefield to navigate. Thanks to the Support Co-ordinator I can concentrate on my disability and not worry about my plan.



FAREWELL

Wishing you all the best! See you again soon!



GEORGIA

Georgia took on the role as Support Worker in 2022 as part of her gap year. She is now embarking on a new chapter by moving to Airlie Beach with her boyfriend Brodie to be closer to University where she is enrolled in a Bachelor of Social Work. Georgia will return to YB during her Uni holidays so she is now technically part of our cohort of UFIFO (University Fly in Fly out) workers.

I'll definitely miss all the participants and will for sure be back during holidays to catch up with everyone. I'll also miss the culture of Yumba Bimbi. All the staff, support workers and head office, value teamwork very highly and I always knew there was support very close when I needed.

SAM

Sam is a Support Worker with YB who has been a valuable colleague, mentor and friend to all that are lucky enough to work with him. After 5 years with YB, Sam is off for a while to backpack around the UK and Europe.

I'll miss all the people, staff, and participants. So many people I know dread Sundays for having to go back to work, but at Yumba Bimbi, it really is a treat getting to go back to work.



At YB, our most valuable asset and the best resource we can offer, is our staff.

YB is a fantastic family of people who work together in synergy, all have a voice, and are all working towards the same goal – to build inclusive communities and better the lives of our participants. It is the abilities, knowledge, experience, and values of our staff that make YB who we are. Therefore, it is always a sad occasion to see any of our staff members move on, but we are also so excited to see where their next adventure takes them and we thank them for all they have contributed to YB!

KATARINA

Katarina took a gap year in 2022 and said she “Absolutely loving” working for YB, she is heading to Melbourne to complete a 2 year Performing arts Course at a company called ‘Transit Dance.’

I will mostly miss the friendly faces I get the opportunity to see every day. There is such a community and family spirit here at Yumba which truly makes it a pleasure to come in to work. It's never too much for anyone to lend a helping hand, and I'll miss running into participants and workers every single time I duck to the shops!



CAROL

Carol has been part of YB for 2.5 years and will be moving to Perth to be surrounded by family and close friends to create a bigger support structure for her and her daughter Maddison.

I will miss the community that I feel YB brings to staff and clients, support for myself with dyslexia and not feeling I am worth less than others because of my disability.

I will miss the connections that I have made with the clients and staff, including office staff.

I feel I make a difference in the lives of the participants, even if it is small. They certainly make a difference in mine, I never feel like it's work and I am happy everyday I'm there.





A vibrant, people-focused organisation providing a range of sustainable social solutions.
Strengthening choice and life opportunities in an open and inclusive community.