

INFORMATION PAGE

The RCH Family Resource Centre

I'm sure many of you will have heard of and used this new, long awaited area of the hospital. This is a quiet, friendly, relaxing area for families and caregivers. It provides a parent lounge; a multi-purpose meeting room; privacy cubicles; a business centre with access to the internet, email and photocopying; a kitchen and meals area and an outdoor area. There is also a Personal Care Suite which is located opposite the Family Resource Centre. The suite provides shower facilities, change rooms, height adjustable beds and toilets and has been designed especially for older children and adolescents with chronic illness or special needs. The Family Resource Centre is open

Monday-Friday. 9:00am-5:00pm. First Floor.
Main Building (turn left behind the chemist)

Asperger Syndrome Support Network Vic

Presents

"An Evening with Wendy Lawson Discussing Stress and Anxiety"

Wendy Lawson has an Autism Spectrum Disorder. She is also a qualified social worker and adult educator who operates her own training business.

Date: Wednesday, 24th September

Time: 7:45 for an 8 pm start

Venue: Mt Waverley Community Centre, 47 Miller Ores.

Cost: \$15 members. \$20 non members, \$25 couples

To register phone 9845 2766 by 17th September

Friendship/Social Interaction & Stress Management Techniques for Children with an Autism Spectrum Disorder

Tony Attwood Workshop

October 31, 9am—5pm

Monash Uni, Clayton Campus,

South 1 Lecture Theatre, Building 64

\$140 (non ABIA members)

(Morning tea, lunch and afternoon tea provided)

Contact 9885 7463 for information and to register.

NEW LIBRARY ADDITIONS

"Just Like Us" by Carol Martin

Parenting children with intellectual disabilities

This book is the author Carol Martin's story of her life after 1980 when she became the mother of identical twins with an intellectual disability and cerebral palsy. It is also a practical guide, written from one parent's direct experience. Carol Martin lives in NSW and has spent a lot of time trying to raise community awareness of the problems faced by children with intellectual disabilities and have them accepted for just who they are — children with a disability not disabled children. The focus is on the service system in NSW which is different than in Victoria but it's a terrific story.

(Purchased at Dymocks bookstore)

Everybody's Different—Nancy B Miller & Catherine Sommons

Understanding and Changing our Reactions to Disabilities.

Featuring awareness activities that show us how we see differences, this book helps us enrich our interactions with people who have disability differences. The authors explore how our reactions to and beliefs about disabilities influence our progress toward an inclusive society and show their innovative approach to becoming more at ease with the concept of disability. A must read book for the family and friends of people disabilities. Its helpful, insightful and is a great resource for anyone who cares for people with a disability.

Resilience by Anne Deveson

" How is it that some people can be resilient in adversity while others become overwhelmed? What is it, the author wonders, that enables individuals or communities to rise out of despair? In times like ours, understanding this is especially crucial for the futures of our children. Anne's exploration into the nature of resilience weaves together research, memoir and reflection into a thought provoking intellectual and personal story. Salted with her gritty humour like her book "Tell Me I'm Here", this will be an inspiration to victims of life's slings and arrows as well as to all who hope to help them." (Available at major bookstores)

Communication Resource Centre

Education and training is an important part of the role of the Communication Resource Centre. They have a calendar of

workshops on topics based on information collected through regional forums held earlier in the year. The training is part of an overall strategy to assist in working with anyone with complex communication needs.

Friday, Sept 9th Visual strategies to support communication—for preschool children with autism spectrum disorders and other complex communication needs.

Thurs, October 2nd Reading assessment and intervention for adults with complex communication needs.

Friday, Oct 17th & 24th Suitable assessments for adults with high support & complex communication needs.

Additional Workshops

Tuesday, Sept 16th Using object symbols to enhance communication 1 day workshop.

Tuesday, October 7th Meal Assistance- through a tube; Gastrostomies—what to do?

Tuesday, October 7th Introduction to Boardmaker

Wednesday, Nov. 5th Advanced Boardmaker (half day)

Costs include lunch, tea & coffee & handouts

Half day \$ 44.00(with GST) full Day \$ 77.00(with GST)

Contact the Communication Resource Centre for workshop details. Telephone 9843 2000 or email crc@scopewc.ora.au

The Epilepsy Foundation Workshops

Parent/ Carer Epilepsy Education and Support Program

On Saturday, October 25th the Epilepsy Foundation are offering an all day session to look at the issues concerning epilepsy in children. This program is designed for parents, grandparents, other family members, friends, teachers and carer's.

Sessions will include an *Introduction to EFV services. Overview of childhood epilepsy, Learning and Behavioural issues and a carer workshop on "The Joys and Challenges of Caring for a Child with Epilepsy".*

Place: 818 Burke Rd, Camberwell

Time: Registration 9:45 Session 10:00—5:00
Cost: \$10 per person, \$5 concession, members free
RSVP & further enquiries: Judy Wright Ph: 9805 9111
Email: jwright@epilepsy.asn.au

The Uncontrolled Epilepsy Parent Support Group
Lunchtime Seminar Series
Tuesday, 16th Sept 1-3 pm- "A Ketoqenic Diet Forum"

Royal Children's Hospital Panel of Presenters:

Dr. Mark Mackay (Paediatric Neurologist), Judy Nations (Dietician), Jill Bicknell-Royle (Epilepsy Nurse Specialist).

Friday, Oct 7th.11-12pm- 'Epilepsy & Behaviour in Children* with Dr Michael Hayman

Friday, Nov 7th, 11-12pm- 'The Experience of Parenting a Child with Epilepsy* with Dr Elizabeth Bruce

Friday, Dec 5th, 11-1pm- "Looking After yourself—How to Identify Strategies for Wellbeing to Enable Best Performance in Your Caring Role* with Carer's Victoria

Further Enquiries: Judy Wright 9805 9111

Supporting Siblings Workshop

The Supporting Siblings Workshop has been developed and is being conducted by Miranda Smith and Mary Lloyd from the Association for Children with a Disability. Miranda, the siblings project worker at the Association and Mary, the Community Education Coordinator have put together this informative workshop that considers the emotional responses of siblings from childhood to adolescence and the factors which influence their development and coping. The final Metropolitan session will be held on:

Wednesday. 17th September from 9:30—12 noon At Very Special Kids, 321 Glenferrie Rd. Malvern (near the corner of High Street Rd)

RSVP: The Association Office on 9500 1232

Newspaper Articles of some Interest!

The Washington Post newspaper publishes a yearly contest in which readers are asked to supply alternate meanings for various words. The following are some of last years winning entries

1. Coffee (n), a person who is coughed upon.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Esplanade (v.), to attempt an explanation while drunk.
4. Willy-Nilly (adj.) impotent.
5. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightie.
6. Lymph (v.) to walk with a lisp.
7. Gargoyle (n.), an olive flavoured mouth wash.
8. Flatulence (n.), the emergency vehicle that picks you up after you are run over by a steam roller.
9. Balderdash (n.), a rapidly receding hairline.
10. Testicle (n.), a humorous question on an exam.
11. Rectitude (n.), the formal, dignified demeanour assumed by a proctologist immediately before he examines you.
12. Oyster (n.), a person who sprinkles his conversation with Yiddish expressions.
13. Circumvent (n.), the opening in the front of boxer shorts.
14. Frisbeetarianism (n.). The belief that, when you die, your soul goes up on the roof and gets stuck there.
15. Pokemon (n.), a Jamaican proctologist.

Computer Information

Green PC is an enterprise that has been set up not only to provide jobs for unemployed youth but also to provide affordable computers and software for low income individuals and families. They do this by refurbishing ex government and commercial computers which are then made available for purchase. This is great for families with children who require access to a computer and the internet for school work. For individuals, to be eligible to buy a Green PC, you must hold a Health Care Card, or be able to demonstrate your low income status.

Green PC can also assist community groups with their computer needs by providing quality computers and follow up service.

Check out their website: www.secure.greenpc.com.au

And from the New York Times

WORKER DEAD AT DESK FOR 5 DAYS

Bosses of a publishing firm are trying to work out why no one noticed that one of their employees had been sitting dead at his desk for five days before anyone asked if he was OK.

George Turklebaum, 51, who had been employed as a proof reader at a New York firm for 30 years, had a heart attack in the open plan office he shared with 23 other workers. He quietly passed away on Monday, but nobody noticed until Saturday morning when an office cleaner asked why he was still working during the weekend.

His Boss, Elliot Wachiaski, said "George was always the first guy in each morning and the last to leave at night, so no one found it unusual that he was in the same position all that time and didn't say anything. He was always absorbed in his work and kept much to himself."

A post mortem examination revealed that he had been dead for 5 days after suffering a coronary. Ironically, George was proofreading manuscripts of medical textbooks when he died.

Don't forget to give your co-workers a nudge occasionally!

Moral of the story: Don't work too hard. Nobody seems to notice anyway.

WEBSITES

www.gimponthego.com

Don't be put off by the name as this is an interesting and sometimes funny website on travelling with a disability. It offers a comprehensive range of travel reviews and, although they are mostly American tourist spots, there are also reviews for Australia, New Zealand, Britain and Africa. The reviews offer contact numbers, accommodation advice, helpful travelling hints and a list of wheelchair accessible beaches with beach wheelchairs.

www.casa.gov.au/airsafe/disable

This is the Civil Aviation Safety Authority website section on "What travellers need and can expect". Travelling with a disability requires careful planning, good negotiating skills and occasionally, assertiveness. This website provides you with information needed to ensure you have a smoother and more comfortable trip. Remember, people with disabilities have rights and that airlines and airports are bound by legislation to provide services for people with a disability.

www.narkaling.com.au

Reading and listening to text is a great way to boost literacy skills. Standard audio books are narrated at a speed that is often too fast for many people with an intellectual disability, learning difficulties or low vision. This organisation offers print books with cassettes narrated at a range of slow speeds which enables the user to develop their listening and reading skills.

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