Dear Supporter,

Welcome to the summer edition of the Consumer and Family Carer newsletter. We aim to share information about how the National Disability Insurance Scheme (NDIS) is supporting young people in nursing homes (YPINHs) and those at risk of admission.

This year our Annual Public Forum focused on the gap between the Disability and Health systems. The NDIS funds reasonable and necessary disability supports but not health supports. Many of the health services people need are not available from the health system when and where they are needed, even though these needs may be a direct result of a disability. This is a 'catch 22' situation that forces young people into nursing homes where nursing care is scarce and the staff have no training in disability.

Thank you to all the Victorians who made it to a #MyHomeMatters workshop and contributed content for our current social media campaign. If you have access to the Internet, you can view and share the clips on Youtube (www.youtube.com/SummerFoundation), our Facebook page (www.facebook.com/SummerFoundationLtd) or Twitter (www.twitter.com/@SummerFoundtn). It was a great opportunity to catch up with so many of you.

The rapid approach of Christmas might bring mixed feelings, from celebrating life to feeling challenged by strained relationships, and everything in between. If you’re among the many who feel isolated at this time, consider reaching out to me or a friend, or someone else who can support you. Alternatively, volunteer Lifeline counsellors are available 24 hours a day, 7 days a week by calling 13 11 14.

In the meantime, consider doing something on Christmas Day that is personally meaningful to you. We wish you well.

Warm regards

Penny Paul
Information and Connections Coordinator

p.s. Help us to help build the NDIS in a way that works for you. Get in touch to share a story or ask a question!

www.summerfoundation.org.au
NEW PUBLICATIONS

Design Insights

The Summer Foundation has launched a new publication, *New Housing Options for people with Significant Disability: Design Insights*.

If you are designing a house from scratch, renovating a bathroom, kitchen bedroom or outdoor space you may find some helpful ideas in this report. It sets out key things to consider, and has photos, clear diagrams and explanatory notes. It outlines key technology features that can be integrated into universal design to support individual dignity, independence and promote community access.

The report explains our approach of integrating fully accessible housing in mainstream apartment developments. By sharing what we are learning from our first two pilot demonstration housing projects, we aim to be a catalyst encouraging others to be part of the solution to the current crisis in affordable accessible housing, which is forcing young people into nursing homes.

Abbottsford Learnings

The Summer Foundation has recently launched a report about its Abbotsford housing demonstration project called *Learnings from the Abbotsford Housing Demonstration Project: 2012-2013*. This report shows how four organisations from different backgrounds (Summer Foundation, Common Equity Housing Limited and Residential Independence Pty Ltd (RIPL)/ Transport Accident Commission (TAC)) came together, to create change.

For a copy of any of our publications, download from www.summerfoundation.org.au/documents-category/publications or call us on 1300 626 560.

NDIA CAN SUPPORT FAMILY CARERS TOO

Families, in all their diversity, provide the overwhelming majority of care and support to people with disability. For many people with disability, a good life is built on the foundations of social and economic support from a family that is functioning well. That is, a family able to communicate, make decisions, solve problems and maintain relationships.

The National Disability Insurance Scheme (NDIS) recognises the current deficit and crisis driven state based disability systems undermine families by forcing members to leave paid employment to provide care. This can result in severe financial hardship leaving many people without much needed social, emotional and practical support. In response to the extraordinary pressure caring placed on many families the service system offered respite or a break from caring.

The National Disability Insurance Agency (NDIA), the agency responsible for implementing the NDIS, is rethinking family support, asking ‘What would it take to enable the family and the person with a disability to live an ordinary life?’

The NDIA will provide family support to achieve the following outcomes:

1. Families have the support they need to care
2. Families know their rights and advocate effectively for their family member with disability
3. Families are able to gain access to desired services, programs and activities in their community
4. Families have succession plans
5. Families enjoy health and wellbeing

The Summer Foundation has learnt from its work in the NDIS trial sites that it’s important that individuals and families go into planning meetings well prepared, and are able to explain to the Planner what reasonable and necessary support means to their family.

Commonwealth Respite and Carelink Centres provide free information on local carer support, disability and community services. Contact your nearest Centre on 1800 052 222.

HOW THE NDIS IS SUPPORTING YOUNG PEOPLE IN NURSING HOMES

Currently there are over 6,200 people under 65 years of age living in nursing homes across Australia (YPINH). Most will be eligible for the NDIS. The Summer Foundation has compiled a report on its work with YPINHs in the Victorian and NSW trial sites on the benefits to date of participating in the Scheme. We know that many YPINH have few or no social supports and the majority aren’t connected to existing state based disability services. We are working both with YPINHs to support their NDIS participation and with the National Disability Insurance Agency (NDIA), the agency responsible for implementing the NDIS, to ensure the scheme is accessible.

Eligible participants undertake a person centred planning process that focuses on their vision for their life that they then break down into achievable goals. The NDIS funds reasonable and necessary supports for an individual to achieve these goals. To date NDIS participants living in nursing homes have had the following supports funded:

- Customised equipment
- 1:1 support to enable participation in home and community life
- Transport to enable participation in family and community life
- Allied health assessments

Hints and tips for YPINH:
- Think about your vision for your life
- Practice speaking about your goals
- Ask for assistance with pre-planning if you’re unsure
- If you are told that you’re not eligible, seek advocacy support and reapply

For more information on the NDIS go to http://www.ndis.gov.au/participants/planning-process

THE BRAMLEY’S STORY

Evelyn is a 54 year-old woman, keen collector of Cornishware, a loving mother of three and wife of Russell for 32 years. The family live in the Barwon region of Victoria, one of the NDIS trial sites. Soon after Evelyn suffered a stroke in 2011 she was discharged into an aged care nursing home. Advocacy by Russell resulted in Evelyn getting the opportunity to access an intensive period of inpatient rehabilitation on a trial basis. Evelyn made significant gains in rehabilitation and at the same time became a participant in the NDIS.

At Evelyn’s NDIS Planning meeting, Evelyn and Russell identified her major goal as returning to live at home with her family where Russell would provide full time care.

Evelyn’s NDIS Plan supports Evelyn to achieve her goal. It funds allied health therapists to train Evelyn’s carers to assist her to maximise community access, safety and independence. Evelyn’s NDIS Plan funded some home modifications, including the installation of ceiling hoists and for the bathroom to be made accessible. Russell purchased a modified vehicle and installed a ramp at the front door. Evelyn is enjoying life again and is continues to make gains.
SUMMER FOUNDATION
IN THE MEDIA

The Summer Foundation received some fantastic media coverage in 2015. A highlight of this was the coverage of the Senate Inquiry into the 'Adequacy of residential care arrangements for young people with disability', which helped to shed light on the issue of young people in nursing homes. A number of our ambassadors and supporters were featured in this media coverage, and we would like to thank them for their time and dedication. To find out more about the media we have received this year, visit our website.

What's On?

LEVEL ONE & TWO TRAINING IN ACQUIRED BRAIN INJURY – FEBRUARY 2016

The Summer Foundation is pleased to once again host level one and two training workshops in ABI presented by Professor Barry Willer of Buffalo University and Associate Professor Duncan Babbage of the Auckland University of Technology. The level one training workshop will take place in Sydney from 9-12 February 2016. The level two training workshop will take place in Melbourne from 16-19 February 2016.

Who should attend?

Registrations are invited from all practitioners and professionals working in the area of acquired brain injury including speech pathologists, occupational therapists, physiotherapists, doctors, nurses, psychologists, rehabilitation counsellors, social workers, case managers and service managers. People with brain injuries and families are also invited to attend.

For more information please visit our website at http://www.summerfoundation.org.au/events or call us on 1300 626 560.

Visit trybooking.com to register:
Level 1, Sydney: www.trybooking.com/IVOF
Level 2, Melbourne: www.trybooking.com/IVPM