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THE UNIVERSITY
OF QUEENSLAND

July–August 2012

Our aim is to improve the health and wellbeing of adults with a developmental disability in Queensland, through multi-disciplinary research, education and clinical practice.

QCIDD CLINIC UPDATE

Dear QCIDD Supporters,

Hello and welcome to the July to August edition of QCIDD's newsletters!!

The QCIDD team is very excited to announce that :



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If you are also on Facebook and Twitter why not find us to receive up to date information as it arrives, also see the new ideas, research and interesting facts about our work!

Our waiting list for the clinic is fast approaching 2013, Prof Lennox is booked until November, Dr Lane until November, Dr Eastgate until December, and Dr Franklin until April 2013. Don't let this stop you from sending in a referral or requesting appointments, our clinic is still experiencing a high demand for service.

If you have any queries about the QCIDD Clinic please phone us on (07) 3163 2524 or email Julie on j.gibson2@uq.edu.au

New Study:

Growing Up After Foster Care

The transition to adulthood experiences of young people with an intellectual disability who have exited non-kinship foster care.

This study aims to build knowledge of the transition to adulthood experiences of young people with an intellectual disability who maintain contact with their foster family after their exit from care. Ongoing supportive relationships can contribute to improved post care outcomes for care leavers, and this research will learn from young people with ongoing foster family relationships. This knowledge will inform improved policy and service responses to young people with an intellectual disability leaving out-of-home care.

I will conduct interviews with young people in the research target group to explore their transition to adulthood experiences, and significant life experiences before, during, and after their entry into out-of-home care. Interviews will be paced to suit young people's needs. Young people will provide their informed consent to participate in this research.

Please contact me if you can pass on a Research Information Kit to a young person who:

Is aged 18-30;

Has a mild-borderline intellectual disability;

Has exited non-kinship foster care; and

Has ongoing contact with their foster family

I would welcome the opportunity to visit your organisation to provide more detailed information on the **"Growing Up After Foster Care"** research.



Sarah MacDonald (BA; BSW)

PhD Candidate

School of Social Work and Human Services

University of Queensland

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This project has received UQ Ethics Approval (#2012000357)

The Master

Written by Laura Hegarty, Journalism student

It's Monday morning and Judy Pagan has already pressed the snooze button on her alarm twice. Finally realising the time, she quickly throws on some clothes, gulps down some coffee and starts heading for the door.

It's normally a 20 minute drive to work. Maybe 15 if she speeds. She zooms along the road watching as a barrage of cars starts building up in front of her. She looks down at her watch, hits the accelerator and mounts the footpath, leaving the 8:00am gridlock behind her. Sometimes, mobility scooters have their perks.

She may have cerebral palsy but disabled isn't really a term used commonly when describing Judy. In fact, most people in the office just call her "boss."

She parks her scooter or rather, little Harley, at the foot of a ramp leading to a tall colourful building. Judy is a Senior Program Officer for Disability Services, a position she has held for 12 years. But work's not the only thing that's been keeping her busy. She's recently completed her Masters in Social Work.

"Just another piece of paper," she jokes, as though the last five and a half years of part time study were just a walk in the park.



In fact it's her fourth piece of paper. On the wall behind her desk in simple wooden frames are degrees in social work and arts as well as a diploma in lay ministry. Each is a tribute not only to Judy's extraordinary mind, but also to the perseverance of her mother who refused to let her daughter's intelligence be limited by her disability.

Until the seventies, most children with cerebral palsy were supported in specialised institutions instead of attending mainstream schools. Judy was no exception. At the age of four she was sent away from the family home at Beenleigh to live at the Spastic Welfare League in New Farm, Brisbane (now Cerebral Palsy League). Here it was quickly evident that she was bright.

"Once I turned 15 Mum was determined to find me a place in nearby high school," says Judy.

"There was a lot of talk of disabled rights at that time, but getting a school to take on a student with disabilities was very difficult.

"I remember Mum taking me to Southport State High where my sisters went to school. She had organised for me to have some testing done with the school psychologist to convince the staff that I was capable of handling the regular curriculum."

It was the beginning of an era for Judy and for children with disabilities all over Australia. That very same year a series of recommendations were passed by the Keating Labor Government reforming the treatment, rehabilitation, employment and education of people with mental and physical disabilities.

Like every other teen just starting high school, Judy had to adjust to her surroundings.

"For me, the hardest thing was getting around," reminisces Judy.

"There were no ramps and I would constantly have to move to different classrooms for different subjects."

Another major obstacle was the school's Principal. Judy's older sister Diane says he was the biggest bully of all. "Before Judy started classes the Principal made this grand speech about her and her cerebral palsy in front of the whole school," recalls the older sister.

"But he didn't say boo to her until she topped the class six months later."

Needless to say, Judy excelled in her studies. After first being placed in the “dumb” classes she was quickly promoted and was able to convince her teachers she could continue on into senior studies.

“Whenever I had a free period I would go to the library and use the type writer to work on my assignments,” says Judy. “I wasn’t a fast typist and there was no delete button back then, but it gave me independence in my studies.”

It was in this spirit that the first graduate of Southport State High with cerebral palsy was accepted into a Bachelor of Arts at the University of Queensland, a milestone which she celebrated by going shopping for a portable type writer.

These days Judy doesn’t use a type writer, but she is as comfortable on a PC as she is on her scooter or as she is...well...anywhere. She’s travelled through India and Fiji on her own, and holidayed in South America with her sister Diane.

“It’s funny because I’ll go out somewhere with Judy, and people will always ask me questions instead of Judy like they think I’m her carer,” says Diane.

“Whenever that happens I always says: “don’t ask me, she’s the one with the Masters”.

Even with the Masters under her belt, Judy is showing no signs of slowing down. While she admits she probably won’t study again for some time, she’s looking forward to using her knowledge to help others.

“I hope to develop programs for people with a disability suffering loss.”

“Many people with intellectual disabilities have been disenfranchised of grief and bereavement due to perceptions that they do not have the capacity to grieve or understand death.”

“The grieving process is important to the person’s psychological and social well-being.”

And she’s off...talking about different studies and research projects and the key points of the programs she’s going to write. There is a lot of hard work ahead of her, but that’s not something Judy shies away from. With a goal in mind, nothing can stop her, not even 8:00 traffic.

Judy and QCIDD

Judy has undertaken significant research into grief and loss experiences for people with intellectual disability. This is relevant to the physical and psychological health and social well-being of individuals and communities. There are social assumptions that people with intellectual disability or cognitive impairment do not have capacity to grieve. However, international research shows that this is not the case.

QCIDD has been working with Judy Pagan on workshops around grief and loss across a lifetime for people with intellectual disability.

Don't forget to



@QCIDD

Up Coming Events

Positive Practices Symposium

18-19 July, Emmanuel College, University of Queensland, Regular updates regarding program content and registration are available via:

<http://www.centreofexcellenceforbehavioursupport.com.au/>

Health Advocacy

Health Advocacy-what we need to do and how to do it, Medical Locals– What are they and how can they help people with intellectual disability, Personally controlled electronic health records– how they can work for people with intellectual disability. 16th August, Mater Hospital RSVP m.taylor3@uq.edu.au or phone 3163 2445.

Paper Bag Lunch “Calendar of Events”

Mental Health Responses to People with Intellectual Disabilities August 17th, Trinity Place 68 Hawthorne St, Woolloongabba, gillian@wwild.org.au OR 3862 4066.

HF Health Consumer and Community Leaders’ Workshops

Perth, co-hosted with Health Consumers Council WA, 9-10 Aug, and Brisbane co-hosted with Health Consumers Queensland, 21-22 Aug, These two-day workshops are designed to support health consumer/community Board members of Medicare Locals and Local Hospital Networks and invitations have been targeted to those Board members who have been appointed as consumer members or as a community member with expertise/interest in consumer issues and/or consumer and community engagement, t.rice@chf.org.au or 02 6273 5444

Communicating with clients with intellectual disabilities

A Free interactive workshop on communicating and working with traumatised clients with intellectual disabilities— what you need to know. 9-4, 23rd August, Whitty Building Mater Hospital, RSVP by 10th August , Talera on talera@qbc.com.au Or 33977287.

Health and Disabilities: Partnerships in Action

Presented by Dr Jane Tracy, Hosted by Prof. Nick Lennox, this is a free event and invitation only, lunch and refreshments will be served, 10th Oct, Mater Hospital RSVP m.taylor3@uq.edu.au or phone 3163 2445.

Child Safety, Family Law and Parents with Intellectual Disabilities,

November 1st, Location TBC, info@WWILD.org.au or phone 07 3262 9877 to register and for more information.

Asid 47th Conference 2012

7-9 November, Wellington Town Hall, Wellington, New Zealand, for more information please contact Conference Organisers on 04 562 8259, or info@asid-2012.org.nz

Celebrate 20 Years of International Day of People with Disability

This celebration event at the State Library, seeks to increase public awareness of the benefits of the integration of people with disability in every aspect of political, social, economic and cultural life. The day will include performances, the opportunity for people to share stories and experiences, art and craft displays, workshops and information tables from disability groups and organisations. 2 Dec, 10-4pm.

Peter Bill 3350 8507, Peter.Bill@uccommunity.org.au or Lyn Thompson 3842 9979, 0407 712 154, or lyn.thompson@slq.qld.gov.au

Sex Offending and Intellectual Disability: Risk Assessment and Evidence Based Treatment

In this one day workshop Professor Lindsay presents a comprehensive approach to the assessment and treatment of ID sex offenders that is exhaustive in its approach and meticulous in its attention to research and theory. Participants can be confident that they will gain up-to-date understanding of the current scientific literature, and also be provided with practical tools for working effectively with ID clients through a range of issues, challenges and obstacles to conventional treatment and management approaches, 12 Nov Broncos Leagues Club. admin@psychclinic.com.au or 3162 0611.

Of Interest:

- ∞ <http://msja.anu.edu.au/careers-life-in-and-out-of-medicine.php>
- ∞ [http://www.ocali.org/project/transition to adulthood guidelines](http://www.ocali.org/project/transition%20to%20adulthood%20guidelines)
- ∞ <http://www.wwda.org.au/WWDAPolicyPaper2011.pdf>
- ∞ <http://www.aboutkidshealth.ca/En/Pages/default.aspx>
- ∞ <http://www.communitydoor.org.au/how-to-hear-me>

As part of its household assistance package, the Australian Government has announced an Essential Medical Equipment Payment (EMEP) to assist people who have higher than average household energy costs because they use essential medical equipment, or medically required heating/cooling to manage their disability or medical condition.

The EMEP can be applied for in several ways, including online from 18 June, or by contacting the Department of Human Services on 13 24 68 to request a paper claim form. The Department recommends people claim online as those applications will be assessed faster than paper claims. **Contact Information:** Paul Musso, Policy Adviser - Disability Enterprises, NDS National, Ph 02 6283 3215, paul.musso@nds.org.au



Children with Disability Australia are presently trying to locate families nationally who have been told their children can only attend school part time because of funding inadequacies. They hope to obtain some national media coverage on the issue to progress the urgent need for national funding reform. QPPD are encouraging families whose son or daughter is on a part time school placement to contact them discuss their concern. Free call 1800 222 660 or email stephanieg@cda.org.au

Katie is doing her honours at QCIDD and is looking at the views of people with intellectual disability participating in a program called Walk and Talk. Walk and Talk is a program that is being run through the Endeavour Foundation and aims to increase the physical activity and social support of people with intellectual disability. Walking pairs, one person with intellectual disability and a community volunteer will walk around their neighbourhood once week and have a chat. Katie is hoping to find out what helps and stops people from participating so that we can change the program to increase physical activity and social support of the participants.



ABOUT ADAPTED PHYSICAL ACTIVITY PROGRAM (APAP)



The Adapted Physical Activity Program (APAP) was established by Dr Sean Tweedy at the School of Human Movement Studies, University of Queensland in 1997. APAP provides an individually tailored, home and community-based physical activity promotion service to individuals with disabilities in the Brisbane area.

The program aims to assist individuals with disabilities to commence and maintain a physically active lifestyle which is enjoyable, safe, sustainable and thereby effective in improving their health and functioning.

APAP provides interventions for individuals (>16 years) with a wide range of health conditions. The focus is neuromusculoskeletal impairments of both traumatic and non-traumatic origin, including brain injury, spinal cord injury, amputations, cerebral palsy, stroke, spina bifida, epilepsy and multiple sclerosis. We can also cater for people with Autism Spectrum disorders, Down syndrome, cystic fibrosis, diabetes mellitus and obesity.*

*Please note that our services are not restricted to the above conditions. If you are not sure whether you or your client is eligible, please check with us directly.

PHYSICAL ACTIVITY FACTS

Four important physical activity facts:

FACT # 1: PHYSICAL ACTIVITY IS EXERCISE, BUT IT IS ALSO MUCH MORE:

- Gardening
- Fishing
- Dance
- Lawn bowls
- Walking
- ...the list is endless!!

FACT # 2: BEING PHYSICALLY INACTIVE HAS SERIOUS CONSEQUENCES:

1. **Poor long-term health:** People who are not physically active on a regular basis have an increased risk of many diseases - cardiovascular disease, type 2 diabetes, depression, some cancers and a range of other serious health conditions.
2. **Decreased fitness and function:** Individuals who are not physically active tend to have reduced strength and flexibility, lower aerobic and anaerobic fitness and higher body fat. This greatly increases the physical strain associated with activities of daily living.

FACT # 3: PEOPLE WITH DISABILITIES ARE AMONG THE MOST PHYSICALLY INACTIVE MEMBERS OF SOCIETY:

Because of physical inactivity, many individuals with disabilities:

1. Have a higher incidence of diseases caused by inactivity than the general population. These diseases greatly increase the health disadvantage caused by a person's primary disability.
2. Find movement more physically stressful, which can impact negatively upon independence, return-to-work plans and other key domains of social interaction and participation.

FACT # 4: APAP CAN HELP YOU!

APAP has been helping individuals with disabilities to find enjoyable ways to increase physical activity and improve health and wellbeing since 1997 - we can help you too!

PROGRAM DESCRIPTION

Our 11-week program comprises weekly face-to-face sessions delivered by Exercise Physiologists in the clients' home and community. Program delivery includes:

1. FUNDING PATHWAYS:

APAP staff will work with clients to determine their eligibility to receive funding support or service rebates (e.g. Department of Community funding options, private health insurance, or Medicare benefits) and assist with the application process.

2. PROGRAM DELIVERY:

All programs are tailored for the individual and will include some or all of the following services,

- Initial consultation and client evaluation.
- Physical Activity prescription.
- Education on strategies for sustainability and behaviour change.
- Education on physical activity benefits.
- Establishing links with community-based sport and recreation organisations.

ADVANTAGES OF APAP ARE:

- We come to you, no transport necessary.
- We use evidence-based methods, which incorporate latest research findings in the area of adapted physical activity.
- We assist with community access and developing social links.
- Programs are individually tailored: 'Not one size fits all'.
- It's FUN!

PROGRAM COSTS

COST OF PROGRAMS

Clients referred to the program may enrol for the 11 week program either individually or in groups of two or three.

Program	Session Description	Cost (inc GST)
Individual Program (1 client)	10 weekly 1hr sessions + 1 initial consultation	\$650/client*
Small Group Program (2 clients)	10 weekly 1hr sessions + 1 initial consultation	\$500/client*
Small Group Program (>3 clients)	10 weekly 1hr sessions + 1 initial consultation	\$450/client*

FOR AGE CARE & DISABILITY SUPPORT SERVICES

APAP offers group physical activity programs to organisations whose clients require assistance commencing and maintaining a physically active lifestyle in a safe and supportive environment.

The program is delivered at the organisations facilities, and provides ten group training sessions focusing on improving flexibility, balance, coordination, posture, aerobic fitness and muscular strength.

Program	Session Description	Cost (inc GST)
Group Program (10 clients)	10 weekly 1hr sessions @ organisations facilities	\$100/client* (\$10/session)

Please contact APAP for further information on this service.

*Prices do not include entry/membership costs for sporting and recreational activities i.e. gym memberships, green fees.

PROGRAM FUNDING

Many individuals who wish to participate in APAP may be eligible to receive funding that will either cover the cost of the program, or part of it.

APAP staff will work with clients to determine their eligibility to receive funding support or service rebates (e.g. Department of Community funding options, private health insurance or Medicare benefits) and assist with the application process.

REFERRALS

Referrals are ongoing and can be taken at any time.

If you are a person with a disability, or a health professional with a client you believe would benefit, there are two convenient ways you can join APAP:

1. Download 'Referral Form' from: www.hms.uq.edu.au/apap
2. Contact the program coordinator to request a 'Referral Form' be sent to you via email, fax or post. Please see contact details below.

Please return completed form to APAP to confirm enrollment.

APAP STAFF

Dr Sean Tweedy

Program Director

Kirsty Allen

Program Coordinator

Kelly Clanchy

PhD Candidate: Community-based activity promotion

HOW TO FIND OUT MORE

For further information please contact:

Adapted Physical Activity Program (APAP)

School of Human Movement Studies,
University of Queensland
Brisbane QLD 4072

Kirsty Allen

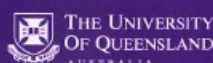
Program Coordinator

Phone: (+61) 7 3365 6117

Fax: (+61) 7 3365 6877

Email: apap@hms.uq.edu.au

Or visit: www.hms.uq.edu.au/apap

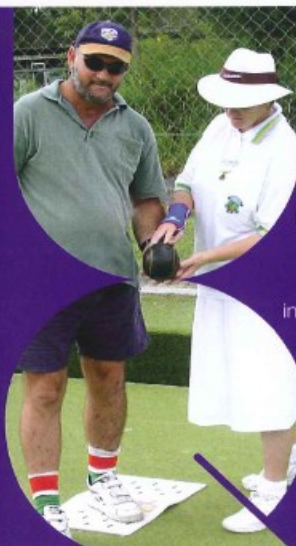


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SCHOOL OF HUMAN MOVEMENT STUDIES

ADAPTED PHYSICAL ACTIVITY PROGRAM (APAP)



A home and community based program improving the health, fitness and function of individuals with a disability