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THE UNIVERSITY
OF QUEENSLAND

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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 Family Day:
Friendships, Relationships and Resilience
Thursday 18th March 2010 from 9am to 3:30pm
Corbett Room, Whitty Building, Mater Hospital in South Brisbane
RSVP 8 March 2010 l.bridle@uq.edu.au

Friendships and other relationships are arguably the most important ingredients of a good life for any person. Strong supportive relationships provide all of us with a “buffer” which enable us to survive tough times and contribute a sense of belonging and self-worth. Yet, many people with disability continue to experience isolation, segregation and rejection – and have few friends. People with disability can however develop strong, meaningful relationships. Mostly though, friendships for our family members with disability do not “just happen”. Instead, we need to be looking for opportunities and taking intentional action to build relationships.

This workshop will explore the topic of friendships and belonging for people with disability by drawing on stories of how people have been supported to develop a range of meaningful relationships. The presentations will include a mix of theory and research, stories and practical strategies. Speakers will include parents, people with disability, service providers, support workers and individuals who enjoy relationships with people with disability. The speakers will talk about the barriers to friendships and through their stories talk about how these barriers have been addressed.

Fiona Cameron-McGill is our Keynote speaker and she is a well known teacher and presenter, currently lecturing at the Australian Catholic University. Fiona will talk about Social Inclusion, her experiences of supporting individuals “growing in relationships” and the need for people to be “of” the community not just “in” it.

Please note this information day is for family members – parents, siblings, extended family members and informal carers. QCIDD plans to hold other events later in the year for service providers and professionals. We would appreciate your efforts to tell families about this event. There is no cost to attend, but RSVP is essential and numbers will be limited by available space.

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Oral Health students lead the way!

Our Summer Scholarships went to Bachelor of Oral Health graduate, Kelsey Moore (pictured left), and Bachelor of Oral Health first year student, Amanda Loo-Gee (pictured right).

Kelsey reviewed the literature and special care dentistry services around Australia to develop a position paper and a literature review on the oral health care of people with intellectual disability and how to improve it.

Amanda reviewed sections of the Menstrual Management Kit

<http://www.som.uq.edu.au/research/qcidd/menstruation.asp>

which were out-of-date and updated legalities, resources, products, readings and medical information.

Both Amanda and Kelsey were great colleagues and we wish them well in their work and studies.

This year, thanks to Dr Annetta Tsang, we look forward to greater input to the Bachelor of Oral Health, teaching and providing clinical placements.

Date Claimer

Thursday 20th May 2010 from 1-5pm

QCIDD Mental Health Information Day

Des O'Callaghan Theatre, Mater Hospital, South Brisbane

Details to be advised

qcidd@uq.edu.au

Our new Professor!



**In January 2010, our Director, Nicholas Lennox,
became a Professor.**

The QCIDD team held a mock ceremony for Nick (pictured above).

Guest Lecturer Profile

Rodney Mills

Hello I'm Rodney Mills.....

I'm a 29 year old man with autism. I have lived an amazing life that has seen me go from having no voice to becoming the empowered person that I am today. Having a voice is essential for everyone irrespective of whether you have a disability or not. In my case type words and I use facilitated communication to type these words.

I'm really wishing to make difference in the lives of the people with disabilities. I'm also trying to educate the public and advocate for more people with disabilities to live more inclusive lives. I train people to develop their skills in facilitated communication, which includes really working with support workers families and professionals. This work with the people in my life helps to give my life meaning and purpose. It was my dream. If I am able to have a positive impact on the community then this will hopefully inspire others to do the same. The wonderful thing about my life is that I have the control of my destiny and the systems in place to support me- family, friends and support workers to aid me in achieving my dreams.

How could someone go from living day to day in pre-arranged segregated activities in respite day centres to living in his own home with a real paid job and presenting far and wide? By dreaming and maintaining a strong will to persist. It was also vital to be able to communicate without relying on others to interpret for me. You really need to find effective systems of communication for people who don't talk. It is a basic human right. I'm powerless without my voice. I'm at the mercy of so many sensory and movement challenges it would be like trying to speak with your mouth tied up and gagged.

I'm grateful to the people in my life. It's in this interdependence that life becomes meaningful. Pleasing others is no longer the option that I choose to fall back on. With my voice comes the responsibility to exercise it. It hasn't been easy to cultivate but it's the most important resource I have. Those people who seem to be sceptical about me look only on the surface level and see through their old conditioned minds. I'm no longer interested in trying to convince them.

I hope to really explore more of the world around me so I can learn about other countries and meet other people. Your life is how you live it and living it to the fullest is how I wish we all should live irrespective of abilities or our so-called disabilities.

This however cannot happen without paradigms being shifted. I'm regularly talking to university students in the fields of medicine and occupational therapy to try to educate them into interacting with people with disabilities in an empowering way and to look beyond their diagnosis.



Introducing Bili Wu

Over December and January, Bili Wu, an MBBS student, gave us a great deal of his time freely to analyse data from the Advocacy and Health Project of the 2000s. He also attended clinic with our general practitioners, psychiatrist and psychiatric registrar. Bili has become a great colleague and we look forward to his return later in the year.



Focus on health rights and family stress

Vacation Scholarships from the School of Population Health have given us Claire Brolan and Lani Knight, and Michael David who is a PhD student. All three are under the supervision of our Biostatistician, Dr Rob Ware. Pictured below are Rob (top right), Michael (top left), Lani (bottom left) and Claire (bottom right).

Claire is a Research Fellow for the Australian Centre for International and Tropical Health and an advocate at AMPARO (individual and systemic advocacy for people from a non-English speaking background). She is investigating the similarities between refugees and people with intellectual disability in light of national policy.

Lani is looking at data collected from family-based carers of adults with intellectual disability as part of the Advocacy and Health project. She is identifying which social and demographic characteristics have the most influence on how stressed carers are.



Michael is a PhD student from the University of Queensland, who is also analysing data from the Advocacy and Health project. He is looking to see what type of people were most likely to use the 'ask' health diary.

Prominent Keynote - Singapore



Dr Francis Chen, President of AFID invited Nick Lennox to give the keynote presentation to the 19th Asian Federation on Intellectual Disabilities (AFID) Conference in Singapore in November 2009.

Following the conference theme “Towards Holistic Development”, Nick reviewed the underlying causes of the poor health of people with intellectual disability and explored useful strategies to improve the current high levels of unmet health needs in this population. Nick’s experience of contributing to the first *WHO World Report on Disability and Rehabilitation* highlighted the central role of primary-care-based health assessments such as the CHAP.

HAPPENINGS

Lisa Bridle and Miriam Taylor have been involved in the review of the MBBS (Bachelors of Medicine and Surgery) course and curriculum, raising the importance of training upcoming doctors on the health issues of people with intellectual disability .

Madonna Tucker and Miriam Taylor presented to the 44th Conference of the Australasian Society for the Study of Intellectual Disability in Hobart in November 2009.

CALL FOR ABSTRACTS: 9 November 2009

REGISTRATIONS OPEN: 9 November 2009

Abstract deadline: 1 March 2010

For more information contact: Assid2010@optusnet.com.au

or (07) 3163 2496

45th

ASSID

Conference

Brisbane,

Queensland



SEEKING EXCELLENCE

45th ASSID AUSTRALASIAN CONFERENCE
29 September - 1 October 2010
Hilton Hotel, Brisbane

Co-sponsored by AADDM and CEBS

For more information contact:
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