



Located at
the Mater Hospital,
Potter Building,
Annerley Rd,
South Brisbane
61- 07-31632412
qcidd@uq.edu.au



THE UNIVERSITY
OF QUEENSLAND

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Vol 3, Issue 2

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.

Oral health and people with intellectual disability

Good dental health is an essential component of good general health. To ensure good health, dental health should be assessed every six months, or at least annually. It is reported that individuals with intellectual disability attend the dentist less frequently than the general population, with 65% of ID patients visiting the dentist in the preceding year versus 71% of the general population. Good oral health is essential in clear speech, physical appearance, prevention of pain, normal digestion and the enjoyment of a variety of foods. Despite this, dental caries, gingivitis and periodontal disease are among the top ten secondary conditions among individuals with intellectual disability that cause limitations in their daily activities. People with mild or moderate intellectual disability have more extractions and decay than those with profound disabilities, leading to higher rates of edentulism (missing teeth).

Barriers to treatment access significantly affects the oral health of individuals with intellectual disability. At a health systems level, access is complicated by a lack of integration between medical and dental professions as the two systems operate as separate entities. On an individual level, this lack of communication between disability services, government clinics and general practitioners results in limited knowledge of available dental services among care givers and families. In addition, fear and anxiety is cited among the three most common reasons for avoiding dental care. People with intellectual disability experience poor standards of oral hygiene. Solutions to these problems are possible with practitioner and patient education.

QCIDD has negotiated a place in the lecture program for the Bachelor of Oral Health and Dr Lisa Bridle and Ms Claire Mitchell recently presented the first lecture.

Queensland Health is also supporting a Dental Technician to attend our Friday clinic and support people with intellectual disability and their carers to improve their oral health practices.

(Thanks to Kelsey Moore, summer scholarship student, for her literature review.)



QCIDD Mental Health Day



In this issue:

Vol 3, Issue 2

Oral Health

Mental Health Day

Social Work student, Sally

Family Day

Guest Poet — Luke Cowan

QCIDD goes rural

CHAP to the Philippines

Welcome to Sarah Tocker

Medical Teaching

Our collaborations

ASSID National Conference 2010

Menstrual Management booklet gets a facelift!

QCIDD's Mental Health Day (see photos above and on the next page) was held on Thursday 20th May on the topic of ***Dual Diagnosis – A Case Based Discussion***. More than 97 people actively participated in the day.

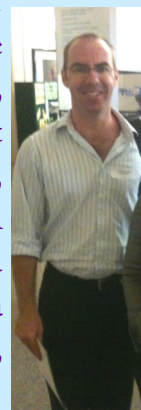
People with intellectual disability may be at a higher risk of developing mental health issues due to biological and psycho-social vulnerabilities and frequently fall through the cracks of service provision. People with a dual diagnosis have complex needs that are not being met satisfactorily within mainstream mental health and/or disability services. This day focussed on the complex issues facing people living with intellectual disability and mental health issues. Topics included diagnostic challenges, medication issues in this population, the relationship between mental illness and challenging behaviour, and community responses to the needs and vulnerabilities of this group of people.

Dr Jodie Carter (pictured right) who is a QCIDD Psychiatric Consultant spoke on “Diagnostic and management issues in relation to a client with dual diagnosis: intellectual disability and schizophrenia”. Dr Madonna Tucker (pictured above left) who is the QCIDD Psychologist and Behavioural Support Consultant spoke on “Association between mental illness and challenging behaviour in relation to a client with dual diagnosis: intellectual disability and schizophrenia”. Dr Niki Edwards from the Office of the Executive Director Mental Health Directorate in Queensland Health spoke on “Ecological model of psychotropic medication prescribing”. Tammy Muir who is an Intellectual Disability Coordinator in Queensland Health spoke on “Accessing mental health services for people with dual disability”. The day concluded with a panel of speakers (see photo above left) which included the above speakers and Victoria Tucker from Community Living Program and Jim Gibney from Queensland Advocacy Inc. (QAI).



Our QCIDD Family Day on 18th March on the topic of *Friendships, Relationships and Resilience* was a success. We explored 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 included a mix of theory and research, stories and practical strategies. Fiona Cameron-McGill was our keynote speaker.

Fiona spoke clearly about the need to facilitate friendships by identifying interests, seeking out settings conducive to relationships, grasping opportunities for connection and for the person to contribute and be seen in a positive light. Fiona also stressed the importance of “adding on” once an initial connection is made. Our morning panel discussed a personal perspective of relationships and included Luke Cowan who performed some of his poetry (see the next page) about friendship, Nicola and Jamie Carrigan who spoke about their lives and marriage, Scott Braithwaite (pictured above left) who spoke about working as a support worker, and Lisa Bridle (pictured above left) on being a parent and trying to get her son into community activities. Our afternoon panel discussed community access and included Mark Trevaskis (pictured right) from Best Buddies Australia www.bestbuddies.org.au, Rod Mills on how he maintains community connections, and Sean Tweedy on supporting people with disabilities into sporting groups.



QCIDD thanks all our presenters and those who hosted displays for their support.



Displays included:

Tag 5 www.tag5.com.au

Brisbane organic gardeners (pictured right) www.bogi.org.au

Lifestream (pictured below left) www.lifestream.org.au.



QCIDD Mental Health Day

Sally Anderson is a third year UQ social work student. Sally is on a 17 week placement at QCIDD, under the supervision of Lisa Bridle, QCIDD Clinical Co-ordinator. She has been involved in organising QCIDD Mental Health Day; the analysis of service user feedback for the 2009 Audit; the Family Day; organisational and clinical meetings; phone and email consultation with clients/support workers and families.

She has worked with QCIDD service users and their families in individual assessment, linking to appropriate services, assisting families seeking support through disability services, and increasing community participation. Sally has also had the opportunity to do agency visits to Queensland Advocacy Inc., MICAH, RBH Cancer ward, Studio 33 and Community Living Association.





My Life

Laying on my couch soaking up the rays of the glorious sun.

Talking to my family through words of Love and Affection.

Going surfing with the waves merging into my heart and soul.

Trying to make my family laugh with my silly antics that bring a smile on
their beautiful faces.

Seeing my sister Emily through the computer screen on the other side of
the world.

Seeing John Farnham sing with all his passion on my TV.

Hearing the wonder of the trees swaying through the wind outside my
window.

Seeing how my family engage with me in the total acceptance of who I am
as a soul.

Talking through my finger and hearing the words flow from the mouth of
my facilitator.

Flowing through words in my mind and seeing how they come together
effortlessly.

Bringing tears to the eyes of those who are inspired by my poetry.

Driving through the rain with music blasting through any fear that tries to
come.

Rural Queensland Workshops



Dr Nick Lennox recently provided training entitled *“A to Z tips on the physical and mental health in adults with developmental disability”* to disability support workers, service providers and families in Mt Isa and Hervey Bay with the support of Workforce Council Qld. The workshops were well attended. There have been more requests for future workshops.



CHAP goes to the Philippines

Page 5

Claire Brolan has won a School of Population Health (SPH) Research Mentoring Scheme (UQ) to take the CHAP to the Philippines in June of this year. Claire Brolan is an early career staff member at SPH. She has recently completed a SPH Vacation Scholarship at QCIDD under Rob Ware and Nick Lennox's supervision.

The aim is to identify whether the Comprehensive Health Assessment Programme (CHAP) can be adopted to support the health needs of people with intellectual disability in the Philippines. People with intellectual disabilities have higher health needs that are unrecognised and unmet, experience chronic ill health, and premature death. QCIDD's CHAP produced substantial increase in Australian GPs' attention to health needs of intellectually disabled adults, suggesting longer-term health benefits. Claire expects that following this project the CHAP can be adapted within developing countries with a different socio-cultural environment and perhaps take the CHAP to the South East Asia/Pacific region.

The research support team is A/P Fran Boyle, Dr Robert Ware and Prof. Nick Lennox. The research will be undertaken in collaboration with NORFI in Bacolod City which is a WHO Collaborating Centre.

Welcome to Sarah Tocker

Sarah is our ARC Transition Project Officer. She is running the ARC Transition Project in conjunction with the other researchers in Western Australia. The project is about the transition of young people with an intellectual disability as they leave school. Sarah will be talking to families about their experiences as their young person finishes school and makes the transition to adult life and the impact this has on the child and their family. We understand that this is sometimes a very stressful time for young people and their families, and we hope that this study will improve transition support and services from school to adulthood.



Sarah is really looking forward to meeting with the families and the young people with intellectual disability who are involved in the study. If you have any queries or would like to find out more, please contact Sarah on (07)3163 1625. She is in the office Tuesdays and Fridays.

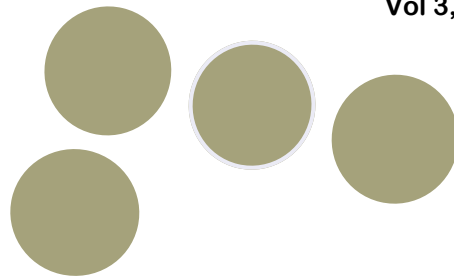
Medical Teaching

Professor Lennox firmly believes that collaboration with the primary health care sector, including general practitioners, is the key to substantially improving the lives of people with intellectual disability, and one way to educate and inform that sector is through the degree programs.

QCIDD maintains a strong role in medical education and just in the last three months has lectured the undergraduate MBBS program and Psychiatry Registrars on issues arising from the health and mental health of people with intellectual disability.

QCIDD has also been revising the MBBS exam questions for students studying medicine and has had significant involvement in the review of the MBBS curriculum at the University of Queensland.

Vol 3, Issue 2



Latest Publications

- LENNOX, N., BAIN, C., REY-CONDE, T., TAYLOR, M., BOYLE, F. M., PURDIE, D. M. & WARE, R. S. (2010) Cluster randomized-controlled trial of interventions to improve health for adults with intellectual disability who live in private dwellings *Journal of Applied Research in Intellectual Disabilities*.
- MOPHOSHO, M., WIDDOWS, J. & TAYLOR GOMEZ, M. (2010) Relationships between adolescent children and their siblings with cerebral palsy: A pilot study. *Journal on Developmental Disabilities*, 15, 81-87.
- CRAIG, R. D. (2010) Timing of transfer for pregnant women from Queensland Cape York communities to Cairns for birthing. *Medical Journal of Australia*, 4.

OUR COLLABORATIONS

Princess Alexandra Hospital Mental Health Services
Redlands Mental Health Services
Intellectual disability coordinator, Queensland Health, Mental Health
BOLD, a group of services interested in supporting parents with intellectual disability
Centre for Excellence in Behavioural Support, Ipswich
Down Syndrome Association Queensland
Intellectual Disability and Neuropsychiatry Working Group
Red Cross Transition projects
Relationships and Sexuality Disability Network
Queenslanders with Disability Network Inc.
Queensland Advocacy Inc.
Oral Health Interest Group
Workforce Council Queensland
Australian Psychological Society Disability Special Interest Group
Endeavour Foundation

Are you registered for the 45th

ASSID Conference,

Brisbane, Queensland?

IT'S NOT TOO LATE!

Go to www.assid.org.au

Early Bird Registration

closes 30 June



The poster is for the 45th ASSID Australasian Conference. It features a yellow background with a subtle pattern of hands. At the top is the ASSID logo, which is an oval containing the text 'AUSTRALASIAN SOCIETY FOR THE' at the top, 'ASSID' in large stylized letters in the center, and 'STUDY OF INTELLECTUAL DISABILITY' at the bottom. Below the logo, the text 'SEEKING EXCELLENCE' is written in large, bold, black capital letters. Underneath that, the text '45th ASSID AUSTRALASIAN CONFERENCE' is followed by the dates '29 September - 1 October 2010' and the location 'Hilton Hotel, Brisbane'. Further down, it says 'Co-sponsored by AADDM and CEBS'. At the bottom of the main text area, it provides contact information: 'For more information contact: assid2010@optusnet.com.au' and 'www.assid.org.au or 07 3136 2196'. The bottom of the poster features a grey band with four logos: a red sun-like logo, the 'Centre of Excellence for Behaviour Support' logo, the 'Australian Association of Developmental Disability Medicine' logo, and the 'Queensland Government' logo.

ASSID
AUSTRALASIAN SOCIETY FOR THE
STUDY OF INTELLECTUAL DISABILITY

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Centre of Excellence
for Behaviour Support
An international approach to excellence

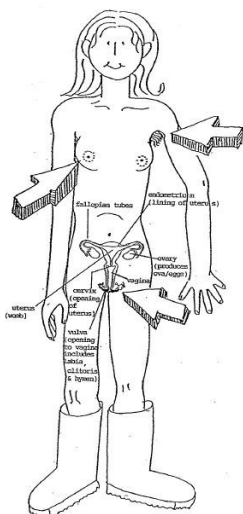
Australian Association of
Developmental Disability Medicine

Supported by
Queensland
Government

Menstrual Management Booklet gets a facelift

This great Australian resource is NOW freely available for download and print at:

www2.som.uq.edu.au/som/Research/ResearchCentres/qcidd/Pages/menstruation.aspx



In the Australian society of today, women with and without intellectual disability face the continuing battles of self-image and worth. We are a society which seeks quick fixes. The natural world is a long way from our everyday lives. Taking time to sit and talk, woman to woman, is a habit which is fast being consumed by the time-weary. The old way of passing on knowledge about our bodies seems to be disappearing. Under the pressure of advertising and societal views, we as women forget what defines us.

Our hope at QCIDD is that this information will be downloaded, copied, shared and go part of the way to improving the lives of women with intellectual disability.

Artwork by Ann Taylor © 1994

