



Located at
the Mater Hospital,
Level 2, Aubigny
Place
South Brisbane
61- 07-3163 2412
qcidd@uq.edu.au



THE UNIVERSITY
OF QUEENSLAND

Oct-Dec 2015

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

CHRISTMAS WISHES



The QCIDD staff and students would like to wish you a happy holiday season and sincerely thank you for your continued support and contribution throughout the year. We look forward to working with you again next year.

Merry Christmas from the 2015 QCIDD Team



Spring lunch series on the veranda at QCIDD

This spring, on several occasions, we invited various colleagues from around Brisbane to come to lunch and tell us about their latest work. Some of the guests included:

1. Dr Nancy Sturman, General Practice Discipline, School of Medicine, UQ
2. Nadja Ibrahim, Breastscreen Queensland
3. Jo Stephens, Lecturer, Faculty Health Sciences, QUT
4. Fran Vicary, Operations Manager, Mercy Disability Services
5. Kim Chandler, Executive Manager, Advocacy Policy & Evidence, Office of Public Advocate Qld
6. Anthony Walsh, General Manager, TRUE or Family Planning Qld

It has been a wonderful opportunity for the QCIDD team to catch-up on what is happening in the community.

Alliance presentation on mild intellectual disability

Miriam presented to the Child & Family Alliance, Deception Bay, Communities for Children, on mild intellectual disability in October. The afternoon was opened by a representative from the Maori Alliance. Community representatives from the Queensland Police Services, Education Qld, Disability Services and more were present.



Able101x—Intellectual disability healthcare around the world

The courses will be launched in late February 2016. We are getting some wonderful stories from around the world. Here are some photos. Dennis Lo, a Speech Pathologist from Lifetec, is shown here being interviewed on camera by our own Cindy Nicollet. Rosa lives in Spain with her family, and here is pictured with her lovely daughter, Belen, who has Angelman Syndrome. Barry's story is told by his sister, Jeanine. He has sadly passed on but his story is full of lessons for us all. We can't wait until the courses are available for everyone!



Dennis Lo



Rosa and
Belen



Barry at the
football

A photograph of a modern interior hallway. The floor is covered in a grey carpet with a repeating geometric pattern in shades of green and blue. The walls are white, and the ceiling features exposed ductwork and modern lighting fixtures. At the end of the hallway, a large window looks out onto a bright area where a lounge with a sofa and armchair is visible. To the right of the hallway, there is a dark armchair and a small table. A large black rectangular object, possibly a screen or artwork, is mounted on the wall to the right.

Our new space is bright, roomy and a very nice place for our clinicians to consult in. The waiting room has more space for wheelchairs and can accommodate a greater number of patients, families and carers.

If you are wishing to re-arrange an appointment please contact QCIDD on **(07) 3163 2412.**

*_**

- Prof Lennox—6 months,
- Dr Gillian Eastgate—6 months,
- Dr Cathy Franklin—4-6 months.
- Dr Oreste Theodoratos—4-6 months
- Dr Margo Lane —4 months

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Telepsychiatry Clinic (Skype Consultation)



QCIDD continues to run its telepsychiatry clinic on a Tuesday morning.

Q: What is a Telepsychiatry clinic?

A: This is a clinic using the internet and a videoconferencing programme (e.g. Skype) to talk with people. The Psychiatrist (Dr Franklin) consults with the patient, their family and / or carers over the internet.

Q: Who can access the service?

A: Referrals can come through the existing referral pathway for QCIDD. The usual eligibility criteria for QCIDD apply (patient is age 17 or over and has an intellectual or developmental disability).

If you are interested in telepsychiatry and you have the equipment (see below) and live in an eligible area (see below) we can proceed to book the patient for a consultation.

Q: What equipment do I/we need?

A: You need access to a computer that has a camera and sound, and can access the internet. At present we are using Skype, which means you may have to install Skype on your computer. By next year we aim to be using a simpler system that you can just click a link to access.

Q: What if I/we don't have access to a computer?

A: Some people prefer to do this at their GP's surgery. Some GP surgeries (especially in rural and remote regions) have the necessary technology and are happy to do this.

In other cases there may be a care organization involved in paid care for the patient who may have access to a suitable computer.

Q: What is an eligible area?

A: People who live in Brisbane or parts of the Gold or Sunshine Coast are not eligible for this service currently. If unsure, please ask us and we will find out for you.

Q: What is the cost?

A: This service is free to the patient and is supported by the Mater Hospital.

Our experience so far is that whilst this service does not replace our face to face clinic, it has been of great help to people outside of Brisbane who cannot otherwise access specialised mental health care for people with an intellectual or developmental disability.

QCIDD Clinic



Mater Health Services Mater Hill, South Brisbane campus map

QCIDD Clinic **Level 4, Salmon Building**
Stanley Street
South Brisbane QLD 4101

The clinic is situated on level 4 of the Salmon Building, and is part of the Mater Young Adult Health Centre Brisbane (MYAHCB).

Entry: take the lift on the ground floor on Stanley Street to level 4, turn left and proceed to the reception area.

Parking: there is a disabled car park on Stanley Street or park in the Mater Hill (Water Street) Car Park.

Alternatively you may park on the street in a metered space.

PLEASE NOTE: if you have specific mobility issues,
please contact the Clinical Coordinator on (07) 3163 2524 for advice/assistance.
This should be done well in advance of the appointment.



Autism CRC



This year in September Anna Urbanowicz joined the QCIDD team as the Autism CRC post-doctoral research fellow filling in for Dr Kate van Dooren whilst she is on maternity leave. She is an occupational therapist with a particular interest in improving participation outcomes for individuals with autism, particularly those with a comorbid intellectual disability.

We are currently recruiting for three Autism CRC research projects:

(1) Australia Longitudinal Study of Adults with Autism Spectrum Conditions (ALSAA)

Researchers at the Autism CRC and the University of NSW are looking for adults on the spectrum 25 years and older and/or their carers/family members to participate in a nation-wide questionnaire-based study which aims to improve understanding of life in adulthood for people on the spectrum.

If you would like to participate please follow this link:

https://autismcrc.au1.qualtrics.com/SE/?SID=SV_1UoHxIKX4M0WRo1

Please see a short Youtube clip describing this study <http://youtu.be/50rKjEtxb3M>

For more information please contact Kitty Foley or Jane Hwang on (02) 9385 0620 or autismcrc@unsw.edu.au

(2) School Leavers Longitudinal Study

Researchers at the Autism CRC and the Olga Tennison Autism Research Centre are looking for young adults on the spectrum aged 15-24 years and their parents to participate in a questionnaire-based study about understanding the process of transitioning from secondary school to either higher education or vocational training/employment for Australian students on the spectrum and their families.

For more information please contact Mirko Uljarevic (03 9479 6762 or (M.Uljarevic@latrobe.edu.au) or Ru Ying Cai (R.Cai@latrobe.edu.au)

(3) Oral Health Survey

An Autism CRC and QCIDD research project looking for adults on the spectrum or their carers/family members to participate in a survey investigating oral health, dental needs and barriers of adults on the spectrum.

For more information please contact Anna Urbanowicz on (07) 3163 1983 or autism.adulthealth@uq.edu.au

Next year we will be adapting the Comprehensive Health Assessment Program (CHAP) for adults on the autism spectrum with intellectual disability and subsequently undertaking an evaluation of the adapted CHAP. The evaluation will involve the adult on the spectrum with intellectual disability to visit their GP to complete the adapted CHAP. Following the appointment, we would like to talk to the adult, if they are willing, their support person/s who attended the appointment, and their GP/health practice nurse who completed the assessment about their experiences of using the adapted CHAP and their suggestions for improvement of the assessment.

If you are interested in participating in this project please contact Anna Urbanowicz on (07) 3163 1983 or autism.adulthealth@uq.edu.au

QCIDD links to view at your leisure

- Website—<https://www.som.uq.edu.au/research/research-centres/queensland-centre-for-intellectual-and-developmental-disability.aspx>
- QCIDD's person-centred website— www.qcidd.com.au
- QCIDD's YouTube channel— https://www.youtube.com/channel/UChCUpCHdvnHqAf8SBOuV_tA
- Free online course for support workers about being a great health advocate for people with disability— <http://www.ndsqldprojects.net/good-health-and-wellbeing.html>
- Are you a doctor? Interested in boosting your points? Our free online 12-module course *RACGP ALM Healthcare for People with Intellectual Disability* is a further addition to the RACGP Curriculum on developmental disabilities and includes lectures, downloadable case histories, webinars, videos and links to external sites with addition information. Email to m.taylor3@uq.edu.au to receive an invite today.
- Do you have diabetes or do you support someone who does? If so, our free online printable manual, Diabetes to the Point, is available for you here—<http://goo.gl/MSvfo0>
- Scared of going for blood tests or CT scans or X-rays? Desensitise yourself here—<http://goo.gl/WmnUHg>
- Having a yearly health check keeps you well, and here's why—<https://www.som.uq.edu.au/media/217592/CHAP%202010%20brochure.pdf>
- Tweet to @QCIDD for up to-date news and ideas
- Facebook—<https://www.facebook.com/qcidd.uq>

