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THE UNIVERSITY  
OF QUEENSLAND

Oct—Dec 2014

**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.**

### From the Director

Dear QCIDD Supporters,

As QCIDD staff got to celebrate the approaching Christmas holiday season, I delivered my mandatory speech and together we reflected on the year that had past. It had been twelve months to the day since we had moved from the Potter building to the beautiful heritage-listed Aubigny place on the top of Mater Hill. The Mater research staff who are the main occupants of this building were very welcoming and July 1 saw that relationship come official with QCIDD becoming a Centre under MRI-UQ in the Faculty of Medical and Biomedical Sciences. We look forward to a very productive future with the support of the Mater and increased sustainability.

We have also been pleased to be involved in the development of the Mater Young Adult Health Centre for patients predominantly aged 16-25 as part of the Mater's broader commitment to provide comprehensive care which meets the specific needs of adolescents and young adults. Due to open early next year, our clinic will operate from this new centre to be housed in the old Mater Children's Hospital and cater for this younger age group and adults with intellectual and developmental disability.

This year we also welcomed our Psychiatric Registrar, Dr Oreste Theodoratos to the QCIDD team which has doubled our capacity to deliver psychiatric services and had a significant impact on our ever present waiting list. We are delighted that he will be staying with us for another 12 months.

QCIDD research staff are excited to be involved in The Cooperative Research Centre for Living with Autism Spectrum Disorders (Autism CRC), the world's first national, cooperative research effort focussed on Autism. Project 3.3, led by QCIDD, aims to enhance health and well-being in adults with ASD and their families. Post-Doctoral Research Fellow, Dr Kate van Dooren will coordinate QCIDD CRC programs, work with other state teams on communications with organisation partners. Ms Cindy Nicollet has been awarded a PhD scholarship by the Autism CRC. Her work will focus on accessible ways for people with ASD to manage anxiety.

As a result of pilot research, The Advocacy Skills Kit Diary or ASK diary was developed in 2000 for a randomised controlled trial in adults and then repeated in a school-based RCT for adolescents. Now following a collaboration with Community Living Program, a special education teacher has assisted us to develop the ASK diary as an app. It will be a purchasable item and will target adolescents who use iPhones. We were very proud to see this become a finalist in the Australian Innovation Challenge Awards.

These are but the highlights of our busy year and our clinical, educational and research activities which we look forward to continuing in 2015.

Wishing you a happy and safe festive season.

Nick Lennox

# MERRY CHRISTMAS

## QCIDD CLINIC UPDATE

Christmas is just around the corner!

Our clinic will be closed during the following dates;

Monday 22nd December - Monday 19th January 2015

We are happy to accept all referrals, you can enquire about the waitlist time for the doctor that you will be seeing.

If you have any queries about the QCIDD Clinic please contact us on (07) 3163 2524 or email Julie Gibson on [j.gibson2@uq.edu.au](mailto:j.gibson2@uq.edu.au)

The staff of QCIDD wish our colleagues, friends and supporters a very Merry and safe Christmas and New Years. QCIDD is looking forward to working with you in 2015.



## Australian Innovation Challenge Awards

QCIDD's ASK app was a finalist!



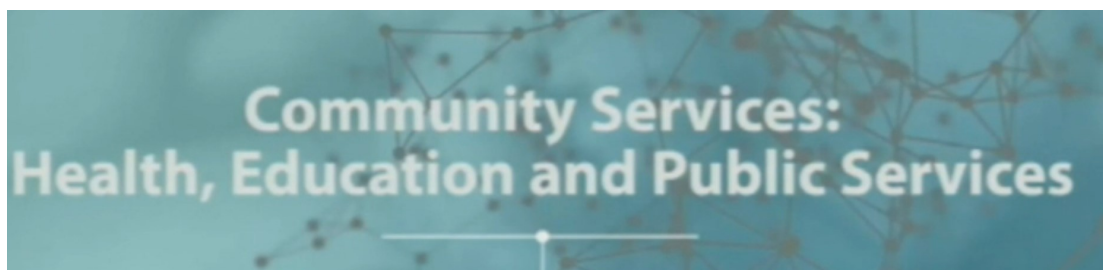
You will remember that the ASK app (with special thanks Alastair Smith as app developer and Miriam Taylor for being such a driver for innovation) was a finalist in the Australian Innovation Challenge Awards.

The awards ceremony was held in the National Library in Canberra. There was a string quartet, and champers. It was all very smooth.

You can watch it here: <http://www.theaustralian.com.au/innovationchallenge?nk=bf624175dbc72d28b8ce9acda66d2dd8>

Our nomination appears in the above video at 23 minutes.

We didn't win in our category however, to be a finalist in a prestigious competition alongside incredible inventors and innovators from around the country, was truly an honour. There were more than 1000 applicants!



## Autism CRC

### **Health professionals: we need your help to better understand how you work with adults with Autism Spectrum Disorders**

We are looking for health professionals, including GPs, other specialists, psychiatrists, psychologists, nurses, dentists and allied health professionals to complete this short survey. Your responses will help us to better understand your training needs in relation to your work with adults with ASD. You do not need expertise in working with adults with ASD to participate.

Study link: [https://autismcrc.qualtrics.com/SE/?SID=SV\\_5BGFe44ZZjfvQF](https://autismcrc.qualtrics.com/SE/?SID=SV_5BGFe44ZZjfvQF) [Survey closes 31 January 2015]

### **What does the survey involve?**

The online survey involves you answering questions about your practice, experience and training needs. The survey **takes around 10 minutes to complete**.

### **What are the possible benefits?**

This survey will explore the experiences of health professionals, and will help us to understand their training needs so we can develop useful and meaningful tools to improve the health and wellbeing of adults with ASD.

### **What is the purpose of this research?**

This project is one part of a larger program aimed to empower adults with autism to find a place in society (as part of Program 3 of the Cooperative Research Centre for Living Well with Autism Spectrum Disorders, or the [Autism CRC](#)).

This project is unique in that it aims to take a comprehensive understanding of adults with ASD and their individual experiences with the health care system. It also aims to understand how we can work with health professionals to improve their understanding of the needs of adults with ASD. This information will help to inform the development of online strategies, tools and resources to enhance health promotion and understanding of health care needs for adults with autism.

### **More information**

If you have any questions or need more information please contact Dr Kate van Dooren on 07 3163 1983 or [k.vandooren@uq.edu.au](mailto:k.vandooren@uq.edu.au). To find out more about the Cooperative Research Centre for Living with Autism Spectrum Disorders visit the website: [www.autismcrc.com.au](http://www.autismcrc.com.au)





## In other Autism CRC news:

In early December, Dr Kate van Dooren and Ms Cindy Nicollet presented posters at the ASfAR conference in Melbourne about our work through The Cooperative Centre for Living Well with Autism (Autism CRC).

Cindy spoke about her preliminary findings from a review of the literature about anxiety interventions for adults with ASD, and an easy language summary of this work will appear soon at [www.autismcrc.com.au](http://www.autismcrc.com.au).

Kate presented information about the first stages of QCIDD's project to better understand the training needs of health professionals who work with adults with ASD – see more details about a survey of health professionals in this newsletter.

The conference was an excellent opportunity to meet with our research partners including the other program 3 postdocs (photo 1) and CRC PhD students. We look forward to continuing to work collaboratively to progress our work in 2015.



## Healthy Living at Campbell's Club

### what a year!

The Campbell's Club and the Healthy Living teams have seen a very busy and exciting year! The club is a long-running weekly get together for individuals who are receiving support through the Micah Projects Resident Support program, held on Thursdays at Trinity place in Woolloongabba. Over the past year, in partnership with QCIDD and Queensland Health, fifty sessions of Healthy Living at Campbell's Club have been delivered – rain, hail or shine!

We are looking forward to continuing this initiative on a fortnightly basis in 2015, with many exciting and informative sessions planned, based on feedback from the club members. Many thanks to Micah Projects for their on-going support and facilitation, in particular to Jenny Wyeth. Troy Hakala from Queensland Health has been a powerhouse of resource and enthusiasm, and his dedication has seen a great variety of health topics explored with club members. The team at QCIDD have thoroughly enjoyed engaging and working on the Healthy Living program, and are looking forward to a bright 2015.

One of this year's resounding successes has been the fantastic dental assessment and treatment sessions provided by the National Dental Foundation. Karryn Elliott has been instrumental in seeing these come to fruition for the club members. We like to think it is the most beautiful dental clinic in Australia, where volunteer dentists and students provide high-quality services and referrals in a mobile chair located in the stained glass surrounds of the Holy Trinity Anglican Church.

QCIDD and Queensland Health will be conducting a formal evaluation of the Healthy Living program in 2015, and are striving to achieve a program where the participants are included in every process – planning, organisation and delivery. In conjunction with the Griffith University College of Art we are in the process of creating a series of four posters promoting health issues that are of interest and importance to the club members. Every element of the posters – including the Healthy Living logo design- is decided upon through focus groups and voting with the club members. The posters will then be released quarterly, in-line with topics being covered in the Health Living sessions. The club members will then be invited to distribute these posters around their place of residence.

QCIDD also wishes welcome Andrea An, our Summer Research Scholar who is working hard on the evaluation process of the Healthy Living program. Andrea is a UQ Bachelor of Science (Biomedical Science) student and is fast becoming a familiar face at both QCIDD and the Campbell's Club.

We are looking forward to bright and busy 2015 with the Healthy Living program at the Campbell's Club!

Carmel Blackburn, QCIDD.



## Welcome to QCIDD Dr Oreste Theodoratos

QCIDD welcomed Dr Oreste Theodoratos at the beginning of 2014 when he commenced as Psychiatry Registrar in a Specialist Training Position Post at QCIDD.

We are lucky enough to have him continuing with us in 2015. Having a Registrar at QCIDD has meant that many more people can be seen in our QCIDD clinic and has reduced the length of our waiting times considerably.

Oreste is a medical graduate of the University of Queensland and is completing his advanced training in psychiatry at QCIDD. He has additional clinical interests in neuropsychiatry and liaison psychiatry (psychiatry of medical and surgical disorders).

He has an active interest in research and is currently investigating the emotional health of adolescent individuals with an intellectual disability presenting to hospital services.

When not at work, Oreste enjoys time with his family and friends and has been seen searching for Brisbane's best coffee.



# Netball has become an official sport at Special Olympics

On 21 October 2014, in partnership with ANZ and Netball Australia it was announced that netball is now an official Australian sport at the Special Olympics.

This is a great opportunity for people with intellectual disability to enjoy participating in playing netball and building friendships.

Special Olympics Australia will start the netball competition in Victoria, New South Wales and South Australia with 500 athletes participating.

To find out more please visit [www.specialolympics.com.au/engage/news](http://www.specialolympics.com.au/engage/news)



## Netball in Queensland for people with intellectual disability

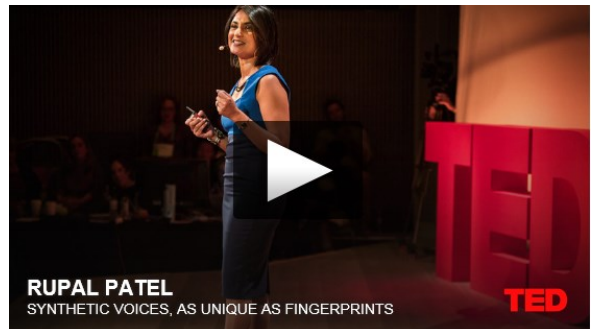
Netball Queensland has partnered with Life Stream Australia enabling a joint focus that is working for people with an intellectual disability.

To find out more please visit <http://qld.netball.com.au/uncategorized/nq-partners-life-stream-australia/>



# Here are some links to view at your leisure;

Ted Radio, this is about how researchers are finding and creating a voices for an individuals who use a communication device. Truly amazing story view it here: <http://www.npr.org/2014/03/07/283452215/how-do-you-construct-a-voice>

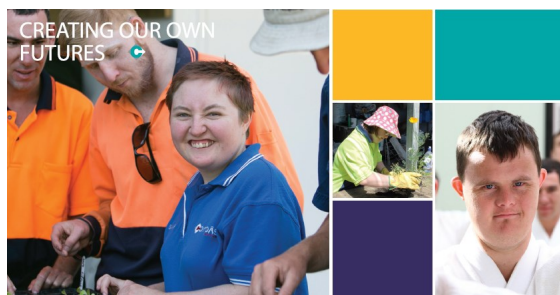


Mummalove, this post is about "The Virtue of Stubborn" People say that individuals with Down syndrome are stubborn. They also say they are 'placid' so (surprise?) they may just have their own unique personalities! To read more see it here:



<http://mumma-love.com/2014/10/23/the-virtue-of-stubborn/>

Creating our own Futures! <http://www.compassinc.org.au/>



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## EDUCATION AND TRAINING FOR PEOPLE WITH AN INTELLECTUAL AND/OR PHYSICAL DISABILITY

### Life Long Learning

The young people can progress through the Education, Training and Vocational units at their own pace. Family can be as involved as they wish in developing personalised plans that guide the educational and skills based training programmes. Every lesson and activity is structured and individually assessed resulting in a detailed report every semester that helps track each person's progress.

**Our focus is on the person – their abilities and their goals**

We have well trained, professional staff who provide a caring and supportive environment. Compass invests in people. Our programmes build independence and the capacity to take up respected roles in all aspects of the person's life. The young people develop their own codes and values and live these out every day.

A "Whole of Life" approach means flexible and responsive service that will cater to your changing needs over time.

## VOCATIONAL OPPORTUNITIES FOR PEOPLE WITH A DISABILITY

**Everyone wants to be valued for the work they do**

Compass has established several social enterprises which provide flexible employment and on-the-job training for people with a disability. Compass social enterprises are completely integrated into the community and meet a genuine local need. Enterprises include Compass Farm, Green Thumb Nursery, Harvest Kitchen, Lawn & Garden and Wabi Sabi.

The Compass Farm provides a range of vocational opportunities encompassing horticulture, animal husbandry and landscaping. Green Thumb Nursery grows seedlings, herbs and a wide range of plants while the Harvest Kitchen provides real life food preparation and cooking skills to people with a disability.

The Lawn & Garden enterprise provides experience in caring for lawns and gardens, as well as window cleaning. Finally, Wabi Sabi is a shop which provides retail training for people with a disability. It showcases their many skills through the produce and hand-made products including pottery, woodwork and other arts and crafts. Wabi Sabi helps to build awareness of the potential of people with disabilities throughout the community.

## A MODEL FOR PARTNERSHIPS WITH SMALL AND LARGE CORPORATIONS BRINGING UNIQUE BENEFITS TO BOTH PARTNERS

**Innovative interaction and unique focussed service**

Corporate Partnerships identify and build on the unique synergies between Compass services and your organisation. These opportunities for cooperation and interaction are based in the concept of mutual benefit. Compass has established executive and business coaching programmes with corporations and elite sporting organisations all over Australia.

Through our Corporate Partnership programmes, Compass can assist organisations to balance the 'bottom line' with the need for employees and employees to reconnect with the heart and ethic beneath their working practices. Over 90% of people cite 'joy' as the most motivating factor for the work they perform. People need passion, pride and self-satisfaction to function optimally. Working alongside Compass can help unlock this power.

**COMPASS**  
EDUCATION AND TRAINING  
SERVICES

**COMPASS**  
COMMUNITY  
ENTERPRISES

**COMPASS**  
CORPORATE  
PARTNERSHIPS



THE COMPASS INSTITUTE IS AN INCORPORATED, CHARITABLE ORGANISATION DEDICATED TO ASSISTING PEOPLE TO 'MASTER THE ART OF LIFE'.

Since 1989 it has provided Alternative Education programmes to thousands of children, youth and adults. In 2010 THE COMPASS INSTITUTE became an accredited Post-School Disability Service Provider with 5 centres from Gympie to Caboolture.

**AN EXTENSION OF SCHOOL**  
This award winning service uses an innovative, educational model that allows young people to move smoothly transition from school into an increasingly independent future.

**PERSONALISED SERVICE**  
Parents, family and educators are consulted regularly throughout

the year in the preparation of individualised plans to guide the staff in delivery of our programmes.

**REAL LIFE SKILLS**  
The young people progress at their own pace through three units: Education, Training and Vocational, developing 'real life' skills and opportunities to use them in their community.

**WORKPLACE TRAINING**  
All units have a component of workplace training with opportunities for meaningful work experience through to supported and unsupported placements in Compass Community Enterprises.

**A VALUED PLACE IN THEIR COMMUNITY**  
All units place considerable emphasis on acceptable behaviour and social skill development that encourage and supports the transition through adulthood.

**RECREATIONAL OPPORTUNITIES**  
Our young people train and participate in a wide range of recreational pursuits of their choice.

**EMPLOYMENT OPPORTUNITIES**  
We have successfully supported people with a disability into paid workplace situations in local businesses and industries as well as Compass Community Enterprises.





MERRY CHRISTMAS AND HAPPY  
NEW YEAR FROM THE QCIDD  
TEAM.