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A Message from the Chief Executive



Over the last few months we have experienced significant challenges related to COVID-19 but we have also experienced great triumphs.

One such triumph was when our client, Rory Tyrell, won the Alexandrina Council Australia Day Award for Young Citizen of the Year.

Rory has been a paragon member of the Fleurieu community and has also succeeded in attaining his employment goals. I was proud to attend the award ceremony and witness Rory be recognised for his achievements.

We also celebrated our amazing employees for their length of service, holding award ceremonies across our regions.

In today's world, where job turnover appears to be on the increase, it evokes pride to witness our people's long-term commitment and demonstrates the desirability of working for our organisation.

Despite the challenges from COVID-19, the Disability Royal Commission has continued

to achieve milestones and prompt change in legislation, policies and public attitudes. 2022 is looking to be a significant year for the Royal Commission with public hearings and research reports, along with deadlines for registering for public sessions and submissions having been established.

Community Living Australia continues to support the Royal Commission and the changes it brings to the disability industry in assisting to make the lives of people with disability free from violence, abuse, neglect and exploitation.

With regard to the state election in March, I wish to inform that, whoever wins government, Community Living Australia, through the NDS State and National office, will continue to lobby government to ensure the NDIS delivered to our communities is what was promised.

Kind regards,

A handwritten signature in black ink, appearing to read 'Mark Kulinski'.

Mark Kulinski

Rory Awarded Young Citizen of the Year Award



Rory giving a
speech during
the award
ceremony
at Goolwa
Centennial Hall

We are very proud to reflect on the achievement of one of our long-term clients from the Fleurieu.

Rory Tyrrell recently won the Alexandrina Council Australia Day Award for Young Citizen of the Year.

We nominated Rory after his inspiring efforts throughout 2021 to go above and beyond to achieve his personal goals, one of which was to be an equal part of his Fleurieu community and gain mainstream employment, including equal pay.

Our Chief Executive, Mark attended the Young Citizen of the Year Award ceremony at Goolwa Centennial Hall with Rory and his family.

Rory gave a speech and accepted his award in front of a huge crowd.

Rory was successful in gaining



Rory receiving his award from Alexandrina Mayor Keith Parkes.

employment at his local gym, working alongside his colleagues as an equal.

He has been very proactive in his community and is part of a committee called the Rock 'n Blues Krew that organises an inclusive concert in the Fleurieu.

Last year, Rory represented Community Living Australia as a Kindness Campaigner for World Kindness Day—giving sunflowers to members of the Victor Harbor community to brighten up their day.

Rory reminds us to never give up on your goals no matter the barriers you face.

Congratulations Rory!



Rory and our CE Mark Kulinski.

Disability Royal Commission Update

The Disability Royal Commission is gearing up for a busy 12 months, with at least 14 public hearings to take place. The first public hearing for the year will look at people with disability and their experiences of employment services. The Disability Royal Commission will also be publishing more research reports and continue to seek feedback on a number of topics through discussion papers.

While the Royal commission focuses on a range of issues and concerns, a key area of concern for the Royal Commission is the impact the COVID-19 pandemic has had and is having on people with disability. In March 2022 the Royal Commission will release an Issues Paper which will outline a number of significant areas of concern, including:

- the de-prioritisation of people with disability and lack of regard for their health and wellbeing during the pandemic
- access to vaccinations and boosters for people with disability and disability support workers across all regions
- lack of equipment (rapid antigen tests, PCR tests, PPE) and support for effective infection prevention and control, including lack of accessible

testing tools and public health information

- severe disruptions to disability services and essential supports due to furloughing of staff.

A total of 29 recommendations have been made so far from the Royal Commission to the Australian Government in relation to COVID-19. The Australian Government supported, supported in principle or accepted 27 of these recommendations, while two were noted.

2022 is the last year for people with disability to make a submission to the Royal Commission and to register for a private session. The deadline to register for a private session is the 30th June 2022 and the deadline for anyone to share their story is the 31st December 2022.



Schedule of Future Activities, Hearings and Engagements

This schedule is subject to change due to a number of reasons i.e. COVID-19 restrictions, etc.

10 March 2022 (Virtual)

Virtual — Measures taken by employers and regulators to respond to the systemic barriers to open employment for people with disability — Oral submissions

28 March - 1 April (Hobart)

The experiences of women and girls with disability with a particular focus on family, domestic and sexual violence (Part 2)

11 - 13 April (location TBC)

The experience of people with disability working in Australian Disability Enterprises

28 April (Virtual)

Preventing and responding to violence, abuse, neglect and exploitation in disability services (two case studies) – Oral submissions

16 - 20 May (Sydney)

Preventing and responding to violence, abuse, neglect and exploitation in disability services

6 - 10 June (location TBC)

The experience of children and young people with disability of segregated education settings and the 'polished pathway'

To find out more about the Disability Royal Commission, please refer to

www.claust.com.au/royalcommission or disability.royalcommission.gov.au

People's experiences of violence, abuse, neglect or exploitation—shared through submissions and private sessions—are critical to the work of the Royal Commission. They help the Royal Commission understand the nature and extent of the violence, abuse and neglect people with disability face, as well as identify systemic issues that must be addressed. These stories of people with lived experience of disability have informed the work of the Royal Commission to date and will also inform the contents of the Final Report and the Royal Commission's recommendations.

So far, the Royal Commission has:

- received 3,552 submissions
- received 11,757 phone enquiries
- held 811 private sessions.

Community Living Australia encourages you that if you see something, to say something in instances where people with disability are experiencing issues of violence, abuse, neglect or exploitation, to advocate on their behalf and help build a safe and trustworthy community.

Mia Awarded People's Choice at Art Exhibition



Mia beside her artwork at the Create-Ability Art Exhibition in Mannum

Mia has achieved an impressive personal goal!

Mia Qua was recently awarded the People's Choice for her outstanding art pieces on display at the Create-Ability Art Exhibition in Mannum!

It was a goal of Mia's to have her work displayed at an art exhibition. A seasoned artist, she's had a taste of being in an exhibition, having been a featured artist at Myriad—our art exhibition for people with disability—which displayed several of her paintings at the Adelaide Convention Centre in 2019.

This year, Mia had 10 incredible pieces on display at the Create-Ability Art Exhibition.

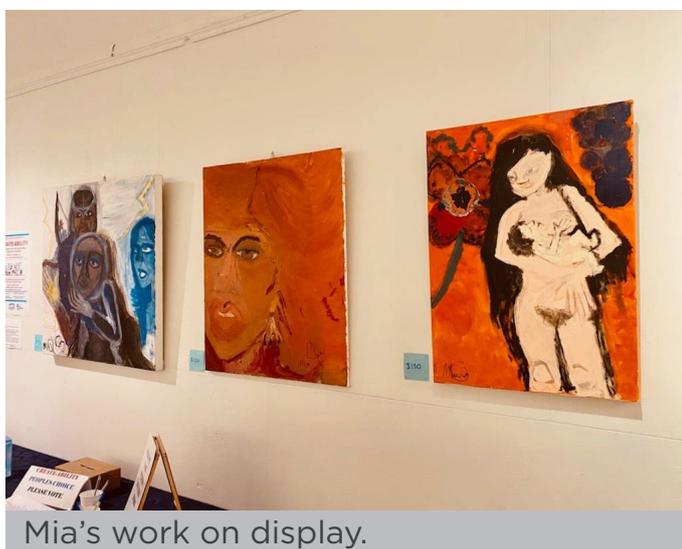
Upon the opening of the Art Exhibition, Mia was supported to go and see her

personal display, from her pictures you can see that she was very happy and proud to have achieved her goal.

Amazing work Mia, hopefully we'll see more of your work at Myriad in August this year!

Myriad is open to anyone with disability in SA. If you would like to take part in the exhibition, visit:

www.claust.com.au/events/myriad



Mia's work on display.



Length of Service Awards

Congratulations to everyone who received their 10-Year Recognition of Service Award for 2021!

At the end of last year, we celebrated our annual Recognition of Service Awards throughout our regions, celebrating employees who achieved the milestone of 10 Years with our organisation.

Celebration Award Ceremonies were held at our Murraylands Day Options House, Goolwa Day Options, the Adelaide Hills Stephen Street office, the Riverland office in Renmark and at our Central office.

Thank you to our incredible Day Options teams who catered some of the events. We awarded 18 of our employees this year, celebrating their commitment, passion and contribution to CLA and continued support for our clients.

Our Riverland Celebration was bigger than usual as we celebrated the 10 Year Anniversary of opening services in this region. In 2011 CLA (which was CLASS at the time) made its first foray into the Riverland region to provide accommodation services to four locals.

Once our services were confirmed, the house was set up by the wonderful Sue Stuart (who received her 20 Year recognition in 2020), and so our Riverland services began.

Monique Matulick and Rebecca (Becky) Townsend were two of the first clients to utilise the accommodation services in the Riverland. Mark acknowledged their long-term support and thanked them with a bouquet of flowers.

The Chairperson of our Board of Directors, Jill Coombe, was able to attend our Adelaide Hills event and present the awards, congratulating the team and networking over a cup of tea. Thank you to Jill for her kind words and presence at the event.

On behalf of Mark, our Directors, our Board, our Regional Teams and our clients, we would like to acknowledge all of our long-serving employees and look forward to continuing our work together.



Award ceremonies were held at multiple regions.

International Day of People with Disability Campaign

On Friday, 3rd December we celebrated International Day of People with Disability (IDPwD) across the state.

Every year Community Living Australia take a proud role in celebrating and spreading awareness across the state to help educate our communities on the importance of IDPwD.

Every day more and more people living with disability are making substantial contributions to the community and are taking steps towards achieving their goals.

IDPwD is a fantastic opportunity to raise awareness and recognise those actively contributing to their local community and making a difference in their own lives, those around them, and their local communities.

The 2021 theme for IDPwD was 'Leadership and participation of persons with disabilities toward an inclusive, self-accessible and sustainable post COVID-19 world.'

In celebration, we again partnered with the Adelaide radio station FIVEaa to share some of the great stories and examples of our clients providing leadership and making positive contributions to their local community.

One of the examples was the 'Rock 'n' Blues Krew' from the South Coast who have been organising an inclusive concert called 'Rock the Coast' that provides an opportunity for young people both with and without disability in the South Coast to socialise and enjoy live music in a safe and inclusive setting.

FIVEaa also chatted with Sophie from the Hills Day Options about their fundraising efforts, including their current Christmas hamper and gift bag builds to give to homeless shelters to spread love and joy this festive season.

Additionally, Rory was spoken to about his role on our Client Consultative Committee and his employment at his local gym, helping people stay fit and healthy.

Our Kangaroo Island team partnered with the Linden Lea Mitre 10, and hosted a BBQ fundraiser. Mitre 10 Linden Lea donated everything the team needed to host the BBQ, including all the food! With fantastic feedback from the local community members, they raised \$138 and enjoyed a great day in the sun celebrating!

Over in the South East, the team attended the Not all Disabilities are Visible Expo, showcasing our social, recreation and learning activities on our Community Living Australia exhibitor site which was set up with a make your own Christmas Decoration activity, providing guests of the expo a fun experience with our CLA team and a Christmas gift to take home. Day Options clients also attended to engage with their peers.

For our team the expo was a great way to network with other local providers, exchange ideas and connect with community members living with a disability that may be looking to expand their services and join the SE social activities.

It was the first time CLA have hosted an activity at an industry expo, a different approach for engaging expo attendees and starting a conversation with them about the services we can offer, it looked like lots of fun and was well received by attendees. Well done SE team!



Molly, Betty-Ann and Meredith.

The Murraylands team spent time at the biannual Disability Awards Ceremony. Where the local council host a range of inclusive, accessible activities and provide lunch for everyone. They also award both an individual and an organisation for their implementation of an accessibility friendly initiative, this year the Community Living Australia Murraylands Social Club took home this prize.

It takes a great team of support workers, volunteers and behind the scenes admin work to bring this program together and it is a fantastic way to reward all those involved. Meredith and Jeff accepted the award on the organisations behalf. Awesome work Murraylands team!



Our Accessibility Recognition Award.

Come to Our All Abilities Festival

*Come for a day of fun, games, food and dance!
All welcome!*

The All Abilities Festival is an inclusive 18+ event for people living with a disability on the beautiful Murray Bridge Riverfront.

Coordinated by Community Living Australia and supported by the Rural City of Murray Bridge Council, the All Abilities Festival 2022 is the inaugural inclusive 18+ festival event created for people living with a disability who live in the Murraylands and surrounding regions, an event like no other being offered in the State.

The day will include games, sporting activities and competitions, food, drinks, dance and a celebration of all abilities, bringing together people living with a disability. The event will provide an opportunity for attendees to engage with their like-minded local community, aiming to build self confidence, social skills and reconnect those who were unable to attend sporting events that have been cancelled or postponed in recent years,

all whilst having fun, being active and learning new skills!

Download the official event flyer via our website (www.claust.com.au)

Tickets are available for \$15pp and include a gift bag and lunch on the day.

Support the event and look the part by purchasing an Event Bucket Hat for \$24.95 at the time of booking your ticket! All proceeds from the sale of the event hats will go towards the event next year.

Please contact our Events Officer, Sonia Hein for more information or to join in the fun!

Sonia Hein

Stakeholder Engagement, Fundraising & Events Officer

sonia.hein@claust.com.au

AN INCLUSIVE FESTIVAL OF FUN GAMES AND DANCE

ALL ABILITIES FESTIVAL

MURRAYLANDS **2022**

FRIDAY the
29th of
APRIL
10AM - 2PM

STURT RESERVE RIVERFRONT
MURRAY BRIDGE

Local accessible accommodation available

Presented by



Supported by



- Activities
- Sport
- Dance
- Games



Guest performances
and workshops from



Purchase hats and tickets
via booking website



Scan to Buy

TICKETS INCLUDE:

All Activities
Lunch Pack
Gift Bag

\$15pp

Important Dates Coming Up

World Autism Awareness Day

2 April 2022

World Autism Awareness Day is a day to raise awareness and acceptance of people with autism around the world.

Autism is a spectrum of lifelong neurological and developmental conditions that affect people's ability to interact and communicate with others and their environment.

Some common identifying characteristics include difficulty with communication and social interactions, sensory sensitivity, intense focus on special interests and repetitive behaviours.

Autism exists on a spectrum—it is not linear, and terms such as “high-functioning” or “low-functioning” can be very misleading. This is because there are many autistic traits and each person's autism is unique.

Some traits are more obvious—others less so—and many people on the spectrum

modify their behaviour to fit in with people that are neurotypical (not autistic), a behaviour known as masking. But just because a person's autism isn't visible, doesn't necessarily mean they require less support.

In recent years, neurodiversity has made it into mainstream pop culture with shows such as *The Big Bang Theory* and *Atypical*.

While representation is important, media representations of people on the spectrum have perpetuated the stereotype of the socially challenged and gifted young man.

While it reflects only a fraction of this diverse population, it also highlights another issue: the lack of correct diagnosis and acknowledgement of women on the spectrum.

Due in part to research and diagnosis being male-focussed, for many years women have often flown under the radar

or have been misdiagnosed. As a result, while men are often diagnosed in early childhood, it's not uncommon for a woman to get a diagnosis late in their adult life.

Until a few years ago, it was estimated that as few as 1 in 200 people in Australia had Autism.

Due to improvements in diagnosis, changes in diagnostic criteria, new research and increased awareness in the community, it's now estimated that as many as 1 in 70 people in Australia have Autism.

While Autism is considered medically as a "disorder" (Autism Spectrum

*As many as
1 in 70 people
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have autism*

Disorder), many members of the autistic community have reframed Autism as an important part of who they are, and often as a strength that helps them achieve their best in their career and in the pursuit of their passions.

As our understanding, perceptions and language around Autism evolves, perhaps the best way to learn more about people on the autism spectrum is from the voices of those that are actually autistic.

Check out the #ActuallyAutistic hashtag on social media and support organizations run by autistic people like the Autism Self Advocacy Network (www.asan-aunz.org).

Open your mind to the spectrum of experiences, beliefs and issues that exist in the autism community.

National Motor Neurone Disease Week

2 May 2022

National Motor Neurone Disease (MND) Week brings attention to a condition that affects the nerves that communicate between the brain and the muscles that enable us to move, speak, swallow and breathe.

Motor Neurons are nerves in our brain and spinal cord. They carry messages to our muscles telling them what to do. MND represents a group of similar conditions that affect these nerve cells.

It affects everyone differently and symptoms progress at varying speeds, which makes the course of the disease difficult to predict.

MND can affect adults of any age, but is more likely to affect people over 50. The causes of MND are unknown.

It is estimated that over 2,000 Australians are diagnosed with MND and 2 Australians are diagnosed each day.

The average life expectancy is only a few years but while there is currently no cure, symptoms can be managed so people with MND can maintain their quality of life and stay mobile for as long as possible.

You can learn more about MND at www.healthdirect.gov.au/motor-neurone-disease-mnd

Global Accessibility Awareness Day

19 May 2022

Global Accessibility Awareness Day highlights the importance of making digital and online media accessible to people with a disability.

Digital accessibility is extremely important for people to live, learn and work in our society which has become reliant on digital technologies including the internet, social media and mobile devices.

Creating technologies which are inaccessible discriminates against people with disability by denying them equal access to services and information, placing them at considerable disadvantage.

While workarounds such as screen readers that provide speech and braille output are good examples of solutions to this issue, it's important that websites, digital content and technologies are designed with accessibility in mind.

Community Living Australia continually strives to make our digital content as accessible as possible. This includes the implementation of easy read documents, text descriptions of our online images and website accessibility compliance—with more website accessibility improvements on the way.

Because accessibility is a right, not a privilege.

World MS Day

30 May 2022

World MS Day is an opportunity to raise awareness of multiple sclerosis and bring together those who are living with the condition to share their stories.

Multiple Sclerosis (MS) is an autoimmune condition where the body's defence system attacks the central nervous system. This leads to nerve damage and disruption in communication between the brain and body.

Symptoms commonly involve motor control, chronic fatigue, sensory issues and cognitive symptoms. But due to the complexity of the condition, symptoms are varied, unpredictable and may change from day-to-day.

No two cases of MS are the same and some symptoms can be invisible to others. But just because they can't be seen, they are no less debilitating.

There are over 25,600 people living with MS in Australia, with more than 10 being diagnosed each week.

3 quarters of all people with MS are women and diagnosis usually occurs between the ages of 20 and 40 years.

The 2020-2022 World MS Day theme is 'connections'.

A common struggle for people with MS is the impact the condition has on their social life. Symptoms such as pain and fatigue can often isolate people from their community, so it can be very important for them to be able to spend quality time with friends and family when the opportunity arises.

If you know someone with MS and want to spend time with them, ask them what kind of accommodations they need.

Each person is different in social situations, but a person with MS may benefit from:

- Hosting at their own home
- Going out somewhere accessible with easy access to toilets
- A quiet location or
- A venue with a quiet space to take a break
- One on one catch-ups or small groups
- Understanding that cancellation or leaving early is a possibility due to the unpredictability of MS.

People with MS can be chronically tired, and often in pain (even if they don't show it), but if they want to spend time with you, it means you're important to them.

Our Sizzling Fundraisers



Sophie ready to serve at Bunnings Mount Barker

Fundraising efforts in our regions have been heating up!

It's been a busy start to the year for our Murraylands and Adelaide Hills teams holding fundraisers at their local Bunnings Warehouse Stores recently.

Cooking and serving the beloved Aussie Bunnings BBQs creates the perfect environment to connect with our local communities, showcase our brand and provide an opportunity for social interaction and engagement with our clients, whilst providing a worthwhile fundraising activity.

The Adelaide Hills team along with our client, Sophie, who is one of our fundraising champions, raised \$925 to go towards supporting the Literacy Program being developed as part of the Social, Recreation and Learning Program at Day Options.

The Murraylands team raised \$618 on a sunny Sunday in Murray Bridge, which will go towards arts and craft supplies for their Social, Recreation & Learning Program at Day Options. Well done to everyone involved!

We will be cooking another mouth-watering BBQ at Murray Bridge Bunnings on the 8th May 2022. Come and grab a bite to eat if you are in the area and stay up to date with our next Bunnings BBQ Fundraiser by following our social media @communitylivingaustralia

Community Living Australia is proud to give our clients and teams the opportunity to work together in our communities to raise awareness and overcome the barriers of people living with a disability, whilst fundraising for our cause.



Sophie and the team.



Your Personal Information and Privacy

Community Living Australia is committed to ensuring the privacy of all clients, families, employees and external stakeholders by safeguarding the personal information that is provided to us.

Personal information is any information that can be used to say who you are, like your birthday, and information about you or your health. Personal information collected by Community Living Australia is protected by the Privacy Act 1988.

Community Living Australia collects personal information from you or your family to assist with your services and supports, and only asks for the information that is needed to look after you.

This personal information is stored on an electronic database system and will not be shared with anyone without your permission, unless we are required to do so by law or for your safety. Your Information Sharing Consent gets updated regularly between your Team Leader and you, and if there are any breaches of your privacy we will alert you, along with telling you what actions we have taken to investigate the breach and mitigate any risks.

If there are any changes to your personal information such as your address or your phone number please call the Community Living Australia office on 08 8536 5888 or by telling your Team Leader.

Our New Partnership with Carers SA

Community Living Australia and Carers SA have agreed to work together to ensure people accessing our services, and their Carers, are given information about Carers SA and the Carer Gateway and their staff upskilled regarding what Carers can receive so that there can be a 'whole of family' approach taken to how services are delivered.

With 30 years of experience, Carers SA provides unpaid carers with a range of support services including carer support planning, emergency respite, peer support and coaching, in-person counselling and tailored financial packages.

From April 2020, under the Government's new carer support model, Carers SA will be the main provider of services for South Australia's 250,000 unpaid carers. Carers SA CEO, David Militz's experience in the not-for-profit sector spans senior management positions across homelessness, aged care, families and youth, in both regional and metropolitan regions.

We look forward to our new partnership and the benefits it will bring to our clients and their families.



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Community Living Australia

Phone 08 8536 5888

Email info@cloust.com.au

cloust.com.au