

Upcoming Groups in 2011

<p>TERM 2</p> <p>"All sorts of Ball-sports" - fitness and ball-skills group (underway)</p>	<p>July Holidays</p> <p>Do It Yourself Workshop (15-18 Years old) Amazing Search (10 - 14 years olds) Fit Ball group</p>
<p>TERM 3</p> <p>TCCP Gym Membership (all school age children)</p>	<p>October Holidays</p> <p>Key boarding for Adolescents (to be confirmed) Cool Wheels (to be confirmed)</p>

For the groups above - please talk to your Contact Person as soon as possible. You can discuss the group(s) you and your child are interested in and how they will help achieve the goals from your family meeting.

How can we best contact you?*

We send most of our group invitations by mail. But is this the best way to tell your family about our groups? If you would like invitations to TCCP groups to come by email, a phone call, or text message, please provide your contact information to Daniel Clarke, Recreation Therapist. Email- daniel.clarke@tccp.com.au, or call 9443 0367.

July Holidays

15-18 years Do It Yourself Workshop

This workshop aims to develop a variety of skills including social skills, community independence, organisational and self-care skills such as cooking, grooming and make-up tips.

Amazing Search

The AMAZING SEARCH day will start at Innaloo Shopping Centre on the 21st of July for children between the ages of 9-14 years. Children of all abilities are welcome. This interactive social skills day aims to teach children about community safety, behaviour and awareness with a fun, goal-directed structure.

Fit Ball Group

Would your family benefit from learning exercises using a fit ball? This school holiday group is to teach children and parents how to do fit ball activities in order to improve posture, develop sitting and standing balance, and core control. We are targeting children for whom walking is quite difficult, or who are unable to walk and who want to improve their ability to sit upright, stand and move between positions, socialize and have fun. This group will be at 10:00am on Friday 15th July and Friday 22nd July.

Term 3

TCCP Gym Membership

Could your child benefit from a regular exercise session?

We will be opening up the gym at The Centre for school-age children to access on Thursday after school. The gym will be available for 2 hours. There will be TCCP staff and volunteers supervising; and your Physiotherapist can develop an individualised program for the session.

Please call your Contact Person for further information.

Information about groups in Term 4 will be posted in future newsletters.

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Term 1 2011

Message from the Manager

Dear Families

Winter is upon us and it's wonderful seeing the children enjoying the great sensory experiences of splashing in the puddles and getting muddy! Parents may not like it so much, but it's all wrapped up in each of our precious childhood memories.

Although the days are darker, light is on the horizon in the areas of disability. We have been pleased to see that Government has heard the communities' concerns, resulting in an increase in dollars going into the area of disability. There have also been a few initiatives started up to increase service provision for some of our children, such as the Better Start support for families with older children.

TCCP is looking at the possibility of being a service provider for some of these additional services and we are currently advertising for a Project Manager to manage all areas not currently funded by DSC.

To obtain additional subsidised services, I encourage families to look at the following websites, or speak to your Contact Person:
<http://www.health.gov.au/internet/main/publishing.nsf/Content/Chronic+Disease+Allied+Health+Individual+Services> and http://www.fahcsia.gov.au/sa/disability/program/people/betterstart/Pages/better_start_parent_carer_fs.aspx

Major points covered include:

- Chronic Disease Individual Allied Health Services — a Medicare

rebate is available for a maximum of 5 services per client each calendar year.

- Better Start support for families with older children (starting 1/7/2011).
- A new Better Start Medicare item for the development of a treatment and management plan will be available for children up to the age of 13. Medicare items will also be available for up to four allied health diagnostic services and for 20 relevant allied health services (in total) per eligible child. The new items will be available for children up to the age of 15, provided the treatment and management plan is in place before 13 years of age.

We encourage your family to develop strong relationships with your local GP as early as possible, so that they know and learn about your unique child over time.

Your GP is also your link with Medicare services.

Groups

Children enjoy having other children around them and we find that they generally work much better in group environments.

TCCP run a wide variety of groups, however we only invite children to them / accept children into groups if they have Family Meeting goals that can be addressed in that specific group. If a child is having a Family Meeting goal addressed in a group, we would not repeat the work on a

(Continued on page 2)

1:1 basis or vice versa.

Please discuss possible groups that your child could attend with your Contact Person, as we only have a few groups listed on page 8.

To receive services from your therapy team, it is essential that you have current Family Meeting goals to address the areas of concern you have prioritised for your child. Because we are aiming to provide a Family Centred Practice that is relevant, we need to have current Family Meetings (FM) and current FM goals. We are trying to make sure that SAIP services are equitable, that staff aren't over stretched with work and goals can be addressed in a timely manner. Because of this, therapists have been directed not to address additional issues unless they are identified as FM goals.

In the mini-teams (Contact Person, Occupational Therapist, Speech Pathologist and Physiotherapist), we are coordinating work around your child and spreading out services, so that not all the therapists are seeing a child at the same time (unless it is essential to do so for a Family Meeting goal to be achieved). This means that each of our therapists will have times when they are active or inactive with your child.

If you want to change the prioritisation of the goals developed at a Family Meeting in the last year, they are very easy to alter, just contact your Contact Person and indicate what goal needs to be added and in turn, which one you want to remove for now. If you haven't had a Family Meeting in the last year, please contact your Contact Person and arrange one. They can even be held over a phone if it is easier for all parties concerned.

Therapists try to stay on top of addressing their client's needs at all times, but when they have between 65 - 110 clients, it's not always possible. The mini-team working around your child meet every fortnight and concerns are discussed, and therapy for your child, by therapists, is planned.

Please make sure that your Contact Person is made aware as early as possible of events where TCCP staff may have to take action, for example:

- If your child is going through a growth spurt and they are likely to need equipment to be reviewed and funding applied for. E.g. Ankle Foot Orthoses.
- If you have a Family Meeting, please make sure that your partner is aware of the content.
- If something has been missed out of a Family Meeting Report, please contact the Contact Person to address this E.g. Literacy or learning

skills requiring input from a Speech Pathologist and/or Occupational Therapist.

- If your child is having Botox® we usually hear from PMH, but not always. The time around Botox injections is a window of opportunity that affects your child's overall therapy timing. We would also like to be able to provide additional blocks of PITS therapy whenever possible.
- If your child is having an important IEP or medical appointment where there are major concerns, SAIP staff may only attend on invitation. Unfortunately they are not able to attend all appointments.
- If your child is changing school, please inform your Contact Person and invite a team member along to the meeting with the new school, so that we can assist you and your child and provide input where possible.

Please note that if your child is changing school and moving to any Special Education School, apart from the Sir David Brand School, TCCP are currently not allowed by DSC to provide therapy services.

It is important that we have positive two-way communication and work together on this. Your therapists are good, but they cannot be aware of these and other issues unless you keep them informed! Thank you.

Like many families, SAIP is concerned regarding staff turnover. We are putting in place steps to try to improve this, but because we have a young, dynamic team who want to grow and develop their skills, we cannot expect families to have the same therapists for many years. Just as children change teachers at school, children will change therapists.

Please also make sure that your Contact Person knows your preferred form of communication and at least two ways we can contact you, including an e-mail address. Your contact details are confidential and are not given to other parts of TCCP or external organisations.

If you would like to be more involved in improving overall services in SAIP and are interested in participating in the **Parent Reference Group**, please contact me, as there are some places available for parents of children in certain age/ability groups and we would love your constructive comments as to how to improve the services within the budget limitations.

Kind regards,

Dawn Brodie
Manager of the School Age Intervention Programs and
The Country Resource Program

Disability Infolink

www.tccp.com.au/disability_infolink



Disability InfoLink is a website for families of children with disabilities and their healthcare workers. It includes links to:

- consumer websites with reliable information about disabilities,
- services for children with disabilities and their families,
- websites about schooling for children with disabilities,
- professional literature databases and critical appraisal tools,
- support networks for children with disabilities and their families,
- books about disabilities, and
- information about how to work with your healthcare professional.

The website is easy to navigate and provides quick links to a wide range of useful internet sites. For healthcare professionals and anyone interested in reading the professional literature, it also contains sections on how to search for professional literature and how to make sense of it.

The development of this website was funded by Non-Government Centre Support (NGCS) and was supported by an advisory group of professionals and consumer representatives across the disability sector including Rocky Bay and Therapy Focus.

The Bobath Course (Neuro-Developmental Therapy)

This year, eight of the therapists in the Early Intervention Program and School Age Intervention Programs, participated in a seven week long Paediatric Neuro-Developmental Therapy (Bobath) Course. In addition, twenty-six of the therapists from all parts of The Centre were able to attend a two-day Neurosciences course.

Neuro-Developmental Therapy is a concept of treatment for children and adults with cerebral palsy. It is also known as Bobath Therapy after the founders of the concept, Dr. Karel Bobath, a physician and Mrs. Berta Bobath a physiotherapist, whose development of this concept led to the founding of the Bobath Centre in London, England. Neuro-Developmental Therapy has been found to be an effective therapy, as we see in Knox and Evans (2002) and Papavasiliou et al (2006).

The aim of therapy is to give the child with cerebral palsy (as well as children with other neurological conditions) optimal function through an individually devised program. Physiotherapists, Occupational Therapists and Speech Pathologists can be trained in this concept, and all work closely with parents and teachers as a team. Individual goals for the child in striving for functional independence can be achieved through a consistent program and are carried over into the child's daily routine. Therapists trained using the Bobath approach work holistically with a child and family.

The course leader was Dr Margaret Mayston (Physiotherapist), a recipient of The Order of Australia Medal in 2009 and was awarded Australian Woman of the Year in the UK by Qantas in 2010 for her outstanding achievements, including her contribution to cerebral palsy. Margaret has her Doctorate in neurophysiology, and travels extensively throughout the world conducting courses.

Additional instructors for the Bobath Course came from New Zealand, Queensland and Victoria.

The SAIP participating therapists on the Bobath Course were: Sarah Dick, Jodie Stotter, and Suzanne Vajda.

References:

Knox V, Evans A. (2002) Evaluation of the functional effects of a course of Bobath therapy in children with cerebral palsy: a preliminary study. *Developmental Medicine and Child Neurology* 44: 447-460

Papavasiliou A, et al (2006). Evaluation of a Multimodel Management of Prematurity-Related Spasticity. *Pediatric Neurology* 35: 400-407

My Bobath Experience

Hi, my name's Sheldon Hart. I was one of the children involved in the Bobath program. The ladies (Julia and Suzie) I worked with were a lot of fun to be with during my Bobath sessions and I would like to thank them very much for everything.

From the m, I have learnt a lot of new things about how my body really works and found out about a lot of muscles in my body that I've never used before and how I can use them to help me in my progress of improving my walking ability in the future. I now feel a lot more confident in myself and in what I can do.

Previously, I could not walk backwards very well, but since I have been to the Bobath, I can. I have learnt so many other things as well such as how I can get myself to stand up straight, how I can stand up without needing something to hang on to, how to throw a basketball correctly and get it into the hoop. It was an amazing experience and I wish I could do it again.

By Sheldon Hart

Interested in Recreation and Sport Programs for Children with Disabilities in Perth?

Inclusion WA have a list of community groups that are known to include people with disabilities. Information about the group and contact details are available. Here's how to find it on the internet:

www.inclusionwa.org.au

Click on the "Recreation Advice Information Service" link in the column on the right hand side.

Farewells & Welcomes

Since the start of this year the SAIP team has had some changes in the therapy staff.

- Claire Hepworth, Speech Pathologist, left to work and travel overseas
- Claire Veart, Occupational Therapist left to have her first baby. She has since had a little baby boy.
- Kerryn Ryan and Megan Jordan, Physiotherapists, have moved to the Early Intervention Program (EIP), so are still around The Centre.

We wish all these staff the very best with their future plans.

We are also pleased to welcome many new therapists to the team:

- Kunali Shah and Libby Danckert, Speech Pathologists
- Melissa Burns and Rena O'Sullivan, Contact Persons
- Sophia Breytenbach and Mary Rautao, Physiotherapists
- Carly Pickering, Occupational Therapist

Peter Hall and the WA Youth Awards

You may recall an article in Term 1's newsletter about the Joseph Michell Scholarship- a scholarship open to all school leavers who have Cerebral Palsy and are pursuing further education. Peter Hall was awarded the scholarship for 2011. The panel were so impressed with Peter's participation in several community organisations and projects and the positive role model that he is for young people, that the Adolescent Team were encouraged to nominate him for the WA Youth Awards.

The WA Youth Awards (Department of Communities, Office for Youth) were established in 1999 to recognise outstanding young Western Australians aged 12 to 25 years. They honour the hard work and dedication of young people, youth workers and youth-led groups throughout WA.

There were 106 entries across eight award categories this year, covering a range of fields, including the arts; education; the environment; community service; and sport and recreation.

Winners were announced at the WA Youth Awards gala ceremony on Saturday, 9 April, 2011, during National Youth Week and Peter Hall was chosen from

a shortlist of 4 applicants as the winner for the Motivate! Woodside Award for inspirational role models.



We are thrilled that Peter's commitment and enthusiasm were recognised. He is determined to be a voice for young people and he is well on the way to achieving this goal!

Jake Walker

Jake Walker, a client within our School Age Intervention Program, sadly passed away at the age of 6, surrounded by love and peace on the 18th May 2011. Jake's family proudly watched him give off his love and laughter so freely, and remember what a sweet and beautiful boy he was. He will be sadly missed but fondly remembered by all that worked with him at The Centre for Cerebral Palsy. Our thoughts are with his family - Mum Sarah, Dad Mark, brothers Finlay and Cameron, and sister Sadie.



FOOTBALL WEST "COME AND TRY DAY"

On Saturday 7th May 2011 a special WA Paralympic Football (soccer) Open Day event took place at Yokine Reserve beside TCCP. Twelve participants took part in the activities with two coaches from the WA Paralympic Football program taking children and adults, with various levels of mobility and movement, in a variety of skills activities and a game during an 80-minute session. The activities included running/walking with the ball, shooting on goal, tackling and passing. Everyone improved their skills and made some new friends along the way.



The event happened in partnership between Football West (FW) and TCCP, with assistance from the Australian Paralympic Committee (APC) who share the vision of involving all people in healthy and social physical activities, allowing people with disabilities to achieve their fullest potential. All the participants received a backpack filled with giveaways from FW and APC officials from those organisations in attendance and were commended on their involvement and efforts during the activities. A special thank you from FW and APC organisers went out to the families and individuals that made the day a success, and of course, to TCCP for its great organisation.

The biggest success of the day was afterwards where four of the participants joined the WA Paralympic Football program. This has now grown to 15 people who have CP and similar conditions, including one young man who has a walking frame which assists him to play. There are still spaces for other players. Additionally, two teenage players at the Open Day have joined the Football West Equal Football Club League and participate in regular games and training. The local Tuart Hill Junior Soccer Club participates, and has a few places available for other keen young people. More detail on all of these programs is available from <http://www.footballwest.com.au/community/equal-footingball>

Computer Fun Club

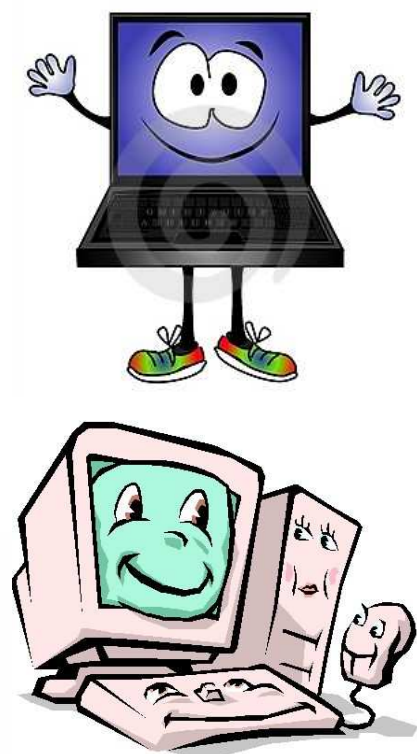
In the April school holidays, seven of our fabulous 6 - 10 year olds were part of our Computer Fun Club. Over three sessions, they all worked hard to learn where all the letters on the computer keyboard are, to find out which fingers to use on each key and to get lots of practice typing accurately. At the same time, they got to know each other through warm-up games and stretches, and they learnt how important it is to sit correctly when typing.

Our thanks go to Principal Eve Lucas of the Sir David Brand School who allowed us to use the right sized desks and chairs from the school, and to Community Inclusion Worker (CIW) Sebastian who did the best warm-ups and helped all the kids along the way.

Each of our group members went away with a personalised colour coded keyboard chart to follow, a progress chart to continue filling in, and information about lots of different typing programmes that they can use to become more efficient typists. We look forward to following their progress over the rest of the year.

By Diana and Jacinta

If your child would benefit from a group like this, please discuss with your Contact Person and include it in your Family Meeting goals. Dawn



News from PARENT FOCUS

Do you get the chance to spend time with other parents of children with cerebral palsy? Parent Focus (PF) mums can be found doing just that, once a month at TCCP, over morning tea.

Parent Focus is a network of mums of kids with CP, sharing experiences, information and friendship. Our monthly catch-ups happen on a Wednesday (usually the third in the month) between 9.30am and 11.30am in the Large Group Room at TCCP. (Kids can be left in the Crèche while you are at Parent Focus. Please book them in by phoning 9443 0380). From time to time, we may invite guest speakers to tell us about something of interest, but often we just relax and chat. It is a chance to spend a couple of hours with other parents to share experiences and ideas and pick up lots of useful bits of information.

If you can't make it to the morning teas, you can still keep in touch through the Parent Focus emailing list, receiving any useful information that comes the P.F. Coordinator's way, or to put a question to your fellow mums. This year we also plan to arrange a couple of coffee evenings for those who can't make it to the Wednesday mornings, so make sure you are on the emailing list to not miss anything.

Keep an eye out also for a special activity during National Carers Week in October, and for a Mums' weekend away later in the year (depending on a successful grant application). There is also a family event at the Beach House to look forward to during CP Week in August (this year we plan to include a Disco for those bigger kids who are too cool for the play area!).

Remember that Parent Focus is open to *all* mums of kids with CP (or CP-like conditions), whether you want to come for morning tea every month, once or twice a year, or just keep up-to-date by email. No matter how mild or severe your child's disability is, we all deal with similar issues and can support one another along the way.

For more information, including dates of monthly catch-ups or if you'd just like to go on the Parent Focus mailing list, contact **Wendy Langford** on 9409 3671 or email awlangford@aapt.net.au.

Have your contact details changed? If you used to be on the mailing list but have stopped receiving flyers in the mail or getting emails, please get in touch with Wendy. TCCP *does not* pass your new information on to Parent Focus or any other part of the organisation because of confidentiality.



2011 Ultimate Challenge Applications - Now Open

Leeuwin is proud to be the only tall ship in Australia to offer this ocean adventure voyage specifically designed for young people with limitations that prevent them from participating on a standard program. Participants have the opportunity to experience the thrill of tall ship sailing in a safe, supportive environment. Individuals meet new friends, learn new skills and increase self-confidence on this exciting 5-day adventure.

We are looking for a total complement of 40 people to run the ship: 24 young people aged 15-25, with physical, intellectual and sensory limitations and 16 to sail equally as participants, also providing support and assistance when required.

We hope most of our participants with limitations will be young people - in keeping with the basic concepts of the Leeuwin Ocean Adventure Foundation. It is important that all trainees are capable of participating independently at a reasonable level for their own personal satisfaction and enjoyment.

Ultimate Challenge 1 (11/05)	Depart: 14 March	Fremantle
	Arrive: 18 March	Fremantle
Ultimate Challenge 2 (11/16)	Depart: 28 November	Fremantle
	Arrive: 02 December	Fremantle
Voyage Fare: \$1350.00		
Applicants must pass the specified medical requirements for this voyage.		
First-time participants will be given preference.		

Leeuwin Ocean Adventure Foundation
CONTACT US: office@sauleeuwin.com, Phone: 9430 4105 Fax: 9430 4494

Personal Support for Students with a Disability Accessing State Training Providers (formerly known as TAFE Colleges)

Personal support is now available through the Department of Training and Workforce Development for students studying Certificate III and above at all campuses. Funding is available for non-educational support that may be required to meet the personal support needs of students with a disability. The funding could cover e.g. supports required at mealtimes, with personal care and some mobility needs. For further information, please contact Toni Rogers on 9 2 3 8 2 4 3 8 or toni.rogers@dtwd.wa.gov.au.

This is a significant change for students with a disability who have had to fund this support themselves or rely on family members to come to TAFE with them to assist.

James Davies, a previous SAIP client and the recipient of the Joseph Mitchell Scholarship in 2008, initiated this change when he was preparing to leave school in 2007 and continue with further study.