

Latest News from Down Syndrome WA

Newsletter 1 May 2020



All of us from DSWA hope that you are managing with the continued restrictions that COVID-19 present us. Whilst it is great that there is some easing of these restrictions in WA, social isolation and its complications are still an issue for some in our community.

In this issue, our Health segment looks at resources which address mental health and a new disability helpline. Plus Nicola touches on the variety of emotions we may be feeling during our current circumstances in her Emotional Support offerings. There is also good news from the NDIA with announcements relating to iPads/tablets for telehealth and support services. A few resourceful people in our Down syndrome community share their good news stories on how they have learnt new skills, with great outcomes and creativity, with ideas at home.

We really value **your contributions for our E-news**, so if you have any video footage, photos, stories and ideas on what you are doing at home, that you would like to share for the next E-news, please send them to ji@downsyndromewa.org.au

In this newsletter:

- [Health](#)
- [What is happening at the Association?](#)
 - [Website Launch](#)
 - [Voice national journal](#)
 - [All things NDIS](#)
 - [Emotional Health support](#)

- [Social connections](#)
- [Good news story](#)
- [Light Moments](#)

Health

A New Government Initiative

Disability Information Helpline – about Covid-19

The new Disability Information Helpline is available Monday to Friday 8am to 8pm (AEST), and Saturday and Sunday 9am to 7pm (AEST) except national public holidays.

You can find information about the new Disability Information Helpline, as well as accessible resources on the DSS website - visit www.dss.gov.au/disabilityhelp. This website also includes a number of good Easy Read resources on Covid-19 and support around staying home.

The Disability Information Helpline number is: **1800 643 787**



Mental Health Resources

This great WA Mental Commission resource looks at mental health and wellbeing including a segment on *Coping with anxiety and worry caused by COVID-19*. It offers some good practical tips.

<https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/coping-with-anxiety-and-worry-during-covid-19/>

You may also be interested in a series of relevant webinars via the link below including topics:

- **10 tips for managing anxiety during COVID-19**
Dr Jill Newby, Associate Professor of Psychology at UNSW
- **Coronavirus: Reassuring young people about the unknown**
Dr Aliza Werner-Seidler, Senior Research Fellow and Clinical Psychologist
- **Working from home: Tips for your mental health during Coronavirus**
Dr Jill Newby, Associate Professor of Psychology at UNSW

<https://blackdoginstitute.org.au/education-training/community-and-schools/covid-19-webinars>

What is happening at the Association?



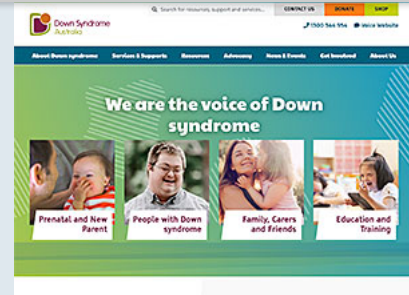
National website launch in May 2020

Down Syndrome Australia has been developing a new comprehensive and interactive website that joins the separate state and territory websites into a new national information portal. It will provide resources and information about Down syndrome and a fresh new look for the federation of Down syndrome associations. This two-year project connects people with Down syndrome, families, friends and carers, professionals and communities with the information and linkages needed to make decisions and choices.

The **current DSA website is being regularly updated** with new resources and information for our community.

There is a link dedicated to resources whilst we are dealing with Coronavirus <https://www.downsyndrome.org.au/resources/coronavirus.html>.

We also invite you to look at the most recent updates which includes new information about **learning at home**: https://www.downsyndrome.org.au/learning_at_home.



National Journal: VOICE April edition available - free

We would love to offer you a complimentary copy of the National journal "VOICE" as the April edition is now out, with focus on how technology can assist our Down syndrome Community. If you would like to subscribe to the VOICE or download electronic copies of articles from the latest issue and other editions please click on the link <https://downsyndromevoice.org.au/>.

Alternatively please email us at emily@downsyndromewa.org.au for your copy or call us on 9368 4002



All things NDIS



REGISTERED
NDIS
PROVIDER

Latest from NDIS

Thanks to everyone who joined me for the NDIS session last week on:
"Your First Planning Meeting. How to prepare and what to expect". 7 years+
Please click the link below to access the power point presentation

[PDF presentation](#)

PDF presentaion

If you have an NDIS Early Childhood LAC or planner (0-6 years age group), I am very happy to have a chat about any questions you have about your plan or the planning process.

My final NDIS workshop in this series will be via Zoom on:

Wednesday 6th May 2020, time: 10:30am
Topic: Implementation and Beyond

- There will be time for a Q & A.

Hope you might join me, so please RSVP to elise@downsyndromewa.org.au with the age of your family member with Down syndrome.



Breaking news from the NDIA: Announcement of their low cost assistive technology policy (iPads):

Great news: NDIA have released their policy on iPads and tablets (Low cost Assistive technology). Best to go to website to read the details of this announcement as there is a lot of information: www.ndis.gov.au

To summarise

- "For the next five months, eligible participants will be able to flexibly use existing NDIS plan funding to purchase low-cost Assistive Technology, including smart devices, to enable continued access to disability supports through telehealth and telepractice while physical distancing regulations are in place for coronavirus pandemic. This new development is important for ensuring NDIS participants remain connected to their services and disability supports."
- NDIA are aware that not all plans have funding available in core budgets for consumables. They are working on a system update to make sure this flexibility is available to everyone. Will happen automatically on 9th May.
- If Participants who only have funding in capacity building budget will be able to use a special line item to enable use of this flexible approach.
- Participants should not spend more than \$750 on electronic devices needed to maintain existing services.
- In the case of computer tablets or iPads for telehealth and care or participating in online video classes, advice from AT specialists is that most NDIS participants will not need more than a standard tablet, which costs no more than \$600.
- Go to above link for items and circumstances that are excluded from this policy.

Emotional Health support

From Nicola

We can all feel sad, moody or low, however some people may experience these emotions and feelings during certain times in our lives – for some people these feelings and emotions are more intense and last for longer periods of time!

I have included a link to a website below which has some valuable and informative resources; and includes a number of fact sheets, information on screen time, how to get a better night sleep and exercising your way to better mental health.

<https://blackdoginstitute.org.au/coronavirus-anxiety-resources>

Please remember I am available to take your calls with any concerns that you may be experiencing. Please reach out to me: if you are a parent having to meet your young or older child and children's needs – perhaps you are feeling lost, confused, stressed out and overwhelmed? Also if you are a person with Down syndrome and are needing a little guidance and support right now, please contact me.

I look forward to speaking with you all soon.

I am available on Tuesdays, Wednesdays, Thursdays – 0480 263 693 through Down Syndrome WA to take your calls with any concerns that you may be experiencing, in this current Pandemic and the impact for many of you.



Social Connection

Our Social programs via Zoom continue to be well received with lots of social connection and information sharing going on. KiDS club and playgroups are well underway and DSWA's Friends for life group have started to meet with the first Zoom catch up having a show and tell theme. Whilst the government has announced gatherings of up to 10, for now we will continue with the Zoom format. Please contact Nikki at nikki@downsyndromewa.org.au if you would like to join any one of our groups or find information on when the next catch up will be.

New Parent Connection on Zoom



New Parent groups starting

Hi everyone, Nikki here, the Family support officer at DSWA.

As we all know, with everything that is happening with Covid19 at the moment, all of our programs and face to face events are sadly on hold.

With that being said, I would love to start up a New Parent group, for meeting and catching-up online through Zoom. This is a great opportunity for all New Parents with Babies aged between 0-2 across the state to connect and meet other families who are travelling the same journey.

Please email me at

Nikki@downsyndromewa.org.au or PM me on Facebook, if you would like to join the Zoom group.

Aim High has enjoyed online catch-ups via Zoom for the past month, and spent a very mindful and relaxing hour with Let's Yoga Perth last weekend. Our next event is happening this **Saturday 2nd of May, 6:00pm - 7:30pm** and the theme is DINNER PARTY!

Please email me at aimhigh@downsyndromewa.org.au if you would like to join Aim High Club for 18+ participants and stay updated with our events.



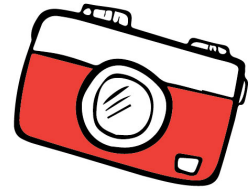
Photo competition for Aim High Club members

Hello, this is Suzanna!

I'm pleased to announce that entries are now open for our "Creative in Isolation" Photo Competition!

We have 2 x \$50 EVENT eGift Cards up for grabs <https://www.eventcinemas.com.au/>, which are valid for 36 months from the date of when cinemas re-open. Entrants must be from Aim High Club, and should only enter once with a single photo (preferably in JPG format) to aimhigh@downsyndromewa.org.au.

Ask a family member to take a photo of you doing something creative in isolation, and two winners will be decided by the team at Down Syndrome WA. **Entries close at 5pm on Sunday 10th of May, 2020.** The winning photos will be featured in our e-newsletter edition released at the end of May.



Good news story

Keeping busy? A look at what our Community has been up to!



Lily in the kitchen

Since we have been spending more time at home this has meant spending more time in the kitchen! Meal times were previously always so rushed and as a working mum I didn't encourage the kids participation in the kitchen because, if I am honest, I just wanted to get meals done and on the table as quick as possible.

Lily loves to cook and help in the kitchen. (We are still working on the cleaning up after herself). So with us self-isolating, she has been loving the freedom she now has to get creative in the kitchen. Lily also has Type 1 diabetes so there is added caution around giving her free reign in the kitchen. That being said, she

Lily's Recipe for Vegemite and Cheese on Crackers

Ingredients

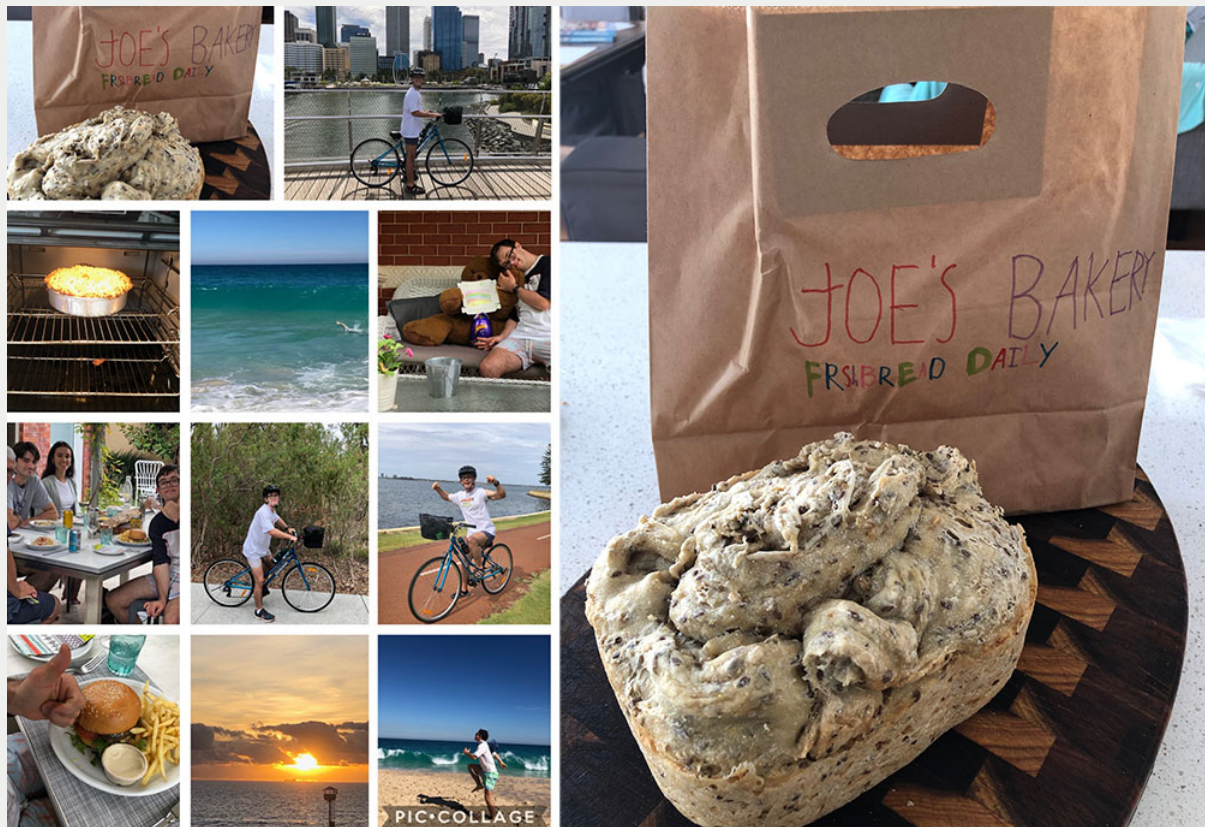
1 or 2 Wholemeal Salada Crackers
 Spreadable Butter
 Vegemite
 Cheese sliced

Method

1. Using a butter knife spread as much butter as possible on the cracker.
2. Place the butter covered knife in the vegemite and spread as much vegemite as possible on the buttery cracker. Leaving butter in the vegemite jar ready for next time, mum loves that.
3. Using a cheese slicer, slice the cheese (or use already sliced cheese pieces) and place on top of vegemite.
4. Enjoy!

If you would like a second cracker ensure you complete steps 1 to 3 for the first cracker so that when you put your knife back in the butter for the second cracker it is covered in vegemite. Mum also really loves that!!

Joe's week looks amazing...a mixture of exercise, the great outdoors and cooking up a storm with his bread making endeavours. We hear Joe received an order for Joe's Bakery products after it featured on Facebook!



Isolation doesn't always have to be screen-time with the family, it can be celebrated with some very creative ideas. Thank you Narelle for this wonderful contribution.

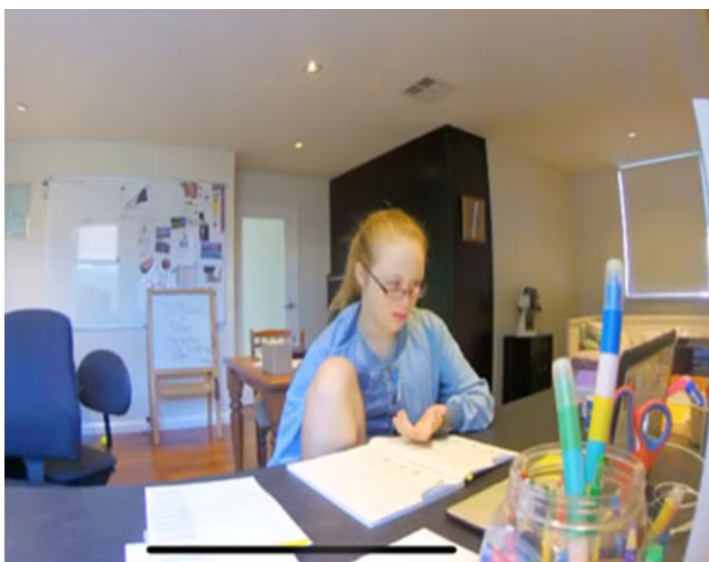


Hi Everyone!

We have turned our garage into a roller skating rink. This is my self, Eve 13 and Lily 12 having some fun. Also, Lily loving home schooling because she gets to do more fun stuff.

She has been managing really well at home doing lessons on her own with both parents at work. We are so pleased with her effort. She has even made Carrot cake muffins all by herself for a lesson one day. They were delicious.

Narelle Green



Light Moments

Another broadcast about dogs Olive and Mabel going head to head which we hope will provide some light relief, with commentary from a well-known British sports broadcaster. **Please be aware that this is a public link being youtube.**



*Stay well everyone and please contact us if you have any questions.
We are here to support, inform and connect our Down syndrome Community.*

In the next newsletter.....

we will look at well being, what is happening with the grant funding DSWA has received and the benefits for our community, plus will start a recipe segment for the cooks amongst us.

**If you know anyone who can benefit from this newsletter,
forward this email and ask them to subscribe. Thank you!**

[Subscribe now](#)

OUR FUNDING BODIES



Government of **Western Australia**
Department of **Communities**

OUR SPONSORS



Subscribe

Past Issues

[You can update your preferences or unsubscribe from this list.](#)

Translate ▼

RSS